

Youth Program (7 - 12 yrs. Old)

All students are placed in classes 1st by their skill level/knowledge and then by age.

Ballet

- **Ballet Youth Beginners**: This class will focus on increasing core strength and ballet techniques at the barre, center, and across-the-floor combinations, beginner barre exercises will include core, balance, flexibility, and so much more. **HAIR MUST BE IN A BUN or securely pulled back off the face** for this class, or the dancer cannot participate.
- **Ballet Youth Intermediate**: This class is designed for the advanced beginner/intermediate youth level student with two or more years of ballet experience. This class will focus on increasing core strength and ballet techniques at the barre, center, and across-the-floor combinations. Beginner barre exercises will include core, balance, flexibility, and more. **HAIR MUST BE IN A BUN or securely pulled back off the face** for this class, or the dancer cannot participate.

Modern

- **Modern Youth Beginners**: The class introduces Modern techniques such as Horton & Graham-based movements, trending styles, and techniques that help them find their Balance, Flexibility, Discipline, Center, and other beginner modern dance fundamentals. This class spends a lot of time breaking down the basics and is great for the beginner dancer. We **Highly** suggest accompanying this class with a Ballet class for the progression of dancers' skills and form.
- **Modern Youth Intermediate**: This class is designed for the advanced beginner to intermediate youth level student with three or more years of modern experience. This class introduces Modern techniques such as Horton & Graham-based movements, progressing styles, and techniques that help them find their Balance, Flexibility, Discipline, Center, and other beginner modern dance fundamentals. This class spends much time breaking down the basics and is great for the beginner dancer & those who have some dance training. We **Highly** suggest accompanying this class with a Ballet class for the progression of dancers' skills and form.

Hip Hop

- **Hip Hop Beginners #1 & #2:** Hip Hop is an upbeat style of dance performed to popular music. The class is a beginner Hip Hop level with a primary focus on the fundamental and intense Hip Hop combinations that strengthen Balance, understanding of Rhythm, Level changes, and incorporating Trending Dances locally and abroad. Beginner techniques and disciplines are being taught.

Tap

- **Tap (Open Age Level):** This class introduces the basic tap techniques through syncopation to create rhythm and sound. Tap teaches Rhythm and Musicality.

Jazz/Musical Theater

- **Musical Theater:** This class is focused on offering dance styles (mostly jazz & lyrical based) that are presented in Broadway musicals. Students will learn fundamental dance techniques, acting skills, and how to perform with emotion, drama, & theatrical stage presence. We **Highly** suggest accompanying this class with a Jazz Ballet class for the progression of dancers' skills and form.
- **Jazz Beginner (Open Age Level)**
- **Jazz Intermediate (Open Age Level):** ****Must do a skills assessment before enrolling in the intermediate level**** Jazz is a style of dance that is structured technique while taking many shapes and forms. It meshes both Modern and Ballet techniques. It can be performed to various music from Broadway to pop. We **Highly** suggest accompanying this class with a Ballet or Modern style to improve dancers' skills and form.

Technique & Conditioning

- **Jumps & Turns Level 1 & 2:** Jumps & Turns class is a technique class designed to strengthen and improve dancers' skills and knowledge of different leaps, jumps, and turns that dancers perform in Ballet, Jazz, and Contemporary dance. We **Highly** suggest accompanying this class with a Ballet or Modern class to improve dancers' skills and form.

Acro/Tumble

- **Acro/Tumble Beginners (Open Age Level)**
- **Acro/Tumble Intermediate (Open Age Level)** ****Must do a skills assessment before enrolling in the intermediate level****: ***This acrobatic***

style class teaches floor gymnastics. Acro class progresses from forward rolls and cartwheels to advanced tumbling, including aerial work. Teachers work with each student on their level. This class also focuses on flexibility, agility, and teamwork. Building and increasing strength and limber movement. All students taking this class must participate in the recital due to tricks and partner work.