

Acro / Tumbling Requirements

Level II Requirements

1. Must be attentive in class and follow proper class structures / class safety / attire
2. Must be able to do a cartwheel and land in a standing position
3. Must be working on one-handed cartwheel
4. Must be able to hold a handstand and land in a bridge
5. Must be able to hold a bridge and kick over
6. Must be able to hold a headstand for 4 seconds
7. Must be able to hold an elbow stand for 4 seconds
8. **Must have teacher approval**

Level III Requirements

1. Must be attentive in class and follow proper class structures / class safety / attire
2. Must be able to do front and back walkover
3. Must be able to hold a headstand for 8 seconds
4. Must be able to hold an elbow stand for 8 seconds
5. Must be able to do a chin stand
6. Must be working on side aerial
7. Must be able to do toe rise to bridge
8. Must be able to do a valdez
9. **Must have teacher approval**

Level IV Requirements

1. Must be attentive in class and follow proper class structures / class safety / attire
2. Must be able to do side aerial on hard floor
3. Must be able to do back handsprings with or without spot
4. Must be able to do front aerials on hard floor with or without spot
5. Must be working on back tucks and layouts
6. **Must have teacher approval**

Ballet Requirements

Level II Requirements

1. Must have taken level I ballet for a MINIMUM of TWO years to be considered
2. Must be able to specify ALL ballet positions with proper arm placements
3. Must know basic ballet barre terminology
4. Must be attentive in class and follow proper ballet class structures / attire
5. Must be able to do a proper chaine
6. Must be able to do a proper pique turn
7. Must be able to do a proper single pirouette in turn out on both sides
8. Must be able to do a grand jete
9. Must be able to do various sautes
10. **Must have teacher approval**

Level III Requirements

1. Must have taken level II ballet for a MINIMUM of TWO years to be considered
2. Must know basic ballet barre terminology and different variations increasing with tempo
3. Must be attentive in class and follow proper ballet class structures / attire
4. Must be able to do a chaines in double time
5. Must be able to do a double pique turn
6. Must be able to do a double pirouette in turn out on both sides
7. Must know the following across the floor terminology and how to properly execute them:
 - a. Bourrée
 - b. Ballet waltz
 - c. Chassé
 - d. Chainé
 - e. Piqué
 - f. Pas de chat
 - g. Glissade
 - h. Assemblé
 - i. Petit jeté
 - j. Grand jeté
 - k. Cabriole
 - l. Fouetté arabesque jump
 - m. Tour jeté
8. Must know the following center floor terminology and how to properly execute them:
 - a. Balancé
 - b. Échappé
 - c. Sauté
 - d. Changement
 - e. Port de bras
 - f. Promenade
9. **Must have teacher approval**

Level IV Requirements

1. Must have taken level III ballet for a MINIMUM of TWO years to be considered
2. Must be able to specify ALL ballet positions with proper arm placements
3. Must know advanced ballet barre terminology and variations
4. Must be attentive in class and follow proper ballet class structures / attire
5. Must be able to do chaine and pique variations
6. Must be able to do a triple pirouette in turn out on both sides
7. Must be able to do fouette turns
8. Must be able to execute advance across the floor and center floor variations
9. Must pass evaluation during a level III class

Cheer Based Class Requirements

Level II Requirements

1. Must be attentive in class and follow proper class structures / class safety / attire
2. Must be able to do a cartwheel and land in a standing position
3. Must be able to hold a plank for 45 seconds
4. Must be able to do 10 proper push ups
5. Must be able to do a roundoff.
6. Must be able to hold a handstand
7. Must be able to hold a bridge for 8 seconds
8. Must be able to assist with basic stunts (ie. thigh stand, teddy sit)
9. Must be able to do a star jump and toe touch
10. Must know basic cheer motions
11. **Must have teacher approval**

Hip Hop Requirements

Level II Requirements

1. Must be attentive in class and follow proper class structures / attire
2. Must be ready to build upon skills learned in level I hip hop
3. Must be able to recognize hip hop terminology and feel confident increasing their vocabulary
4. Must be versatile in various hip hop styles
5. Must be able to retain choreography quickly and ready for greater length combinations with more complex rhythms
6. Must be able to perform intricate footwork and capture specific styles
7. Must be comfortable performing freestyle
8. **Must have teacher approval**

Tap Requirements

Level II Requirements

1. Must be attentive in class and follow proper class structures / attire
2. Must know and be able to produce clear shuffles - single and double time
3. Must know and be able to do running flaps, flap heels, flap heel heels, flap ball change
4. Must know and be able to do an irish - front and back
5. Must know and be able to do a buffalo - left and right
6. Must know and be able to do a cramp roll
7. Must know and be able to do a maxie ford
8. Must know and be able to do a toe stand
9. Must know and be able to do paradiddles
10. **Must have teacher approval**

Level III Requirements

1. Must be attentive in class and follow proper class structures / attire
2. Must know all level II terms and be able to apply / follow the rhythm of a song.
3. Must know and be able to do jump shuffles
4. Must know and be able to do a toe roll
5. Must know and be able to do single and double time steps
6. Must know and be able to do Broadway
7. Must know and be able to do a double pull back
8. Must know and be able to do a cramp roll crawls
9. Must know and be able to do cramp roll turns, flap ball change turns, and maxie ford turns
10. Must know and be able to do various riff combinations
11. Must know and be able to do cincinnatis
12. Must know and be able to do drawbacks
13. Must be working on wings
14. **Must have teacher approval**

Level IV Requirements

1. Must be attentive in class and follow proper class structures / attire
2. Must know all level III terms and be able to apply *precisely* at various speeds
3. Must know and be able to do a wing
4. Must be working on alternating wings
5. Must know and be able to do toe rolls with alternating shuffles
6. Must know and be able to do a bombershay
7. Must know and be able to do grab offs
8. Must know and be able to do barrel rolls
9. Must know and be able to do double syncopated pullbacks
10. Must know and be able to do triple time steps
11. **Must have teacher approval**

Technique Based Class Requirements (Stretch & Turns, Jazz, Lyrical, Conditioning, ETC)

Level II Requirements

1. Must be attentive in class and follow proper class structures / attire
2. Must be able to properly point toes and straighten knees in center and across the floor exercises
3. Must be able to retain class combos / choreography
4. Must have a proper single pirouette
5. Must be able to do proper splits on left, right and center
6. Must have front leg extension center floor on both sides
7. Must have a needle and working on needle variations
8. Must have a front leap
9. **Must have teacher approval**

Level III Requirements

1. Must be attentive in class and follow proper class structures / attire
2. Must have a minimum of 3 years of dance training
3. Must be able to quickly and efficiently retain class combos / choreography
4. Must have a proper single pirouette on both sides and working on doubles and triples
5. Must be able to do proper splits on left, right and center
6. Must have front leg extension center floor with no hands
7. Must have leg hold turn on at least one side
8. Must have a controlled penche into a needle
9. Must have a scale
10. Must have a chasse front leap on both sides
11. Must have a surprise leap
12. Must have a firebird
13. Must be able to do 2-3 a la seconde turns (required for juniors and teens)
14. **Must have teacher approval**

Level IV Requirements

1. Must be attentive in class and follow proper class structures / attire
2. Must have a minimum of 5 years of dance training
3. Must be able to quickly and efficiently retain class combos / choreography and apply proper technique
4. Must have triple turns in various positions
5. Must have various leg hold turns on at least one side
6. Must have center leap
7. Must have tilt jump
8. Must have calypso jump
9. Must be able to do multiple a la seconde turn variations
10. Must be able to properly execute various forms of extensions
11. **Must have teacher approval**