



Class Descriptions

2020 | 2021

Ballet: Using a traditional method of training in a 1 hour class, ages 6+ will learn a foundation of strength, balance, and coordination through barre, center, and across the floor exercises. ***Recital and Non-Recital Classes **Recital classes have 1 Recital Costume.**

Contemporary/Lyrical: Ages 9+ during this slower-paced class will focus on the emotional connection between the dancer, the movement, and the music. Students will learn how to express themselves emotionally while maintaining proper dance technique. This class is 1 hour in length. ***1 Recital Costume**

Hip Hop: A fun, upbeat class working on stylized exercises and choreography for ages 4+. Students will learn different styles of hip hop, from old school to current trends, while increasing their ability to move quickly and to different rhythms. This class is offered in 30 minutes, 45 minutes, and 1 hour, based on the students' age. ***1 Recital Costume**

Jazz/Musical Theater: Students will work on jazz technique and jazz or musical theater style choreography in a lively, fast-paced environment. They will build stamina, confidence, and strength through center exercises, across the floor, and choreography. This is a 1 hour class available to ages 8-12. ***1 Recital Costume**

Mini Jazz/Tumble: 30 minutes jazz, 30 minutes tumble/acro for ages 4-6. Students will learn basic jazz technique/creative movement and the beginnings of tumbling and acrobatics in this fun, energetic class. ***1 Recital Costume**

Mini Showstars: This 1 hour class for ages 3-5 contains ballet, tap, and jazz/creative movement. Students will learn skills and terminology through center and across the floor exercises, as well as choreography. The use of fun, age-appropriate music engages the young dancers' minds and bodies. ***1 Recital Costume**

Pointe: Pointe is an extension of ballet training that begins at age 12 with teacher approval. Students will work on foot, ankle, and leg strength during this 1 hour class while also learning traditional pointe exercises at the barre, center, and across the floor. ***1 Recital Costume **Ballet is required for enrollment**

Pom/Jazz: This is a mixed style class that offers both jazz and pom (mix of cheer skills and dance technique) for ages 5+. In addition to technique, dancers will learn pom or jazz style choreography in an energized, upbeat atmosphere. This class is offered in 45 minutes or 1 hour, based on the age of the student. ***1 Recital Costume**

Showstars: This 1 hour class for ages 5-10 contains ballet, tap, and jazz techniques. Dancers will learn the steps and terminology in all three styles. This class will foster musicality, body awareness, rhythm, and expressiveness in an energetic, positive environment. ***1 Recital Costume**

Tap: With the use of specialized shoes, students will create sounds and rhythms with their feet during a 45 minute class. Dancers will work towards learning more advanced skills while building speed, fluency, and correct sounds/timing. This class starts at age 7+. ***1 Recital Costume**

Tumbling/Acrobatics: Students ages 5+ will learn the five divisions of AcroDance: Flexibility, Strength, Balancing, Limbering, and Tumbling. This class is based on safe and effective progressions and is taught by certified Acrobatic Arts Instructors. This class is 1 hour. ***No Recital**

Twinkle Stars: A 30 minute independent dance class for ages 2.5-4 containing ballet, tap, and creative movement. Young dancers will learn the basic steps while learning how to follow directions and imitate movement in a positive environment. Engaging music is used to get these students inspired to dance. ***1 Recital Costume**