



CLASS STYLE DESCRIPTIONS

Ballet

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.*

Contemporary

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.

Any dancer enrolled in contemporary 2 or contemporary 3 must also be enrolled in a ballet class.

Dance Acro

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

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, waacking, 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!

Jazz

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.

Any dancer enrolled in jazz 2 or jazz 3 must also be enrolled in a ballet class.

Lyrical

Lyrical dance is a jazz and ballet based technical form of dance that specifically uses the lyrics of the movement to inspire the dancing.

Any dancer enrolled in lyrical must also be enrolled in a ballet class.

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. Modern is a base technique for contemporary dance.

Musical Theater Dance

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 to support dancing.

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.

Jazz Technique

This class will focus on jazz technique, progressions, and turns & jumps. It supports the training of the technical dancer.

Pointe (by approval/testing only)

Pointe is the advanced form of ballet, in which dancers dance in pointe shoes: en pointe. Dancers wishing to take pointe must take Pre-Pointe first, and pass the Pointe evaluation test.

Pom Dance

A style of dance with a jazz base, using pom poms. The style is typically performed at sporting events, for halftime performances. It is high energy, and has technique-based jazz movement.
We strongly suggest to be enrolled in at least 1 jazz class when taking Pom Dance.

Pre-Pointe (by invite only)

A class that focuses on flexibility and strength of the feet, ankles and legs to prepare for pointe shoes. The class is tested twice a year to be evaluated to be put on pointe.

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

Stretch & Strength

The class focuses on stretching the body to be more flexible for dance and on strengthening exercises specific to dance training.

Toddler Dance: INDEPENDENT

An introduction to general dance movement, taught through music, song and dance.

The independent class is for toddlers who are ready to take participate independently and follow teacher instruction without a parent in the room. ****No parents allowed in the dance room for this class.****

Toddler Dance: GROWN UP & ME

An introduction to general dance movement, taught through music, song and dance.

The grown up & me class is for toddlers who want to participate with a parent in the room. ****One parent must participate along with the toddler for this class.****

Note: the parent does not remain in the room during the class to observe—the parent actively participates in the class with the toddler!