

TDA Class Descriptions

Classes for age 2-5

Mommy and Me – Ages 2-3 & One Parent (Summer Class)

This class is for 2-3 year olds. One parent must attend class each week with their child. Dancers and parents will get a jump start on learning class structure, ballet & jazz dance movements and creative movements. Instructors will guide parents on ways to dance alongside & partner with their child. We will dance to sing-a-long songs and Disney favorites. This class does not perform in the recital.

Intro to Dance I -3 year olds

This class is designed for 3 year olds to introduce ballet technique and vocabulary, and jazz rhythms & movements. Students are taught how to listen to instruction, how to stay in line, and how to wait their turn. They also work on remembering choreography, and counting with music.

Intro I classes perform 2 dances in the recital.

Intro to Dance II -4 year olds

This class is designed for 4 year olds to further introduce proper ballet techniques and vocabulary, jazz rhythms and technique, and introduce tap techniques. Steps are more challenging as they combine arm and leg movements and require more coordination. Students take on a bit more responsibility in class with a shoe change.

Intro II classes perform 3 dances in the recital.

Intro to Dance III -5 year olds

This class is designed for 5 year olds to further introduce proper ballet techniques and vocabulary, jazz rhythms and technique, and tap techniques. The longer class allows for more attention to detail. The students' coordination is better because of age, and attention-span is also longer so children can better focus. Choreography is more challenging with more complex movements.

Intro III classes perform 3 dances in the recital.

**Summer Intro to Dance classes combine ages 3, 4 & 5 and concentrate on Jazz and Ballet movements only.*

Classes for age 6 & up

Ballet Levels 1, 2 & 3

Focus is on proper classical ballet technique and lyrical dance movement. Students will work on traditional Ballet warm-up and technique. They will learn how to properly extend their legs and toes and work on turn-out. Center work will include arm work, leaps and jumps, turns, etc. Students enter level I at age 6 and are advanced according to ability and previous dance experience. Ballet classes perform 1 dance in the recital.

Lyrical 3/4, Turns, Leaps & Jumps

This class will focus on Ballet technique combined with musically flowing, interpretive movements. Proper turn, leap and jump techniques will also be a focus of this class. This class will perform 1 dance in the recital.

Tap, Levels 1, 2, 3 & 4

Focus is on tap steps and rhythms. Students work on required foot strength for clear tap sounds and learn tap vocabulary. Students enter Level I at age 6 and are advanced according to ability. Tap classes perform 1 dance in the recital.

Jazz, Levels 1, 2, 3 & 4

Focus is on proper jazz technique which includes dance movements, turns, leaps and jumps. Students will also work on strength and flexibility which is very important for dance. Students will dance to some of their favorite songs. Students enter at age 6 and are advanced according to ability. Each Jazz class performs 1 dance in the recital.

Hip-Hop 1, 2, 3 & 4

These are fun classes! Learn Hip Hop movements and stunts, and explore styles and rhythms. Students will dance to fun, energetic music that will inspire them. Minimum age 6 years old. All new students are placed in Hip Hop I and are advanced according to ability. Each Hip-Hop class performs 1 dance in the recital.

Boys Hip-Hop

Same format as our regular Hip-Hop class, but just for boys! A bit more emphasis on tricks & stunts.

Acrobatic Dance (age 7 & up)

This class is for students with previous tumbling & dance experience. They should have already mastered cartwheels, round-offs, standing back bends & walkovers. This class will work on furthering acrobatic skills such as handsprings and aerials and other acrobatic dance tricks. Dance skills include turns, leaps, pivots, etc. Back and leg flexibility will be a must for this class, so the student must be dedicated to stretching. The Acrobatic Dance class will perform 1 dance in the recital.

Dance Technique

To truly improve as a dancer, students should be enrolled in a dance technique class, in addition to regular dance classes. The class includes barre work, stretching, across the floor combinations, turns, leaps, jumps, to improve overall dance technique.

Ballet Barre

This ballet technique class uses the barre as a tool for improving strength, extension, toe pointe, and flexibility. This class should be taken in addition to other classes. Advanced students will be considered to add pointe shoes at the barre depending on age, skill level, class attendance & number of class hours per week. Please do not ask for your child to be put in pointe shoes. Ms. Stacia will decide if & when students are ready and notify the parent.

Drill Team Preparation (Grade 8 & up)

This class was designed as a preparation for Tex-Anns or Chieftettes dance team tryouts. Learn dance technique, turns, leaps, stretching techniques, and proper kicking techniques, to gain an advantage during actual dance team tryouts. This class was designed by ex-Tex-Ann officers, and was started at TDA back in 2008. The Drill Team class performs in the recital!

Adult Dance Fitness (age 15 & up invited too!)

*This fun, high energy class is a great addition to your fitness program. It is a high calorie burning, dance based cardio exercise class. Each class will be geared towards a certain style of dance...Jazz, Ballet, Latin, Tap or Hip-Hop. Cardio portion is 45 minutes followed by 15 minutes of abdominal work & stretching.
Bring your own yoga mat, towel & water.