

Class	Ages	Description
Baby Ballet	2.5-3	Baby Ballet is the perfect class for your growing toddler. Dancers will learn ballet movements and use props like scarves, balls, and the parachute to develop body awareness.
Creative Movement	3 & 4	Creative Movement introduces dance and movement using many types of music and props. Students will learn dance vocabulary, and age appropriate motor skills in a structured and fun way. We learn both ballet and tap basics which develop body awareness. Students must be 3 by October 1st.
Pre-Ballet	5 & 6	Pre-Ballet builds skills such as musicality, coordination, and self-confidence. Your student will learn dance vocabulary, technique, and beginner level ballet and tap. Students will develop a foundation on which they will base their dance training. Students must be 5 by October 1st. For Pre-Ballet 2, students must be 6 by October 1st, and must have completed Pre-Ballet 1 previously.
Musical Theatre	6 - 10	This class is the ultimate training for your future Broadway star. We focus on character dance, voice, and acting. Students will prepare for auditions, learn choreography, and learn about performance technique.
Ballet	7 & up	Ballet is truly the foundation of all dance. Ballet technique is a structured syllabus which builds upon itself and teaches coordination, grace, strength and artistry. We teach classical ballet of the Vaganova and Cecchetti tradition. We place our emphasis on sound anatomical training so you can dance for years to come. We encourage proper alignment and kinesiology to prevent injury. Students must be 7 by October 1 <sup>st</sup> .
Jazz	7 & up	Jazz is a truly American art form which incorporates many forms and styles of dance. We teach a classical approach to Jazz which uses the body mechanics of ballet and creates a versatile dancer by sampling such styles as Contemporary, Lyrical, and Broadway. Students must be 7 by October 1st.
Tap	7 & up	Tap is a rhythmic dance form which focuses on fine motor movements. Students will discover the joy of creating both sound and shapes as they study. Students must be 7 by October 1st.
Pre-Pointe	10 & up	This class is focused on building muscle and joint articulation needed for pointe work.

Pointe	12 & up	Pointe shoes are a pinnacle of accomplishment for any young dancer. Pointe dancers must be twelve and have proper technique and muscular development. Students will be examined to determine if they are ready for this important step in their dance training. It is highly recommended that the dancer's doctor x-ray their feet to ensure their growth plates are fully formed. Once students are ready to train on pointe, they will receive an instructional packet on proper fitting, sewing, and care of their new investment. NOTE: By invitation only.
Kids Hip Hop	4-6	This contemporary Jazz style is funky, upbeat, and energetic. We dance to popular music while learning fun combinations. Students must be 4 by September 1st to join the class for the school year.
Lyrical	7 & up	Lyrical is a fluid, expressive dance form that combines jazz and ballet technique. This class has special requirements. Students must be enrolled in either jazz or ballet concurrently for Level 1, ballet and either jazz or hip hop for Level 2, and both ballet and jazz for Level 3.
Junior Hip Hop	7-10	This contemporary Jazz style is funky, upbeat, and energetic. We dance to popular music while learning fun combinations.
Tween Hip Hop	9-12	This contemporary Jazz style is funky, upbeat, and energetic. We dance to popular music while learning fun combinations.
Teen Hip Hop	13 & up	This contemporary Jazz style is funky, upbeat, and energetic. We dance to popular music while learning fun combinations.
Cascade Dance Company		Please audition for our performing troupe.
Adult Barre Classes		