

Step It Up Dance Co

2025/26 Class Offerings



**Dancers are placed into each level according to age, readiness and previous experience/skill level. Please remember that every child is unique, and our ages are approximate. Ages of students are as of December 31st 2025. If you have any questions, please don't hesitate to ask!!

Basic Movement - suitable for ages 3-4, an introduction to dance/ballet, focusing on rhythms and body posture as well as class structure and etiquette.

This is a NON-Parented Class. Students must be potty trained and ready to leave mom and dad. They are expected to come inside the class unassisted. We do ask that parents remain on site during this class. If your child is unable to enter class without help, we do ask that you wait until they are ready. We want all our little dancers to have a fun, positive experience.

Primary classes - focus on being creative and having fun, while starting to build the fundamentals needed at higher levels.

Primary Ballet, Jazz, Tap, Hip Hop & Acro - ages 5-6

Primary Acro - ages 5 -6 - Acrodance is a combination of acrobatics and dance. Focus will be on fundamental skills. Strongly recommended to take ballet or jazz as it is mandatory moving forward from primary levels

All Level 1 – 4 classes attend competition (including Acro, Lyrical, Musical Theatre & Pointe) - The focus of these classes is building skills and strength while having fun with friends!

Level 1 Ballet, Jazz, Tap, Hip Hop - Ages 7-8

Level 2 Ballet, Jazz, Tap, Hip Hop - Ages 9-10

Level 3 Ballet, Jazz, Tap, Hip Hop - Ages 11+

Level 4 Ballet, Jazz, Tap, Hip Hop - Ages 14+

Enrollment in Ballet is Mandatory to be considered for special choreography solo/duet/trio of all genres except for Hip Hop. It is very strongly recommended for ALL our dancers as it builds fundamental strength, timing and musicality skills that improve all other disciplines. It is offered at a discounted price to help facilitate this

Musical Theatre - Ages 8+ - Enrolment in Tap/Jazz/or Ballet Mandatory

Jr Lyrical - Ages 12+ (Level 3) - Enrolment in Ballet is Mandatory

Sr Lyrical - Ages 14+ (Level 4) - Enrollment in Ballet is Mandatory

Pointe - Ages 12+ – requires instructor approval

Jr Acro - Ages 7+ (level 1 & 2) - Enrolment in Jazz and/or Ballet is Mandatory

Sr Acro - Ages 11+ (level 3 & 4) - Enrolment in Jazz and/or Ballet Mandatory

Beginner Adult Tap & Hip Hop/Street Jazz - Open for all ages and skill levels from first timers to old dancers. For adult dancers who wish to keep up fitness and skill in a more relaxed and fun atmosphere. Recital routine (optional).

Advanced Adult Tap, Hip Hop/Street Jazz & Lyrical/Contemporary - Competitive 19+ - class geared to older dancers that danced at an intermediate to advanced level and wish to continue dancing at a fast paced more intense level of skill and wish to perform for adjudication.

Skills Classes – These are non-choreography classes intended to build on skills, strength & flexibility.

Acro Skills - Based on Acrobatic Arts 1 - 4 will focus on strength building and skills in acrodance. NO CHOREOGRAPHY, COSTUMES OR COMPETITION. SKILLS ONLY CLASS. Enrolment in Junior or Senior Acro Mandatory. Highly Recommended for both Junior and Senior acro students to increase their skills for competition

Advanced Acro Skills (Formerly Advanced Invitational Acro) - This is an Invitation only class and is based on skill and readiness more than age. Enrolment in Jr or SR Acro Mandatory. Following the Acrobatic Arts Syllabus, dancers asked to join have been recognized to be working at level 4 and higher Class will focus on strength and skill training for more advanced acrodance skills. NO CHOREOGRAPHY, COSTUMES OR COMPETITION. SKILLS ONLY CLASS

PLEASE NOTE: Ballet and/or Jazz are mandatory pre-requisite classes to be taken at Step It Up for all level 1-4 students enrolled in Acro classes.

Jumps and Turns Conditioning - Ages 10+ Enrolment in Ballet and/or Jazz Mandatory. Class focuses on strength training, flexibility and development of jumps, turns and extensions to enhance skills for regular competitive classes. This is a skill only class, no costumes, choreography or competitions.

Class Lengths

30 Minute Classes: Basic Movement, Primary Classes

45 Minute Classes: Level 1 Classes, Hip Hop Classes, Adult Classes, Musical Theatre, JR Lyrical, Pointe, Acro Conditioning, Advanced Acro Conditioning, Jumps and Turns

All other classes are 60 minutes

Solo/Duet/Trio Choreography

Available through our online registration platform are options to request a solo, duet or trio to be choreographed for your dancer, which may be performed at competition and/or recital. There is an additional charge for which you receive additional class time to learn the choreography your instructor has created for you and prepare you to perform. If this is something you are interested in, you may submit your registration for consideration. The instructors review the submissions received and give recommendations to the board on the readiness of the student to perform the requested choreography.

Spring classes

EXAM CLASSES - Exams are offered in Jazz, Tap & Acro if there is enough interest.

**Exam class eligibility for non-Step It Up students would be on a case-by-case basis and the student must have been studying the appropriate syllabus and have passed all necessary levels of examination. (ex: ADAPT tap and jazz, acrobatic arts acrodance etc).