

Class Descriptions and Dress Code

- **Tiny Tots:** (18 mo-2yrs) These classes cater to our youngest group of dancers including one parent or guardian with them. We introduce fundamental movement and musicality through fun and exciting songs, props, and rhythms while learning to Love dance together. **Any color leotard and pink tights. Hair must be up. Ballet shoes are optional.**
- **Fusion:** Combining genres of dance, this class will develop your child's coordination, musicality, spacial awareness and social skill using different interactive teaching tools. **Any color leotard and pink tights. Hair must be up. Ballet, tap, and slip-on jazz shoes required for corresponding class.**
 - Ballet/Tap (3-4yrs): We will introduce fundamental ballet technique and terminology along with basic tap moves and rhythms.
 - Jazz/Acro (3-4yrs): This class focuses on basic tumbling passes and elementary jazz movement through energetic music.
 - Ballet/Tap (5-6yrs): The ballet portion of the class will concentrate on alignment and proper execution of movement. They will also learn fundamental tap skills through fun rhythms and unique sequential patterns.
 - Jazz/Acro (5-6yrs): Students will work on stretching, progressions, and combinations while exploring the many different styles of jazz. In acro, building core strength, flexibility, and coordination will be the emphasis.
- **Ballet** (7 & up): Ballet class is the foundation of any and all dance forms while focusing on proper technique, alignment, and core strength. The ballet curriculum is based on a combination of the French, Vaganova and Cecchetti methods. As students progress through each level, the curriculum will become increasingly more complex and intricate. **Any studio color leotard with pink tights. Hair must be in bun. Ballet shoes required.**
- **Jazz** (7 & up): 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 intricate 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 advanced. **Any studio color leotard with pink tights. Hair must be up. Jazz shoes required. Black shorts allowed.**
- **Lyrical** (7& up): An evolving form of dance based on ballet and jazz technique. Dancers will learn to tell a story through fluid movement, work on partnering exercises, and connecting emotionally with the lyrics of the music. **Any studio color leotard with pink tights. Hair must be up. Lyrical shoes required.**
- **Pointe:** All pointe classes are designed for students with previous ballet training. Students will utilize previously learned ballet technique while working in pointe shoes. Each class includes barre exercises, center floor work and across the floor combinations. These exercises focus on strengthening the feet and ankles. **Any studio color leotard with pink tights. Hair must be in bun. Pointe shoes required. Teacher recommendation only.**
- **Tap** (7 & up): A percussive form of dance characterized by using the sound of ones tap shoes to accent the beat of the music. Exercises focus on flexibility of the knee, ankle, coordination, and speed of movement. **Any studio color leotard with pink tights. Hair must be up. Tap shoes required. Black shorts optional.**
- **Hip-Hop** (7 & up): In hip hop it is a high energy class that will teach them various styles such as 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. Students will work on upper and lower body conditioning as well as a rigorous warm-up to help prepare students to have the strength and stamina to successfully perform moves. **Any loose fitting garments. No jeans. No shorts unless leotard and tights underneath.**
- **Acro** (7 & up): This class will focus on fundamental acrobatic technique. We will guide them towards increased flexibility, balance, strength, muscle control, discipline and concentration. All at each student's individual level of experience. **Any studio color leotard with pink tights. Hair must be up. Acro shoes are required.**
- **Adult Fusion** (19 & up): You will build endurance, strength, and coordination that emphasizes your individual dance improvement and fitness. Develop new dance skills in a fast-paced, fun-filled class with the latest moves from the world of popular and theatrical dance. No prior experience necessary. **Any loose fitting garments. No jeans. No shorts unless leotard and tights underneath.**