

## Dance Style Descriptions

**Ballet:** Ballet class requires discipline, strength, and flexibility. This art form requires many years of training to master. As dancers progress, they are required to take ballet 2x per week. Class work focuses on barre, center, across the floor, etc. to help dancers master the needed skills for this art. Teacher evaluation required.

**Dance Acro:** This class is great for students who want to mix it up a bit. Dancers learn a combination of creative motion and acrobatics. While this class might look like gymnastics, the techniques needed are different because the performer must learn to perform on a hard stage. Dancers work on flexibility, strength, and coordination. This class is a great complement to ballet.

**Jazz:** Jazz movement is ballet-based style of dance, 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.

**Modern:** In this class, students break away from ballet to embrace a less restrictive form of dance. Class will include creative expression and improvisational skills. Students will also earn the techniques of Horton. Includes principles of fall/recovery, contraction/release, floor work, balance etc. Teacher evaluation required.

**Tap:** 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.

**Hip Hop:** 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 that will improve rhythm and coordination.

**Broadway Jazz/Musical Theatre:** Students will study jazz technique, Broadway/musical theater style jazz, contemporary/modern jazz styles. Classes consist of warm-up, center work, and progressions that are designed to increase flexibility, strength, and technique. Classes will also include developing performance, confidence, and expression. Requires teacher evaluation.

**Pre-Pointe:** Requires teacher recommendation. Strengthening class that must be taken with regular ballet class. Students en Pointe or preparing for pointe must take 3 classes of ballet/week to maintain foot and core strength. Required for dancers wishing to advance to Pointe work.

**Pointe:** Requires teacher recommendation. Advanced level strengthening class that must be taken with regular ballet class. Students en Pointe or preparing for pointe must take 3 classes of ballet/week to maintain foot and core strength. Required for all dancers en Pointe.

**Partnering:** Requires teacher recommendation. Advanced level class to continue ballet training. Class teaches students the art of dancing with a partner.