



Class Descriptions:

BALLET/LYRICAL/CREATIVE MOVEMENT 3-4years Class is designed to provide our newest dancers with an introduction to dance!! Ballet/creative movement/lyrical, will offer instruction into basic technique within the ballet & lyrical dance genres. Of equal emphasis is movement exploration & self-expression. Experimental games will aid dancers in imaginative thinking, imagery and story-telling. This class is perfect for the self-thinker and dreamer, offering the perfect balance of structure & freedom!

Attire: ballet tights (any color) & leotard (any color). Pink ballet shoes (Boys: Black form fitting dance pants/tights & any SOLID colored form fitting shirt. Black ballet shoes)

BALLET/JAZZ/ACRO 3-4years Class is designed to provide our newest dancers with an introduction to dance! Ballet/Jazz/Acro will offer instruction into basic technique within the ballet, jazz & acro dance genres. Early exposure to these three foundational dance genres will lay a strong foundation for future development in any specific dance genre! Classes are energetic, stimulating and aim to teach our newest dancers proper classroom structure and etiquette, while creating a love and passion for dance, at a very young age!

*Attire: ballet tights & leotard (any color). Pink ballet shoes. Hair pulled back. (Boys: Black form fitting dance pants/tights & any SOLID colored form fitting shirt. Black ballet shoes)

INTRODUCTORY BALLET 5-6years Introductory ballet will teach our Pre-K, K & 1stgrade dancers the most basic & fundamental techniques of ballet technique! Following a traditional ballet class structure, class will offer barre, across the floor & center combinations. Introductory ballet acts as a transitional class from the micro division into the mini division, with full focus on ALL things ballet. Ballet focuses on the technicality of movement through graduated levels, designed to teach awareness and respect for the body. Of emphasis is careful technical training that will enhance all physical endeavors and dance disciplines.

Attire: Pink ballet tights & any SOLID colored leotard. Pink ballet shoes. Hair in Bun (Boys: Black form fitting dance pants/tights & any SOLID colored form fitting shirt. Black ballet shoes)

INTRODUCTORY HIP HOP 5-6years Introductory hip hop will teach our Pre-K, K & 1stgrade dancers the most basic & fundamental techniques of hip hop dance!! Class structure will offer a warm up, across the floor & center combinations. Introductory hip hop acts a transitional class from the micro division, into the mini division!! Class will introduce concepts of improvisation and focus on building confidence & self-expression through movement & music. Hip Hop encompasses a wide array of movement vocabulary that uses elements of popping, locking, tutting, animation, krump, breaking, and new style. Hip Hop is a blend of modern and contemporary dance styles, performed to current day Hip Hop music and beats.

*Attire: Loose fitting clothing or athletic attire (no jeans), tennis shoes. Hair pulled back

INTRODUCTORY JAZZ/ACRO 5-6years Introductory jazz/acro will teach our Pre-K, K & 1stgrade dancers the most basic & fundamental techniques of jazz & acro dance! Class will split focus, with the first half on jazz technique and the second half on acrobatics. Jazz/Acro acts as a transitional class from the micro division, into the mini division!! Jazz Technique will offer a warm, across the floor & center combinations. Jazz is a mixture of many styles reflecting today's pop culture; identifiable by exciting "tricks" and fast paced movement. These classes place an emphasis on isolating body parts, increased flexibility & strength, and exhibition of individual personality. Acro will focus on strength & flexibility with introduction into back bends, cartwheels, handstands, rolls & walkovers; just to name a few. Acro is a high energy performing art that focuses on strength, flexibility, balance and motor coordination. Early exposure to Jazz/Acro disciplines will lay a strong foundation for future development in any specific dance genre or gymnastics!!

*Attire: Form fitting dance wear, Nude turners (shoe) for jazz. Bare feet for acro. Hair pulled back

MODERN/CONTEMPORARY and/or LYRICAL Contemporary is a "melting pot" of all dance styles, pulling from a foundation of ballet & post-modern dance techniques. Contemporary pushes today's boundaries of movement vocabulary and movement innovation. Lyrical, a "sister" to contemporary, focuses on story telling through dance and is emotionally expressive. Class includes a technical warm-up, progressions across the floor, and center combinations. Classes are offered for all ages and skill sets, beginning to advanced, regardless of previous training.

Attire: Form fitting dance wear. Nude turners (shoe) Hair pulled back

BALLET Ballet focuses on the technicality of movement through graduated levels, designed to teach awareness and respect for the body. Of emphasis is careful technical training that will enhance all physical endeavors and dance disciplines. Class will consist of barre, across the floor & center combinations. Classes are offered for all ages and skill sets, beginning to advanced, regardless of previous training. All ballet classes within the Mini, Jr & Sr age divisions are accompanied by a live pianist!!

Attire: Pink ballet tights & any SOLID colored leotard. Pink ballet shoes. Hair in Bun (Boys: Black form fitting dance pants/tights & any SOLID colored form fitting shirt. Black ballet shoes)

HIP HOP Hip Hop encompasses a wide array of movement vocabulary that uses elements of popping, locking, tutting, animation, krump, breaking, and new style. Hip Hop is a blend of modern and contemporary dance styles, performed to current day Hip Hop music and beats. Emphasis will be placed on style and texture. Class includes a warm-up, progressions across the floor, and center combinations. Classes are offered for all ages and skill sets, beginning to advanced, regardless of previous training.

*Attire: Loose fitting clothing or athletic attire (no jeans), tennis shoes. Hair pulled back

JAZZ TECHNIQUE Jazz is a mixture of many styles reflecting today's pop culture; identifiable by exciting "tricks" and fast paced movement. These classes place an emphasis on isolating body parts, increased flexibility & strength, and exhibition of individual personality. Class includes a warm-up, progressions across the floor, and center combinations. Classes are offered for all ages and skill sets, beginning to advanced, regardless of previous training.

*Attire: Form fitting dance wear, Nude turners (shoe). Hair pulled back

ACRO Acrobatics for dancers is a class designed to teach the fundamentals of tumbling, acro-flex, and acrobatics. It is a high energy performing art that focuses on strength, flexibility, balance and motor coordination. Acro includes backbends, cartwheels, handstands, headstands, rolls, walkovers, handsprings, aerials, tucks, hand balancing, partner tricks and so much more. The ultimate intention of acro is the incorporation/integration of these various skills and tricks into other dance styles. Classes are offered for all ages and skill sets, beginning to advanced, regardless of previous training.

Attire: form fitting dance/athletic wear, bare feet, hair pulled back

POM/CHEER Pom Cheer is the perfectly balance of a dance and cheer, offering dancers class instruction into snippets of pom routines and basic "cheers". It is designed to teach kids the sport of cheer leading. It will be broken into sideline cheers, dances, jumps and the fundamentals of stunting. The cheers will be taught in a sideline style, learning about offense, defense, and how to lead a crowd. The dances are taught in a sharp movement style teaching the kids to be clean and tight. Some of the jumps being taught will include star, tuck, toe touch, pike, and hurdle. The stunting portion of the class will be taught using the most safety precautions possible while learning the roles of the positions of stunting. We will work on arm motions, counting, voice projection, and the essential quality of leading crowds.

*Attire: hair UP and out of their face, NO jewelry in (it's a safety hazard for stunting), tennis shoes, and form fitting athletic wear.

MUSICAL THEATER This Musical Theater dance class immerses students in the diverse world of Broadway Theater. Exploring iconic shows and their unique artistic elements, students will learn to embody various Broadway styles, from classic Golden Age musicals to contemporary pop/rock productions. With an emphasis on storytelling dancers will learn how to connect with an audience as well as prepare for an audition setting by creating unique characters and practicing quickly picking up choreography. Dancers will learn the fundamentals of Broadway Jazz while creating fun and quirky worlds on stage with their fellow performers!

*Attire: Form fitting dance wear, Nude turners (shoe). Hair pulled back

AERIAL ARTS Aerial is a gravity-defying art form that utilizes an apparatus rigged overhead. It is the perfect intersection of artistic expression and athleticism. World renowned Cirque du Soleil and its artists are often credited as the creators of this art form, which has been catching like wildfire since the late 1980s. Our program currently offers three apparatuses which we will alternate between - silks, hammock, and lyra. In our Aerial Arts 1 classes, there is a huge emphasis on proper strengthening and conditioning with multiple checkpoints ensuring the students are building the necessary strength in their upper bodies, core, and grip strength. This level focuses primarily on building a strong foundation and teaching important vocabulary before being moved to a higher level class.

Ages 8+ are welcome to enroll. Please note, attire for these classes is leggings and a tight fitting shirt or leotard. Exposed midribs or legs are a safety concern and your dancer will not be allowed to participate for the day without the proper attire. We also request your dancer brings a notebook to each class to write down important vocabulary.