

PRESCHOOL AGE COMBO This 45-minute class is designed for 3-5 year old boys and girls. Overall emphasis is on having fun while learning coordination, balance, rhythm, musical counting, self-confidence, muscle isolation and development, taking turns and following directions. Students will be exposed to multiple movements and musical styles. Students in this class will be introduced to elements in the Ballet, Tap and other dance styles. This class incorporates the use of props such as balls, scarves, building squares, tumble mat, and lots of imagination! No experience necessary.

KIDS COMBO AGES 6-9 this 45-minute class is designed for students to be exposed to multiple dance and musical styles. Students in this class will be introduced to elements in the Ballet, Jazz/Hip Hop and some will have Tap or Tumbling. Dance confidence is encouraged during this developmental age. Students will learn simple choreography.

COMBO CLASSES-AGES 10-Adult. This 45 min class is designed for students to be taught multiple dance and musical styles. Students in this class will be instructed in Ballet, Jazz/Hip Hop and Tap or Tumbling. The styles will vary week to week. Proper Technique and Terminology is taught and expected at this age. Students will learn choreography that will be performed at our annual recital. Various levels may be enrolled in this class and will have groupings within the recital piece according to their ability.

BALLET -Students will learn terminology, rhythm, coordination, and basic positions of the feet and arms. They will learn 1st- 5th position. Students will be practice additional barre/centre work terminology and technique. This is the building block for progressing into intermediate. ballet technique and lyrical classes. This a full hour, and a higher concentration level and desire for ballet is recommended in this class. Ballet is a foundation for all dance styles, and helps with balance, flexibility and even sports.

BALLET LEVEL 2-INTERMEDIATE BALLET Students will build upon all exercises and techniques learned in Beginner Ballet. Students will be introduced to more terminology and more difficult technique. In addition, students will learn stretching exercises at barre, which will help them to perfect their leg extensions. In center, they will be introduced to a higher level of exercises.

TAP LEVEL 1 & 2 TEEN/ADULT TAP Students learn tap-rhythm and timing. Class consists of warm-up, center, and across the floor training. Proper terminology and musicality is stressed. Students learn shuffles, flaps, time steps, buffalo, hops, drawbacks, cramp rolls, and basic turns. Students learn dance routines to all types of music.

TAP INTERMEDIATE and ADVANCED LEVEL 3 Students learn more tap-rhythms, sounds, and combinations. Students progress with riffs, pullbacks, time steps, complex turns, and extensive warm-up. Students will demonstrate the ability to build speed while keeping the clarity of their taps clean. Add all this to more complicated combinations and intricate dance routines, and this becomes a fun and challenging class. This class also accepts adult tap students who are looking for a higher level challenge. Prerequisite: Beginner Tap or knowledge of Beginner tap.

JAZZ This style brings together jazz and great rhythmic music. Class format consists of a warm-up to enhance core strengthening, balance, and extensions through isolations, rhythmic exercises, and floor stretches. Class includes across the floor patterns and short dance routines. Students study jazz and techniques, and learn to build complex jazz combinations and routines. Student learns choreography.

LYRICAL /MODERN This style tells a story through movement. Previous ballet is helpful. Warm-up exercises will focus on improving flexibility, extension, core strength, and balance. Center work will include both lyrical and contemporary steps and combinations. Lyrical combinations will incorporate the technical elements of ballet with jazz and modern movements. Students will learn how to express a wide range of emotions through their dance based on musical interpretation. Contemporary combinations will consist of abstract movements that combine modern and classical ballet elements. Students will learn how to quickly change tempo and create sharp and clean transitions. This class also accepts adult students who are looking for a higher level challenge.

HIP HOP various levels taught. Hip-hop dance refers to street dance styles primarily performed to hip hop music which has evolved as part of hip hop culture. It includes a wide range of styles primarily breaking, locking, and popping which were created in the 1970s and made popular by dance crews in the United States. Students will begin by learning hip hop fundamentals. Hip hop moves are broken down for dancers, then student's knowledge of hip hop fundamentals will be expanded upon by explaining and demonstrating various techniques and methods. Students will be exposed to multiple styles of hip hop dance. Original choreography will be taught, allowing students to discover their own hip hop style in a stress-free and fun environment, encouraging confidence building.

PRIVATE BARRE TONE AND STRETCH The barre is used as a prop to balance while doing exercises that focus on isometric strength training (holding your body still while you contract a specific set of muscles) combined with high reps of small range of-motion movements." We stretch after each muscle group contraction. Floor work, bands, balls, and light weights are also incorporated. This is a non impact exercise class to develop strength and flexibility.

YOGA 12-ADULT Designed to improve the health, performance, and mental acuity of athletes or individuals interested in improving their level of fitness. Increased balance and flexibility. Based on the ancient fitness science of yoga, it blends balance, strength, flexibility and power in a fitness format

PRIVATE FITNESS TRAINING Strength, speed, endurance, balance and flexibility training.

CHEER TUMBLE A fun class with pom poms that incorporates cheer. dance and tumbling moves

FLAMINCO-Traditional Spanish Style with Castanetts and wood soled shoes. Privates

Ballroom-Privates

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