



## Class Descriptions

### Parent and Me – 2 Year old & Parent (mom or dad)

*This class is for 2 year olds. One parent must attend class each week with their child. Dancers and parents will get a jump start on learning class structure, dance terminology and steps. Instructors will guide parents on ways to dance alongside & partner with their child. We will dance to sing-a-long songs and Disney favorites. Enrollment for this class will be per semester. 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.*

### Ballet

*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.*

### 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 (age 6 & up)

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.

### Acrobatic Dance (age 6 & up)

Students will work on basic acrobatic skills including rolls, backbends, cartwheels, handstands, walkovers and handsprings. Dance skills include learning rhythms, counting music, leaps, pivots, etc. This is sure to be a fun and exciting class for your energetic child! The Acrobatic Dance class will perform 1 dance in the recital.

### Dance Technique (Level 1-2, Level 3-4)

To truly improve as a dancer, students should be enrolled in a dance technique class, in addition to regular dance classes. The class includes stretching, across the floor combinations, and skills to improve turns, leaps, jumps, and overall dance technique. All Poise Dance Company members are required to take 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.

### Dance Team Preparation (Grade 8 & up)

This class was designed as a preparation for Tex-Anns or Chiefettes 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.

### Adult Cardio Dance

This class is for adults. It is a dance based cardio exercise class. Each class will be geared towards a certain style of dance...Jazz, Ballet, Latin, Tap or Hip-Hop. This is a fun, high energy class!