

CLASS DESCRIPTIONS

Pre-School (Ages 3-4) Core Class

Ballet, Tap – 45 min.

This class is an introduction into the world of dance, beginning a foundation for their dance skills to grow. Ballet and Tap are part of the core dance curriculum for this dancer. They will learn and develop their motor skills and social skills. Ballet is the foundation for all dance styles. Tap helps teach sounds and how to “hear” the beat. This is essential for any dancer.

Pre-School (Ages 3-4) Acrobatics

Acrobatics – 15 min.

The dancer is required to take core classes in addition to this class.

This class is not only a great way for children to have fun, but it’s also the foundation to the world of acrobatics and increased flexibility. The dancers will learn basic acrobatic moves. Mastery of the primary acrobatics prepares the dancer for increased levels of difficulty as they grow.

K-1st Grade (Ages 5-6) Core Class

Ballet, Tap, Jazz – 45 min.

This class continues the introduction to dance with continuous focus on ballet and tap. Jazz is added to the curriculum to begin exploring other dance styles and creative movement.

K-1st Grade (Ages 5-6) Acrobatics

Acrobatics – 15 min.

The dancer is required to take core classes in addition to this class.

This class will continue the mastery of the basic acrobatic movements and skills. As the dancer continues to refine their skills, they will begin to learn movements that will increase the level of difficulty and reward. Improvements that can be seen in other areas of dance due to acrobatics include jumps, splits, flexibility, and mobility.

Intermediate (Ages 6-11) Core Class

Ballet, Tap, Jazz – 65 min.

This class dives deeper into techniques for ballet, tap, and jazz. Continue to build the ballet foundation and increase strength, flexibility, and agility. Tap will continue to enforce rhythm and sounds, while also challenging the dancer to learn intricate steps and increase agility. Jazz will allow your dancer to experience a different style of dance. Jazz techniques, movement, and performance will be covered in this class. These core classes will help your dancer be skilled in each popular style.

Intermediate/Advance (Ages 7+) Acrobatics

Acrobatics – 30 min.

The dancer is required to take core classes in addition to this class.

This class will focus on increasing the skill level of intermediate acrobatic movements and prepare for further advancement of skill. This class will show improvements in leaps, jumps, splits, flexibility, and mobility.

Pre-Pointe (Ages 8+)

30 min.

The dancer is required to take core classes in addition to this class.

This class is to prepare dancers for pointe class. There is a large focus on technique, feet and ankle strengthening, flexibility, and balance. This will help the dancer increase their skill in turns, jumps, leaps, kicks, etc. Not only will the preparation for pointe be extremely beneficial, it will also increase the skill levels for additional dance styles, such as contemporary and jazz.

Intermediate Hip-Hop (Ages 6+)

25 min.

Dancers taking core classes receive a discount for this class. This class may be taken as a stand-alone for full monthly tuition rate.

Hip-hop is high energy and hard-hitting movements. This fun class allows your dancer to learn the newest moves in the industry and hone in on precision movement and let loose at the same time. Moves and music are all age appropriate.

Advance (Ages 10+) Core Class

Ballet, Tap, Jazz, Contemporary – 95 min.

This class will teach high skilled movements and how to execute them properly. Ballet will continue to teach technique, strength, and flexibility. Tap will reinforce muscle training and feet agility, while having fun and growing in musicality. Jazz will continue to teach techniques and movements in increased difficulty, growing your dancer's skill set. Contemporary is a combination of dance styles fused together with a heavy relationship to ballet and jazz. The techniques used in ballet and jazz will become an essential part of a contemporary routine.

Pointe

45 min.

The dancer is required to take core classes in addition to this class.

This class is recommended by the teacher and requires a strong ballet foundation, with strength and flexibility. Dancers will be required to wear pointe shoes for this class. Dancers will learn how to execute ballet skills en pointe, including turns.

Advance Hip-Hop (Ages 10+)

25 min.

Dancers taking core classes receive a discount for this class. This class may be taken as a stand-alone for full monthly tuition rate.

Hip-hop is high energy and hard hitting movements. Explore different styles of hip-hop. This fun class allows your dancer to learn the newest moves in the industry and hone in on precision movement while letting loose at the same time. Moves and music are all age appropriate.

Adult Drop-In (Ages 13+)

1 hour

This class is open to adult dancers and dancers aged 13+. This class is for dancers looking to take class that vary in styles each week and cover technique, combos, flexibility, turns, and progressions. Styles may vary from ballet, ballet barre, jazz, contemporary, lyrical, and tap. There is no recital performance for this class. You do not have to be a dancer with our studio in order to take this class. All dancers are welcome. It is strictly a class focused on the development and improvement of skill and for those who want to continue dancing into their adulthood.