



**TWINKLE TOES**  
PERFORMING ARTS COMPANY

## **CLASS DESCRIPTIONS – SUMMER 2025**

### **DANCE WITH ME, PRE-BALLET, BALLET, and POINTE**

**Dance with Me - ages 18 months to three years:** for our youngest dancers and an adult/teen caregiver. Join us for a fun-filled class of musical exploration, movement, stories, and games, with the comfort of a grown-up to accompany their journey. Children will be exposed to the concepts of taking turns, following directions, and working together with classmates and caregivers for 45 minutes. Class size extremely limited.

**Pre-Ballet – ages 3-5:** a continuation of our Dance with Me and pre-ballet classes. This class is designed for dancers who are ready to fly without the presence of a caregiver. Over the three years of pre-ballet, dancers will be exposed to the fourteen basic dance and education concepts of: shape, energy, pathways, directions, patterns, space, tempo, size, levels, positional concepts, body shapes, weight, relationships, and sequencing. Concepts will be introduced through games, songs, and obstacle courses based on the Dance to Learn method in 45-minute classes.

**Pre-Ballet/Tap – ages 4-6:** a continuation of our Dance with Me and pre-ballet classes, combined with Primary Tap. About 20 minutes will be spent on each style, and dancers are asked to come with their tap shoes on first.

**Ballet: newbie to know-how:** ballet instruction for dancers who are beginning their journey in ballet or who have under 2 full years of classical training, or who are preparing to join a ballet class in the fall. Dancers will gain familiarity in terminology, technique, positions, history, etiquette, and class flow of ballet. Two age groups will be offered simultaneously, but ages will be combined in the case of small enrollment.

#### **All other ballet classes by age and level**

**Pointe and Ballet Conditioning-** a class of strengthening and preparation for pointe work “on flat.” Dancers are required to supply a purple thera-band and yoga mat for class.

**\*TEEN/SENIOR OPEN CLASS\*:** a weekly mix of various styles; Mrs. Elizabeth’s choice

## **TAP**

**Tap** - a percussive style of dance wearing tap shoes. Dancers will explore rhythm, music, composition, and dance history through this fun, physical form of dance. Tap enhances dancers’ ability to count and relate to music in all forms of dance, as well as giving them the confidence to create their own sounds.

**Tap: newbie to know-how:** tap instruction for dancers who are beginning their journey in tap or who have under 2 full years of classical training, or who are preparing to join a tap class in the fall. Dancers will gain familiarity in terminology, technique, style, history, etiquette, and class flow of tap. Two age groups will be offered simultaneously, but ages will be combined in the case of small enrollment.

## ***JAZZ and MUSICAL THEATER***

**Jazz** - a fast-paced, upbeat class defined with leaps, turns, kicks, and body isolations while wearing jazz shoes. Beginning from the vernacular and social dances of the early 1900's, this type of dance has evolved into a fun performance style featured in many music videos, concerts, and movies. Young dancers' jazz classes will focus on gross motor skill improvement, stretching, strengthening, and musical exploration.

**Musical Theater** - a combination of basic jazz dance technique along with acting exercises to explore the world of dance and storytelling presented in Broadway and off-Broadway theater. Vocal exercises, skits, and creative speaking roles will help children learn to construct stories and inform audiences, all while having fun in a safe environment. Dance movement will build on the foundations of Jr. and Beginning Jazz.

**All jazz and musical theater class levels are determined by age over the summer.**

## **LYRICAL AND CONTEMPORARY**

**Lyrical** - a softer, storytelling style of dance incorporating technique from ballet and jazz. Lyrical contains basic technique and gentleness of ballet, with the turns and leaps from jazz, along with the performance techniques of musical theater and contemporary to express the lyrics of music.

**Contemporary** - a faster-paced, more physical form of dance incorporating influences from jazz and modern dance. Contemporary features jumps, turns, and floorwork, along with concepts of breath, expansion, improvisation, and flow through movement. Contemporary also features a strong storytelling aspect, not necessarily driven by the lyrics of a song, but sometimes by more abstract concepts.

**All lyrical and contemporary class levels are determined by age over the summer.**

## **ACROBATICS**

Acrobatics is an agile dance form focusing on the student's flexibility and strength. Classes will include basic mat exercises, including bridges, head and handstands, rolls and cartwheels, along with coordination and strengthening exercises. Dancers will enhance their abdominal and upper body strength while improving flexibility throughout the entire body. Basic jazz dance movements, jumps and isolations will be incorporated into this class. No headpieces or bows should be worn to class, and hair is recommended to be in a low ponytail.

**All acrobatics class levels are determined by age over the summer.**