

SUMMER PROGRAM CLASS DESCRIPTIONS

Tap

Tap dance is a percussive form of dance characterized by using the sounds made as tap shoes strike the floor. Students will work on building fundamental tap movements that will progress into more challenging steps as they work through our graded curriculum. Focus will be on rhythm, timing, balance, weight shift, musicality and creating clear, crisp sounds.

Jazz

Jazz is one of the most fun and classic styles of dance! Jazz is performed with attack, technique and usually a lot of attitude! Using its upbeat movement, jazz dance emphasizes rhythm, style, lines, and a strong low center of gravity. Classes will include a proper warm up and stretch along with center floor work and across the floor combinations.

Lyrical

Lyrical dance is a blend of ballet and jazz focusing on strong emotional connection to the music, soft fluid movements, long expansive motions and technique.

Hip Hop

Hip Hop is a high-energy class that uses the latest sounds in R&B and pop music together with movements influenced by some of today's hottest choreographers. Hip hop encompasses movement that has elements of poppin', locking, and breaking as well as freestyle movement to give students the opportunity to develop their own sense of style. Hip hop is urban, it's street, it's diverse and forever changing.

Ballet

Ballet is the backbone to all dance styles. Dancers will develop the fundamentals of dance through control, poise, precision, fluency and grace using the technique and style of ballet. With ballet barré, center work and progressions, this class improves fundamentals including body alignment, vocabulary and correct positions of the legs, feet and arms.

Poms

Poms is a movement-based class that focuses on sharp arm movements, execution of choreographic visuals and dance team/cheer skills. Dancers will learn fundamentals of pom arm positions and performance skills while pushing themselves to expand on their high energy, entertainment skills.

Stretch & Flex

In Stretch & Flex, students will learn specific exercises that will promote a healthy approach to stretching where each individual works with their limitations instead of forcing the body into unhealthy places. Stretches will focus on 10 different muscle groups. Each body is different and the goal of this class is to build flexibility that is individualized to each student.

Improvisation

In Improvisation, students will be directed to move in ways that broaden their creative horizons. They will learn to use images, words, and the manipulation of specific movements/poses which will shape and build their own choreographic ideas. Students will be urged to hone in on what propels them into their unique creative voice.

Prince & Princess Dance

This class will be an introduction to dance for our youngest dancers and will incorporate creative movement along with ballet and jazz basics. Course work will be themed around prince and princesses using fun music and props.

Turns & Leaps

This class will teach students how to execute jumps, spotting and turning with precision, giving the dancer the advantage of core strength as they learn to spring through the air. We will focus on improving more basic and existing skills and progress to more advanced and difficult turns, leaps and jumps throughout the year.

Stay Strong

This class is our version of a strength and conditioning class that focuses on building muscle strength, coordination and balance while increasing endurance through a variety of exercises. This class will incorporate the use of resistance bands, yoga blocks and more as dancers work to build a strong foundation for all forms of dance.

Tik Tok You Don't Stop

In this interactive dance class, students will learn some of the most popular dances inspired by Tik Tok! Dancers will learn one new trending Tik Tok dance challenge each week along with new moves that will be used to create their very own Tik Tok dance the last week of classes.