



Class Descriptions*

Classical Ballet* (ages 8+): Ballet class is the foundation of all others and requires discipline, strength and flexibility. This art form requires many years of training to master. For this reason, students are required to take ballet 2x per week. Class work focuses on barre, center, traveling, etc. in order to help dancers master the needed skills for this art.

Technique* (ages 8+): Students not taking ballet are required to take technique with Jazz, Broadway Jazz, Modern, Contemporary, Hip Hop, Tap and Dance Acro.

Combo Classes (ages 4-6): Students get the benefit of two styles of dance. This class covers introductory level ballet and tap skills or ballet and tumbling skills. Students will learn ballet, tumbling and tap terminology, creative movement, and class room etiquette. Students perform two dances in recital.

Pre-classes (ages 6-7): Students at this age take more individual classes to increase their knowledge of the genre. We offer ballet and tap at the Pre-level. Students that wish to continue in tumbling may also enroll in Beginning Acro.

Jazz (ages 8+): Jazz movement is based ballet but the music is pop oriented and theatrical in nature. Classes work on flexibility, alignment and Jazz terminology through warm-up, center work and traveling floor work. Previous experience in Ballet is helpful in all jazz classes. While it is not required, Ballet is recommended to be taken with jazz.

Broadway Jazz (ages 8+): Students will study jazz technique, Broadway/musical theater style jazz, contemporary/modern jazz styles. Classes consist of warm-up, center work, and progressions, designed to increase flexibility, strength, and technique. Classes will also include developing performance, confidence, and expression.

Contemporary/Modern (ages 8+): In this class, students break away from ballet to embrace a less restrictive form of dance. Class will emphasize creative expression and improvisational skills. Students will also learn the techniques of Horton. Includes principles of fall/recovery, contraction/release, floor work, balance etc. Students must be registered in Ballet to take this class.

Tap (ages 8+): Students learn tap technique and terminology while focusing on crisp, clear sounds. Students that enjoy percussion sounds will enjoy this class. Helps students learn rhythmic musicality and coordination.

Acro Dance (ages 6+): This class is great for students who want to mix it up a bit. Students learn tumbling skills as well as dance. Recital performance incorporates dance and tumbling into the choreography.

Hip Hop (ages 8+): This class is a high energy class that includes a combination of street, jazz, and commercial movements. Each class begins with a warm up/strengthening section and moves into combinations and choreography.

**This year we are requiring Ballet/Technique with all of our classes. This means all students will be taking a minimum of two classes per week. (except Beg. Move & Combo). Ballet is a foundational dance genre where students learn terminology, correct body placement and how to engage their core. It helps dancers progress much faster in their classes when they incorporate ballet into their schedule. Ballet takes time to master which is difficult for many in today's "have it now" generation. Ballet is one of the most difficult genres to master which helps dancers learn that not everything can be mastered quickly. It teaches self-discipline, focus, proper body alignment, and builds a foundation for all types of dance!*