**En Pointe Class Descriptions**

**Mon Cheri Bebe (2-3 year olds):** A class fit for a princess! In this class, visual

and performing arts are introduced through interactive and imaginative play. Your

precious little one is sure to love all that she will learn in this fun and

exciting environment where she will strengthen her gross motor skills through

sensory cues.

**Twirl, Tap, and Tumble (3-5 year olds):** This Ballet, Tap and Tumbling class is

a “pre-dance” class that introduces the foundations of dance and stretching, as

well as classroom etiquette in a fun and positive environment. The instructor will

utilize games, stories and music to help young dancers to learn basic

technique. These dancers will showcase what they have learned (Tap or Ballet)

in the end of year recital.

**Pre-Dance Combo (5-6 year olds).** Our pre-dance combo classes are perfect

for the young dancer looking to experience two styles of dance in one class. We

have two class combinations that you may choose from, a Ballet/Tap Blend as

well as a Ballet/Jazz blend. Dancers progress with basic ballet technique as well

as introductory jazz steps and/or beginning rhythms in tap. These dancers will

end the year with a recital performance showcasing the skills that they have

learned throughout the year.

**Ballet (Beginner thru Advanced levels)** Ballet will be offered to all levels. Ballet

is the fundamental building block of dance education. Each class will consist of

traditional ballet barre, warm up and exercises, adagio, petit allegro,

progressions, and will end with a progressive combination of skills learned in

class. Each dancer will be promoted based upon mastery of skills.

**Jazz: Beginner thru Advanced levels.** This class consists of traditional jazz

elements. Each class will begin with a jazz warm up. For the beginner levels of

Jazz, dancers will be introduced to basic ballet principles and jazz fundamentals.

All intermediate and Advanced levels will incorporate ballet and modern

technique so as to advance skill level. Ballet is recommended as an

accompaniment to upper level jazz classes. Each level will utilize across-the-floor

combinations to work on leaps, turns, and various styles of jazz.

-**Tap: Beginner- Advanced** Tap is introduced in our Preschool Twirl Tap Tumble

class as well as our Combination Classes. We offer tap classes in Recreational

levels 1,2 and 3. All tap classes will focus on the development of rhythm and

coordination. Each dancer will focus on the clarity of sounds through the

incorporation of a warm-up with rhythm sequences. Dancers will learn tap

technique and style in their level of tap.

**-Hip Hop: Beginner-Advanced levels.** These classes will include a progressive

warm-up and instruction in basic hip hop technique. Hip-Hop is a form of musical

expression with freestyle form of street dance. The class will be set in an

interactive, fun, and fast paced environment.

*\*Attire for this class is anything that allows the dancer free range of movement.*

*(Loose fitting clothes, and tennis shoes are recommended*

**Lyrical : Beginner- Advanced Levels**

This class consists of expressive movement that blends modern, ballet, jazz and

lyrical dance techniques to create new lines that convey emotions. Each

individual will be encouraged to engage themselves and others in different

interpretations of movement through the use of various styles of music.

**-Conditioning:**

These classes are for serious dancers who are looking to enhance their strength

and flexibility as well as improve their jumps, turns and tricks. Each class is

designed to enforce proper stretching techniques and improve cardio stamina.

Conditioning classes are leveled 1-3. Students may only progress to the next

level with the instructors consent.

*\*Attire for this class consists of leotard or half tops with dance shorts. No tights.*

*No running/athletic shorts. Hair must be pulled up in a ponytail or bun away from*

*the face.*

**Adult Classes:**

**HardCore:** This hour long class is offered to students 14 and up. A separate but

similarly styled class will be offered for an adult. This class emphasizes

techniques for strengthening the body's core while improving coordination,

balance, alignment and flexibility. (Students purchase dance cards for this

class)

**Toning Pointe:** This hour long class is offered to adults ages eighteen and up.

This class focuses on flexibility, endurance, the strengthening and toning

of muscles and introduces beginner ballet technique (balance, posture, turns

ect.) These dancers are provided with a dance card and pay per class.

**Cardio/Technique:** This hour long class is offered to adults looking to use dance

as a means to strengthen and tone their muscles, while also learning the basics

in different styles of dance. This class is divided into two parts; A cardio dance

workout, followed by stretching and toning, and instruction of dance technique.

(Ballet, Jazz, Lyrical or Hip-Hop) Each week a new style is introduced. These

dancers are provided with a dance card and pay per class.

**-Seniors Can Dance Too:**

This hour-long class is offered in the morning for senior adults, who wish to learn

to dance, or renew their passion for dance. This class will focus on stretching,

and movement geared specifically towards the strengthening and conditioning of

muscle groups to promote balance, endurance, and well being. These dancers

are provided with a dance card and pay per class. \*Attire for these classes are

athletic clothes. Clothes that are tighter-fitting yet "give" are the best option.

Tennis shoes and socks are required but many of these classes will be taught

barefoot.

**-Palmetto Pirates: (Pre-school 3-4 year olds)**

With imaginative play at the root of this class, your little boy will surely love to

learn what it means to be fit and active! This boys only class is designed to help

with the development of gross motor skills in preschool aged boys by introducing

movement and musicality. This is an environment that will surely keep them

anticipating what's next!

**Mommy and Me:**

This class is for parents who are looking for a fun activity that they can do

alongside their son or daughter. Come learn basic movement concepts in a fun

and fast paced environment. *\*Attire for this class is any comfortable clothes that*

*allow for movement. No shoes are required.*