



CLASS STYLE DESCRIPTIONS

Ballet (all ages/levels)

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.*

Bollywood Dance (ages 8+)

Bollywood dancing is a colourful, dynamic and highly theatrical dance style seen in Indian films. It combines classical forms of dance including traditional Indian, folk, salsa, belly-dance while also incorporating more contemporary western forms such as hip hop, jazz and funk.

Combo Class (levels 4&5)

This class will focus on jazz, contemporary, lyrical, modern & jazz funk dance combos. Dancers will focus on learning movement and weekly dance combinations.

Contemporary (all ages/levels)

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 3, 4 or 5 must also be enrolled in at least 1 ballet class.

Dance Acro (all ages/levels)

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

Fairytale Acting Class (Ages 6-9)

In this magical class, young students will step into the mesmerizing world of fairytales and embark on a captivating journey as they explore scripts and embody characters from their favorite stories. Get ready to unlock your imagination, develop acting skills, and bring beloved fairytales to life. Through a combination of storytelling, script exploration, character development, and performance, students will dive into the captivating realm of fairytales. They will discover the magic of live theater, learn acting techniques, and develop confidence in their artistic expression. Through acting exercises and improvisation, students will refine their physicality, voice, and expression, creating captivating and believable characters. Get ready to unlock the magic within and create unforgettable fairy tale moments together!

Hip Hop (all ages/levels)

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 (all ages/levels)

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 3,4 or 5 must also be enrolled in at least 1 ballet class.

LOL Improv Class (Ages 9+)

This class is designed to ignite imagination, develop spontaneity, and hone acting skills through the exhilarating art of improvisation. Through a series of engaging exercises, games, and scene work, students will develop their acting abilities, enhance their creativity, and cultivate the confidence to think and respond in the moment. Keep the laughs coming and join us in this exhilarating Improv Acting class, where students will think on their feet, say "Yes, And," and embark on a thrilling journey of theatrical exploration!

Lyrical (levels 3-5)

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 3/4/5 must also be enrolled in at least 1 ballet class.

Musical Theater Dance (all ages/levels)

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 (all ages/levels)

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.

Technique (levels 4&5)

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

Pointe (levels 4+—by 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 (all ages/levels)

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. *Strongly suggest to be enrolled in at least 1 jazz class when taking Pom Dance.*

Popstar Singing Class (Ages 9+)

This class is designed to equip aspiring vocalists with the necessary skills, knowledge, and confidence to excel in the field of pop music. Students will learn the fundamental principles of breath control, pitch accuracy, vocal range expansion, dynamics, phrasing, and more. Through a series of vocal exercises, warm-ups, and personalized coaching, students will develop the vocal skills necessary to convey the unique character and emotion of pop music. One of the highlights of this class is the chance to form a pop singing group with fellow students. Working as a team, students will learn how to blend their voices harmoniously, master group dynamics, and synchronize their performance skills. Through collaborative rehearsals and group exercises, students will discover the power of unity and the joy of creating music together.

Pre-Pointe (levels 3+ — 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.*

Script To Screen Acting Class (Ages 10+)

In this exciting and hands-on class, students will embark on a creative journey to write their own script and produce their very own TV show. This class is designed to foster teamwork, imagination, and practical skills in scriptwriting, storytelling, and television production. Students will work collaboratively in groups, utilizing their individual talents and ideas to develop a compelling and original script. The class will cover various aspects of scriptwriting, including character development, plot structure and dialogue. Once the script is finalized, students will learn acting skills to portray their character and start rehearsing the script to prepare for filming. By the end of the course, students will have successfully produced their own TV show which will be posted on YouTube for students to share with their friends and family.

Shooting Stars Singing Class (ages 6-8)

Designed specifically for young students, this class offers a fun and nurturing environment where budding singers can explore the foundations of vocal technique, discover the joy of performing popular hits, and immerse themselves in the enchanting world of Disney songs. Through interactive exercises and games, students will learn to develop their voices in a healthy and sustainable way, laying the groundwork for their future singing endeavors. This class will have the opportunity to perform together and will also make fun music videos for the songs they learn. Our class music videos will be posted on YouTube for students to share with their friends and family.

Stretch & Strength (levels 3-5)

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