



## Class Descriptions

### Ballet:

Students will learn classical ballet techniques and terminology. Each class includes barre exercises, center floor work, and across-the-floor combinations. The ballet curriculum is based on a combination of the Cecchetti method as students' progress through each level curriculum will become increasingly more complex and intricate.

### Jazz:

Jazz class will focus on learning proper dance technique such as isolations of the body, improving performance quality and developing complex rhythms and patterns. Students will be exposed to various styles of jazz such as Broadway, Street and Contemporary to help develop a well-rounded dancer. Class curriculum is based on ballet technique layered with traditional jazz movement and includes a proper warm-up, stretches, isolations, across-the-floor progressions, and combinations. As students' progress through each level curriculum will become increasingly more complex and intricate.

### Tap:

Tap classes are designed to develop rhythm, style and sound. Students will learn a variety of tap styles from Broadway to Rhythm tap. Exercises focus on building flexibility of the knee and ankles, coordination, and speed of movement. The class emphasis is on developing proper tap technique, producing clear tap sounds, and having fun. As students' progress through each level curriculum will become increasingly more complex and intricate.

### Hip- Hop:

Hip hop is a high-energy class that infuses the latest styles of street dancing, breaking, popping, and locking. Classes will encourage students to step outside of the box by bringing their own individual style and personality to the movements. Hip hop dance requires students to have the strength and stamina to successfully perform moves. Therefore, class includes upper and lower body conditioning as well as a rigorous warm-up to help prepare students for more intense movements.

### Technique:

Students will focus on building the strength, flexibility and control needed to execute specific moves. Each class will emphasize barre exercises and may also include a combination of center floor work and across-the-floor combinations. This class does not include a year-end performance.

### Combo:

This popular combination class is designed for students to express their individuality through the art of dance. The ballet/tap class introduces young students to ballet, tap, and basic tumbling skills through imagination activities, movement games and singing (must be potty trained).





## Class Descriptions



### Creative Movement:

This class is designed for our youngest dancers who want to express their independence without the assistance of mom or dad. Dancers will have fun learning pre-ballet movement to popular children's music through singing and movement games. Props such as pom poms, hula hoops, parachutes and bean bags are used to enhance the learning experience. Class sizes are kept very small to assure plenty of individual attention for our youngest dancers (must be potty trained).

### Stretch and Tone:

This class is designed to improve a dancer's range of motion, enhance muscle flexibility and increase their level of core muscle strength. Through a variety of stretches and strengthening exercises, dancers will also increase their awareness of their own body's potential as it connects to expression through movement.

### Musical Theater:

Musical Theatre will explore telling a story through dance, while still focusing on learning proper dance technique. Class curriculum is based on ballet technique layered with Broadway style jazz movement and includes a proper warm-up, stretches, isolations, across-the-floor progressions, and combinations. Emphasis will also be placed on learning performance skills such as connecting with the audience and telling a story through dance and facial expressions.

### Acro:

Learn the basics or work on advancing your skills in this flexible Acro class! Acro is not the typical tumbling or gymnastics class. The class towards increased flexibility, balance, strength, muscle control, discipline and concentration. This class will focus on fundamental acrobatic technique, teaching such skills as handstands, chin stands, elbow stands, cartwheels, back bends, walkovers, balance and contortion tricks, all each student's individual level of experience. And it's fun, too!

### Dance team prep:

Dance Team Prep is a special class we are offering in the summer to help dancers work on those specific skills and tricks required to try-out for Dance Team. Jumps, turns, kicks and pom pon techniques will be included in the class curriculum. Classes will be designed to help each dancer identify and work on specific techniques and skills needed to improve their understanding and performance of these specific moves.

