

Class Descriptions

Class Type	Description	Ages
Dance With Me	Our Dance with Me class is designed for your little one to enjoy special bonding time with you while exploring movement, music, and imaginative play. Together, you'll sing, dance, and play alongside new friends in a nurturing and supportive environment. This class helps build coordination, confidence, social skills, and a love for dance — all while creating sweet memories you'll cherish!	9 months-2.5 years
Ballet/Tumble	This introductory class introduces your tiny dancer to the fundamentals of ballet in a fun and supportive environment. By incorporating tumbling, students will also build strength, coordination, and core stability. Your child will learn, grow, and gain confidence—all while having a blast!	3-4 years
Preschool Jazz/Hip Hop	This fun, high-energy class is the perfect introduction to jazz and hip hop for our youngest dancers! Students will explore basic movements from each style while building coordination, rhythm, and confidence through playful activities, simple progressions, and upbeat music. With a focus on creativity, listening skills, and beginner dance terminology, this class creates a positive and encouraging environment where little dancers can learn, move, and shine!	3-5 years
Ballet/Tap	As the next step in your dancer's journey, this Ballet & Tap combo class builds on foundational ballet technique while introducing the exciting rhythms of tap. Dancers will continue developing grace, balance, and coordination in ballet, while learning to "tap to the beat" and explore musicality through fun, upbeat combinations. This class is the perfect blend of technique and energy!	5-7 years
Ballet I/II	This class continues building a strong foundation in classical ballet technique while helping dancers grow in confidence and artistry. Students will focus on proper alignment, strength, flexibility, and musicality through barre work, center exercises, and across-the-floor progressions.	7-10 years
Beginner Jazz/Hip Hop	This high-energy class is the perfect introduction to both jazz and hip hop! Dancers will learn the foundational skills of each style while building coordination, rhythm, and confidence. Through across-the-floor progressions and fun combinations, students will grow their technique, musicality, and understanding of basic dance terminology. This class focuses on learning and	6-9 years

	refining fundamental steps in a positive, encouraging environment where dancers can shine.	
Beginner Acro	Is your dancer excited to start tumbling while they dance? This beginner acro class is the perfect introduction to combining basic tumbling skills with movement and music. Dancers will focus on building strength, flexibility, and coordination while safely learning foundational skills like forward and backward rolls, bridges, and cartwheels. They will also begin connecting simple dance steps in between tricks, helping them gain confidence and have fun as they grow!	5-8 years
Acro Dance	Does your dancer love to tumble while they move and dance? This acro class is designed for dancers ready to refine their skills and take their training to the next level. Students will continue strengthening and perfecting their tumbling technique while learning more advanced skills and smooth transitions. Emphasis is placed on clean technique, control, flexibility, and seamlessly blending dynamic tricks with expressive dance movement.	8-12 years
All Boys Hip Hop	This high-energy class is designed just for boys who are ready to move, groove, and build confidence! Dancers will learn the foundations of hip hop while developing strength, coordination, rhythm, and control. Through dynamic drills, across-the-floor progressions, and fun combinations, students will grow their musicality, performance quality, and understanding of hip hop terminology. Emphasis is placed on refining movement, sharpening execution, and building confidence in a positive, encouraging environment where dancers can train hard and have fun.	7-12 years
Preteen Jazz/ Hip Hop	Designed for growing dancers ready to take the next step, this class strengthens technique in both jazz and hip hop while expanding style and performance quality. Dancers will continue developing musicality, precision, strength, and proper terminology as they learn more challenging combinations and transitions. Emphasis is placed on refining movement, sharpening execution, and building confidence both individually and as a group.	10-13 years
Preteen Contemporary	Our Preteen Contemporary class focuses on building strength, flexibility, and conditioning while exploring the expressive styles of contemporary dance. Dancers will work on technique, fluid movement, floor work, and	10-13 years

	emotional storytelling, all while developing control and artistry. This class encourages creativity, confidence, and strong foundational skills in a supportive environment.	
High School Technique	Our High School Technique class is designed to challenge and refine dancers through a wide range of styles and technical training. Students focus on strengthening their bodies, improving flexibility, mastering turns and leaps, and sharpening overall performance quality. Each class is tailored to the specific needs of the group, creating a focused and personalized training environment that helps every dancer continue to grow and excel.	14-18 years
Musical Theater	Is your child ready for their Broadway debut? Join us for an exciting class where dancers learn the art of combining acting, dancing, and storytelling! Students will build strong dance technique, develop musicality, explore character expression, and gain confidence performing in front of others. This high-energy class is perfect for kids who love to shine on stage and bring the music to life!	8-12 years
Adaptive Jazz Hop	Our Adaptive Jazz Hip Hop class is designed for adult dancers (18+) who may benefit from extra guidance and support in a welcoming, inclusive environment. Dancers will stay active while exploring jazz and hip hop styles, building coordination, confidence, and social connections through fun, engaging movement. This class also offers optional performance and competition opportunities to further develop confidence and teamwork. We are proud to be a qualified DDD provider.	18+
Adult Ballet	Our Adult Ballet class is perfect for anyone looking to try ballet for the first time or return to dance after a break. Open to all levels, this class focuses on building strong fundamentals, improving technique, flexibility, and grace, all while enjoying the beauty of classical movement in a supportive and encouraging environment.	18+
Adult Tap	Our Adult Tap class is ideal for beginners or experienced dancers ready to tap back into the rhythm! Students will focus on fundamentals, technique, and musicality while learning fun combinations and grooves. This class is a great way to improve coordination, rhythm, and confidence—all while having a blast!	18+
Rhythm and Motion	Rhythm & Motion is designed for diverse learners who may benefit from extra attention, guidance, and a supportive environment. At Embrace, we believe every child deserves the opportunity to	4-12 years

	<p>express themselves and experience the joy of movement. Dancers will explore basic stretches, foundational steps, rhythm activities, and creative movement in a class that adapts to meet their individual needs. The structure allows dancers to be accompanied by a support person if needed, ensuring every child feels comfortable, confident, and celebrated.</p>	
--	--	--