

Class Descriptions and Class Uniform Requirements

Pre-ballet I/Creative Movement: (ages 3-5) This is a fun class for a special age! Designed to introduce young dancers to creative expression, movement with dance props and the introduction of basic ballet positions and stretching. Your little dancer will develop rhythm and coordination and gain strength, poise, and grace! Focus is placed on building confidence, balance, creativity and self-regulation skills. Intended to introduce preschoolers to the concepts of rhythm, movement and expression, as well as some basic dance terminology and discipline. The instructor uses games, stories, and songs to teach balance, rhythm, movement, coordination, and basic ballet steps. All students should be potty-trained prior to beginning class and wear comfortable clothing. ***Class uniform: Ballet pink leotards, pink tutu or pink ballet skirt (optional), pink tights, and pink ballet slippers. For boys, white t-shirt, black shorts or sweatpants, bare foot, or black ballet slippers.***

Ballet I: (ages 5-7) In this class basic elements of ballet warm-ups and traveling steps are taught in a developmentally appropriate way that includes creative improvisation and expressive dancing inspired by stories, songs and nature. This class continues to follow the traditional ballet class format and introduces young dancers to the fundamentals of ballet while building strength, flexibility and agility. Students will further their education in the elementary exercises of ballet used for mastering the placement of the body, the legs, the arms, and the head. Proper posture of steps is introduced with emphasis on body position and strength building. Barre work is introduced, and center work focuses on basic steps and movement across the floor. ***Class uniform: For girls, pink or black leotards, pink tights, pink ballet skirt (optional) and pink ballet slippers. For boys, a white T-shirt, black shorts or sweat pants, bare foot, or black ballet slippers.***

Ballet II: (ages 8-10) Students are introduced to the formal study of ballet. Dancers will couple learning proper terminology and reasoning for ballet exercises and positions with the fun of dancing combinations of steps with music. Repetition and reinforcement of Ballet I exercises will be emphasized, increasing in number, stressing the development of strength in the legs and feet through exercises on half-toe, and the coordination between the movements. ***Class uniform: For girls, black leotards, pink ballet skirts (optional), skin-tone tights, and pink or skin-tone ballet slippers. For boys, white t-shirt, black shorts or sweatpants, bare foot, or black ballet slippers.***

Ballet III: (ages 11 & up) Students will continue their study of the vocabulary and study of classical ballet. Students will increase their understanding of the positions of the body, the arabesque positions, the basic port-de-bras, and the types of tours and jumps. Difficulty of exercises will increase as well as frequency of execution on demi-pointe. Exercises are performed en-tournant and en l'air, and the further development of jumps and turns begins. Level 3 dancers may be eligible for pre-pointe or pointe classes. ***Class uniform: For girls, black or dark purple leotards, black ballet skirts (optional), skin-tone tights, and pink or skin-tone ballet slippers. For boys, white t-shirt, black shorts or black sweatpants, bare foot, or black ballet slippers.***

Lyrical I: (ages 6-10) Lyrical dance combines elements of ballet and jazz, and the focus is on storytelling through movement and emotional connection to the lyrics of a song. Lyrical dance allows for a wide range of emotional expression. Most of the time, lyrical dances are performed to ballads, and involve storylines of love, joy, hope, or loss. If your child loves to express their feelings, Lyrical might be the best style of dance to allow for this expression! ***Class uniform: Leotard of any color with tights or athletic shorts. Black or white T-shirt/tank, with black or white athletic shorts. Bare Feet or footless tights.***

Lyrical II: (ages 10 & up) Lyrical combines ballet and modern techniques with musical and emotional expression with a strong focus on modern techniques (contractions and release, off-center balances, and suspension) as well as musicality and self-expression. As students advance, dancers will continue with introductory and foundational levels of technique while focusing on interpreting music and choreography. Students will work on the ability to pick up stylized choreography and movements. ***Class uniform: Leotard of any color with tights or athletic shorts. Black or white T-shirt/tank, with black or white athletic shorts. Bare Feet or footless tights.***

Jazz I: (ages 5-7) This class will be an introduction to the jazz dance style. It will teach dancers the beginning fundamentals of jazz dance, the history of jazz, and the rich culture of jazz and how it originated. Students will explore famous jazz dancers, musicals, and other performing arts-related choreography. Students will also learn rhythm, performance, and self-confidence through dance. ***Class uniform: Leotard of any color with tights or athletic shorts. Black or white T-shirt/tank, with black or white athletic shorts. Bare Feet or footless tights.***

Tap I: (ages 6-9) This class introduces children to the basics of single-double step tap dancing within the structure of a traditional tap class. They will also learn vocabulary of steps. Students will learn how to link these steps in combinations and complete a small routine. Students develop rhythmic coordination, rhythm, and musicality. ***Class uniform: Leotard of any color with tights or leggings. All tap students must wear tap shoes, along with comfortable clothes that they can move in.***

Tap II: (ages 10&up) Dancers are taught to add sounds to the basic tap steps. Musicality is stressed while teaching the student to count their sounds between the beats to create more complex rhythms. As the complexity of the steps increases, it is necessary for the student to focus on body alignment to maintain balance and build strength. (Class placement determined by skill level.) ***Class uniform: Leotard of any color with tights or leggings. All tap students must wear tap shoes, along with comfortable clothes that they can move in.***

Pre-school Hip-Hop (ages 3-5) This class serves as an introduction to hip-hop dance for the younger student. Using games and music, the class focuses on rhythm, musicality and basic footwork. It is a great way to get kids moving! ***Class Uniform: All hip-hop students should wear clean gym shoes and comfortable clothes that they can move in. *No sandals, flip-flops, or crocs.***

Kids Hip-Hop I (ages 5-12) This class incorporates a variety of old and new urban dance styles. The dancing represents body movements that go with the beat and rhythm of Positive, inspirational or instrumental hip-hop music. Hip-hop dancing is very dynamic and helps the dancers improve flexibility, develop body balance, and coordination. Great for beginner/intermediate level dancers looking for a fun, upbeat class. ***Class Uniform: All hip-hop students should wear clean gym shoes and comfortable clothes that they can move in. *No sandals, flip-flops, or crocs.***

Musical Theater I: (ages 6-10) Musical theatre classes combine song and dance. In addition to learning the basics of singing, acting and dancing, you will develop musicality, rhythm and performance skills. Students will learn confidence in artistic expression and light choreography. Students will work on developing their skills, technique, and theatrical storytelling with movement, while exploring famous Broadway musicals and plays. Students will also be introduced to basic tap movements. ***Class uniform: Leotard of any color with tights or leggings. All tap students must wear tap shoes, along with comfortable clothes that they can move in.***

Musical Theater II: (ages 10 & up) In this class students will continue learning the basic elements of musical theater and gain a better understanding of what a “Triple Threat” means. They will have the ability to dance, sing, and act which will aid them in becoming well-rounded performers. They will be introduced to the history, culture, audition processes, staging, costume, make-up design and more. Jazz, ballet, and tap dance classes are encouraged for students so that they have a better understanding and knowledge of this genre of dance. ***Class uniform: Leotard of any color with tights or leggings. All students must wear proper shoes, along with comfortable clothes that they can move in. *The dance instructor will inform students/parents which focused genre/style will be needed for the season.***

Majorette: (ages 5-17) Majorette teaches students high energy marching band style dance. Students focus on high kicks & jumps. While maintaining flexibility, and choreography. Students will develop dance and movement skills, channel energy, stimulate imagination & creativity while learning balance, strength, and coordination. This class teaches isolations, street dance movement and high energy moves inspired by contemporary music and vernacular dance. Students will explore ballet, hip-hop, jazz, modern, and West African dance styles. This class is appropriate for boys and girls. ***Class uniform: Unitard or leotard, comfortable clothing, shorts or leggings, footless tights, bare feet, and jazz shoes. *No crocs or sandals.***

Hip-hop Cheer & Pom: (ages 5-12) Hip-hop Cheer& Pom is the dance portion of cheerleading, where tumbling and stunts are not included. It is made of 4 parts, namely pom dance, jazz, hip-hop and line dance. Each class will build from all genres/styles in a dance class, where students will learn proper dance etiquette, skills and choreography, as well as team coordination. This class is appropriate for boys and girls. ***Class uniform: t-shirt, comfortable clothing, shorts or leggings, and tennis shoes. *No crocs or sandals.***