

These are guidelines and do not always hold completely accurate depending on the student. Current students: Please refer to your class recommendation email for the classes that have been selected just for your dancer!

Twinkle Babies Ages 2.5-3.5

Dancers must be 2 1/2 by September 1st. This is a 30-minute introductory class containing ballet, tap and creative movement. Our Twinkle Babies class is designed as a teacher/child class. Our policy is that all parents need to be in the lobby when class is in session. We will work with you and your child to achieve success in bringing happy dancers into the classroom without mom. This can be a gradual process for our newest 2-year olds. All Twinkle Babies will have the option to perform in our spring recital but will not have to make that commitment until January. If your little one is not warming up to the process, withdraw forms are available at the front desk. We'll be happy to approve your withdraw so that you may leave happy and return when your little one is ready.

Twinkle Stars Ages 3.5-4.5

Dancers must be 3 1/2 by September 1st. This is an age specific 40-minute class containing ballet, tap and creative movement. All Twinkle Star Dance classes are full season classes, September-June. Our spring recital will take place on June 8th, 2019.

Twinkle Stars Ages 4.5-5.5

Dancers must be 4 1/2 by September 1st. This is an age specific 50-minute class containing ballet, tap and jazz/creative movement. All Twinkle Star Dance classes are full season classes, September-June. Our spring recital will take place on June 8th, 2019.

Twinkle Stars Ages 5.5-7

Dancers must be 5 1/2 by September 1st. This is an age specific 60-minute class containing ballet, tap and jazz/creative movement. All Twinkle Star Dance classes are full season classes, September-June. Our spring recital will take place on June 8th, 2019.

Ballet, Beginner, Ages 7 and up:

Students are still considered at beginner level, many times through 3-5 years of ballet training. This class is structured for students with 0-2 years of training, approximately ages 7-10, but that is just a guideline. Some students may take this class even though they have trained for 3-5 years and may be older.

Ballet, Intermediate, Ages 9 and up:

This class is structured for students with 2-5 years of training, approximately ages 9-12, but that is just a guideline. Some students may take this class even though they have trained for 6-8 years and may be older.

Ballet, Advanced, Ages 13 and up:

This class is structured for students with 4-6 years of training, approximately ages 13-19, but that is just a guideline. Some students may take this class even though they have trained for 7 or more years. Pre-Pointe is a great addition once your dancer graduates to this level of ballet at our studio.

Pre Pointe/Pointe:

Five years or more of ballet training is required. All students in Pre Pointe/Pointe must be invited or approved by an IDT ballet instructor or the studio director. Students must understand that they may have to take two or more years of Pre Pointe before they may be considered for pointe. Students that are recommended for pointe must be 13 years old and/or approved by a Children's Hospital professional. It is not likely that students will perform pointe work in the spring recital until they have had one full year of pointe training. Students taking Pre Pointe/Pointe should also be enrolled in *AT LEAST* one other ballet class during the week, preferably more than that. Level of class isn't an issue, it is a chance to work on improving technique, core strength, and balance.

Hip Hop:

This year, our hip hop classes are arranged solely by age. Be aware that the older the age group, the more fast-paced the class will be. We want to include more students into our hip hop program this year and everyone is invited to be a part, but make sure you are ready to bring it! Don't forget your sweat towel and water bottle!

Jazz Technique Class Ages 7 and up:

Technique class is an opportunity to work on leaps, turns, pointed feet, straight knees, spotting, core strength and balance, and other important technical skills needed to create strong jazz, ballet, and tap dancers. Jazz competition dancers are required to take technique class and have been assigned to a specific day and time, BUT can also attend other technique classes for additional training. If a class must be missed, attending another technique class that week is a great way to ensure your dancer is keeping up with their training. Non-competition dancers are invited to add technique classes to their weekly training as well!

Jazz Competition Class:

Students will focus on competition choreography during this 30 or 40 minute time period. This class should be paired with a jazz technique class. Students must have instructor approval to enroll in this class.

Jazz, Beginner, Non Competition Ages 7 and up

This class is structured for students with 0-2 years of training, approximately ages 7-10, but that is just a guideline. Some students may take this class even though they have trained for 2-5 years and may be older.

Jazz, Intermediate, Non Competition Ages 9 and up

This class is structured for students with 2-4 years of training, approximately ages 9-12, but that is just a guideline. Some students may take this class even though they have trained for 5-8 years and may be older.

Jazz, Advanced, Non Competition Ages 12 and up

Jazz students will focus on recital choreography during this 30 minute time period. This class should be paired with a jazz technique class. Students should have approx. 4-6 years jazz experience to enroll in this class. Competition jazz students may add this class to their schedule for additional jazz training and performance experience.

Lyrical Ages 9 and up:

This style of dance is a mix of jazz and ballet, therefore it is required that this dancer have experience in both of these styles of dance. It is VERY HIGHLY recommended that this dancer is *currently enrolled* in a jazz or ballet class, preferably both. Dancers must be at least 9 years old to enroll in lyrical at IDT. *Note: Lyrical is not a proper substitute for a ballet class.*

Lyrical Competition Class:

Students will focus on competition choreography during this 30 or 40 minute time period. This class should be paired with jazz and ballet classes. Students must have instructor approval to enroll in this class.

Modern Ages 12 and up:

Students must have at least 4 years of ballet and jazz training unless otherwise approved by the instructor. Class curriculum will focus on core strength, contractions, spirals, basic floor work, and elemental concepts of space, time, and force developing technical proficiency, musicality, and rhythmic accuracy. Modern is the opposite of ballet and should not be taken instead of, but in addition to.

Tap Technique Class Ages 7 and up:

Technique class is an opportunity to work on rhythm, speed, musicality, wings, spotting, turns, balance, and other important technical skills needed to create strong tap dancers. Tap competition dancers are required to take technique class and have been assigned to a specific day and time, BUT can also attend other technique classes for additional training. If a class must be missed, attending another technique class that week is a great way to ensure your dancer is keeping up with their training. Non-competition dancers are invited to add technique classes to their weekly training as well!

Tap, Beginner, Ages 7-9:

Students are still considered at beginner level, sometimes through 3-5 years of training. This class is structured for students with 0-3 years of training, approximately ages 7-9, but that is just a guideline. Some students may take this class even though they have trained for 3-5 years and may be older.

Tap, Beginner, Ages 9-12:

Students are still considered at beginner level, sometimes through 3-5 years of training. This class is structured for students with 0-3 years of training, approximately ages 9-12, but that is just a guideline. Some students may take this class even though they have trained for 3-5 years and may be older.

Tap Competition Class:

Students will focus on competition choreography during this 30 minute time period. This class should be paired with a tap technique class. Students must have instructor approval to enroll in this class.

Tap, Adult, Ages 16 and up:

Beginner students will learn basic tap techniques and intermediate students will be offered "above and beyond" challenges to keep learning more complicated rhythms and techniques. Each dancer will be invited to work and move at their own pace just as with any exercise or fitness program. Recital performance will be offered, but will be optional. This class is offered at half price to families that have children enrolled in other classes.

Pre-Tumbling, Ages 3.5-4.5, 4.5-5.5, 5.5-7

Students will focus on gross motor skills, coordination, balance, and strength building through various forms of movement and activity. Animal crawls, basic tumbling skills, obstacle courses, games, music, and props will be used to create a fun learning environment for this age group. Participation in our spring recital will be optional and commitment isn't needed until January. Our show will take place on June 8th, 2019. All students who do not participate in the recital are welcome to continue in class through the end of the season.

Tumbling, Beginner, Ages 7 and up

Beginner tumblers will learn new skills and expand on their current tumbling vocabulary. Some student may have their cartwheel, and some may not. There is so much to cover at this level to ensure tumblers are preparing their bodies appropriately for skills at the higher levels. The use of stations, equipment, and props will aide our instructors in offering multiple strength building opportunities during the entire class period. Recital and Non-Recital classes are offered at this level.

Tumbling, Intermediate, Ages 7-10 and Ages 9 and up (teacher approval required)

Intermediate tumblers must have a proficient cartwheel, handstand, and backbend. At this level, the focus will to continue to perfect these skills and to add in walkovers and handspring technique. The use of stations, equipment, and props will aide our instructors in offering multiple strength building opportunities during the entire class period. Recital and Non-Recital classes are offered at this level.

Tumbling, Advanced, Ages 10 and up (teacher approval required)

Advanced tumblers must have a proficient cartwheel, handstand, and backbend and must be well on their way to mastering walkovers. Front and Back Handsprings will be the main focus in advanced tumbling. The use of stations, equipment, and props will aid our instructors in offering multiple strength building opportunities during the entire class period. Recital and Non-Recital classes are offered at this level. Those students that have mastered their back handspring should enter the Advanced Tumbling class that states in parenthesis (BHS Req).

Note to Non-Recital Tumblers: This class will run for the entire season but will not participate in the spring recital. If at any point you wish to transition into a recital class or withdraw due to a scheduling conflict, request the proper forms at the front desk.

Note to Recital Tumblers: This class will run for the entire season and will perform a tumbling routine in our spring recital on June 8, 2019. Costume fees are due in December.