

DANCE CLASS DESCRIPTIONS & ATTIRE

Ballet/Tap (Ages 2-4)

This hour class will consist of 30 minutes of Ballet and 30 minutes of Tap. The focus will be on learning the basics of the techniques while also incorporating games, props, imagery, and more to keep the little ones engaged! This class will have two dances in our end of the year recital.

Shoes: Pink ballet slippers and black tap shoes

Attire: Dancers wear anything that helps them move comfortably and freely with hair neatly pulled back

Ballet/Tap/Jazz (Ages 5-6, 7-8, 9 & Up)

This class is broken down into 30 minute segments for each Ballet, Tap, and Jazz. Here, dancers will further develop their techniques in these styles based on their age level and abilities. This class will incorporate different learning techniques including collaboration, props, imagery, and games. This class will have three dances in our end of the year recital.

Shoes: Pink ballet shoes, black tap shoes, and black Jazz shoes

Attire: Dancers wear anything that helps them move comfortably and freely with hair neatly pulled back

Creative Movement (Ages 2-4)

This hour long class will consist of exploring movement and motor skills through dance, games, props, imagination.

Shoes: Pink ballet slippers, grippy socks, or bare feet

Attire: Dancers wear anything that helps them move comfortably and freely with hair neatly pulled back

Ballet Performance (Ages 7 & Up, 8 & Up)

This 45 minute class will focus on the technical and performance aspects of Ballet. This class will incorporate a warmup, technique training, and choreography. This class will have one dance in our end of the year recital. *(Ballet Performance is highly suggested to be taken with an additional Ballet technique class)*

Shoes: Pink ballet shoes

Attire: Leotard and tights (pink, flesh toned, black, etc.) with fitted shorts/ballet skirt. Hair is pulled back in a neat bun.

Lyrical (Ages 7 & Up)

This 45 minute class is going to explore unique technique, dynamics, and flow of Lyrical movement. This class is geared to further develop artistry, expression, and strength. The students will have one dance at our end of the year recital. *(Lyrical is highly suggested to be taken with an additional Ballet technique class)*

Shoes: Ballet shoes or bare feet (based on the instructor's preference)

Attire: Dancers wear form fitted clothing that allows them to move comfortable and freely with their hair neatly pulled back

Hip Hop (Ages 5-7, 8 & Up)

This 45 minute class will introduce the style of Hip Hop to dancers. They will work on developing rhythm, coordination, stamina, and personality in their dancing. This class will have one dance at our end of the year recital.

Shoes: Any clean pair of sneakers

Attire: Dancers wear anything that helps them move comfortably and freely with hair neatly pulled back

Beginners Tumbling (Ages 5-7)

This hour-long class will explore learning the basics of acrobatic skills from an Acrobatic Arts Certified Dance Studio. This class is geared towards improving the dancer's balance, agility, motor coordination, and strength. This class will have one dance at our end of the year recital.

Shoes: Bare feet

Attire: Dancers wear fitted clothing with hair neatly pulled back

Intermediate Tumbling (Ages 7 & Up)

This hour-long class will teach acrobatic skills from an Acrobatic Arts Certified Dance Studio! This class is geared towards improving the dancer's balance, agility, motor coordination, and strength. This class will have one dance at our end of the year recital.

Shoes: Bare feet

Attire: Dancers wear fitted clothing with hair neatly pulled back

Musical Theatre (Ages 7 & Up)

This 45 minute class is geared towards high energy dancers who love musicals and theatre! This class will teach basic dancing technique, flexibility, and strength. They will then learn to incorporate acting, performance, prop, and imagination skills into their dancing. This class will have one dance at our end of the year recital. *(Musical Theatre is highly suggested to be taken with an additional Jazz technique class)*

Shoes: Black Jazz shoes

Attire: Dancers wear anything that helps them move comfortably and freely with hair neatly pulled back

Ballet Technique 1 (Ages 6 & Up)

This hour and fifteen minute class will dive into the basic details and fundamentals of Ballet Technique. Dancers will use the barre and will also be led through center work to gain more articulate strength in their dancing and technique. This class will not have a dance at our end of the year recital.

Ballet Technique 2 (Ages 8 & Up)

This hour and fifteen minute class is geared toward dancers with at least one year of Ballet Technique under their belt. This class will continue to dive into more detail of the technique and fundamentals. Dancers will use the barre and will also be led through center work to gain more articulate strength in their dancing and technique. This class will not have a dance at our end of the year recital.

Ballet Technique Class Attire

Spring/Summer Dress Code (April 1st - October 31th)

Shoes: Ballet shoes

Required Attire: Leotard and fitted shorts. Hair is pulled back in a clean bun.

Optional additional attire: Tights (pink, flesh toned, black, etc.) or ballet skirt

Fall/Winter Dress Code (November 1st - March 31st)

Shoes: Ballet shoes

Required Attire: Leotard and tights (pink, flesh toned, black, etc.). Hair is pulled back in a clean bun.

Optional additional attire: Ballet skirt or fitted shorts

****No leggings or sweatpants are allowed in Ballet Technique Classes***

Jazz Technique 1 (Ages 6 & Up)

This hour-long class will dive into the basic elements and fundamentals of Jazz Technique. In class, the dancers will be introduced to new isolations, coordination, musicality, strength, and flexibility skills. Such skills will be accomplished by standard exercises, progressions, and combination work throughout the class. This class will not have a dance at our end of the year recital.

Shoes: Jazz shoes or bare feet (based on the instructor's preference)

Required Attire: Leotard/biketard or fitted tank top/t-shirt/long sleeve with a pair of shorts/leggings. Hair is neatly pulled back.

Additional Optional Attire: Tights (pink, flesh toned, black, etc.)

Jazz Technique 2 (Ages 8 & Up)

This hour long class is geared toward dancers with at least one year of technical Jazz dancing under their belt. In class, the dancers will learn of the many elements of Jazz Dance including the use of isolations, coordination, musicality, strength, flexibility, and self expression. Such skills will be accomplished by standard exercises, progressions, and combination work throughout the class. This class will not have a dance at our end of the year recital.

Shoes: Jazz shoes or bare feet (based on the instructor's preference)

Required Attire: Leotard/biketard or fitted tank top/t-shirt/long sleeve with a pair of shorts/leggings. Hair is neatly pulled back.

Additional Optional Attire: Tights (pink, flesh toned, black, etc.)