



CLASS STYLE DESCRIPTIONS

Ballet & Pointe

Ballet is one of the oldest forms of classical dance, based on techniques that have been developed over centuries. Ballet is the technical base for many styles of dance, as many other dance genres are based on ballet technique. Ballet uses music in combination with dance to tell stories. Dancers wishing to take pointe must be approved first by our ballet teacher.

**Pointe and pre-pointe dancers must be invited to take the class, and have their ballet skills evaluated before they may take the class.*

Jazz *(any dancer enrolled in jazz must also be enrolled in at least 1 ballet class)*

Jazz dance is a form of dance that originated from Jazz music in the mid 20th century. Jazz dance has a rhythmical quality, and is often accompanied by pop music today. Jazz dance uses strong, clean body movements, including body isolations and contractions. Jazz technique includes many elements of ballet technique.

Tap

Tap dance is the form of dance where rhythm is created by tapping the heels and toes of a dancer's shoes in various combinations and patterns.

Contemporary/Lyrical *(any dancer enrolled in contemporary/lyrical must also be enrolled in at least 1 ballet class)*

Contemporary is a combination of ballet, modern and jazz techniques. Contemporary dance moves beyond the confines of every dance style, and allows unconventional movement to be explored. Contemporary dance can sometimes look similar to lyrical, with more of a range of creativity in the movement. Lyrical dance is a ballet based technical form of dance that specifically uses the lyrics of the movement to inspire the dancing.

Hip Hop

Hip Hop is a street-dance style usually danced to hip-hop or rap music. Hip hop evolved from hip-hop culture in the late 70's and 80's. Hip hop includes various styles and techniques such as breaking, popping, locking, waaking, gliding to name a few. Improvisation and interpretation are essential to hip hop dancing. It is a high-energy form of dance, and is a great way for non-technical dancers to enjoy dance!

Musical Theater

Musical theater is the dance style specifically done in musical theater shows and productions. The style of dance is very animated, and the class involves basic acting techniques.

Turns & Jumps *(any dancer enrolled in turns & jumps must also be enrolled in at least 1 ballet class)*

This class will focus on jazz, ballet, and modern turns and jumps. It supports the training of the technical dancer.

Acro

Teaches & builds acrobatic skills & flexibility used in dance. Ex: Front walkovers, back walkovers, handsprings, aerials, etc.

Modern

Modern dance originated as a rebellion against classical ballet. The movement includes parallel lines and use of the body's natural movement, as well as floor work. Modern has no boundaries, and this style of dance centers on a dancer's own interpretation of the movement. There are various modern techniques that were created by the pioneers in the style.

Stretch & Strength

Stretch & Strength is a class that focuses on stretching the body to be more flexible for dance. The class also focuses on strengthening exercises specific to dance training.