

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 movement.

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).

Tumbling:

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!

Evolution's Pre through 3

Pre-evolution - This evolution is created for the beginner dancer who has very little experience and is looking to try dance!

Evolution 1 - This evolution will focus on building the technical foundations of the dance style and introduction to proper dance terminology.

Evolution 2 - This evolution is designed for the student who is comfortable with the basic technical elements of the dance genre and are ready to learn at a quicker pace! Along with learning intermediate level skills and sculpting their technique.

Evolution 3 - This evolution is created for the more skilled dancer who are comfortable defining dance terminology and implementing intermediate level skills with accurate technique and longer progressions across the floor / center stage.