



Class Descriptions

Ballet - a classical dance form teaching grace and precision by using tradition ballet technique. Dancers will learn ballet technique and terminology throughout each year.

Pre Pointe - This class is for those who want to train more seriously in Ballet, Pre Pointe will help to condition dancer's feet and ankles to prepare them for pointe shoes. Pointe shoes are awarded by our Ballet Department head only, and will only be awarded if the student shows enough progress. Dancers need to be at least 10 years old or in Level III, and have at least 2 years of ballet experience.

Pointe - A continuation of Pre Pointe, Pointe class will continue to train dancers that have been awarded their pointe shoes. Dancers must be enrolled in TWO Ballet classes a week, and have directors permission.

Contemporary - A popular form of dance which developed during the twentieth century and deriving, from modern dance, contemporary uses emotion, free form, and improvisation to create thought provoking works of art. Students are welcome to join this class but are encouraged to take it with a ballet class.

Lyrical - A beautiful dance form implementing ballet & jazz techniques to express lyrics of songs; flowing, graceful, emotional and inspirational. Dancers will develop strength & flexibility while acquiring solid dance technique.

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 to help develop a well rounded dancer. Class curriculum is based on ballet technique layered with traditional jazz movement and including a proper warm-up, stretches, across the floor progressions, and combinations. As students progress through each level curriculum will become more complex.

Tap - Tap is one of the oldest dance forms in this country. Students are taught rhythms, timing, and leg/foot coordination done to various types of music. We teach all types of tap from traditional tap to funky Rhythm tap. Students will receive well-rounded knowledge of all types of tap.

Hip Hop - Hip Hop class utilizes upbeat music from various genres in addition to the latest Hip Hop hits. The resulting outcome is an energetic class that not only teaches you Hip Hop movements and technique but also instills rhythm and precision in your muscle memory. All dancers from any level are welcome.

Breakdancing - A fun and challenging class for any dancer to take, Break dancing will teach dancers the latest choreography and tricks in the Hip Hop world. No experience necessary. Knee pads are suggested.

Turns & Leaps - This class focuses on turning, leaping and jumping all deriving from jazz technique. Dancers must be enrolled in a jazz technique class to enroll.

Acrobatics - Acrobatics teaches flexibility, balance, strength, muscle control, discipline & concentration. This class will focus on fundamental acrobatic technique. Students will learn such things as handstands, chin stands, elbow stands, cartwheels, back bends, walkovers, balance & contortion tricks. Acro is not the typical tumbling or gymnastics class. This class is great for students looking to enhance their agility, flexibility, and control.

