

CLASS DESCRIPTIONS/WHAT TO EXPECT & **ATTIRE**

DANCE CLASSES

Mommy & ME Dance & Tumble

Ages (12-17) months

A unique approach to the introduction of music, movement & tumbling elements to your baby while promoting a special bond between mommy & baby. Mommy will have so much fun dancing with baby and following lyrics & rhythms with use of colorful & fun props for development. Mommy gets a good workout, plus meet & mingle with other moms.

ATTIRE: Clothing mommy & baby can move freely in, socks or bare feet for mommy & baby.

Creative Dance with Tap

(Ages 18 months – 3 years)

For our youngest INDEPENDENT Dancers (Parents are not involved in class participation or inside the studio) this class provides an introduction to dance and encouragement of self-expression. Instruction includes developmentally appropriate activities in movement, music, coordination and an introduction to ballet & jazz with use of props to develop proper skills and terminology. Creative Dance with Tap combines a short class time with introduction to tap dance.

ATTIRE: Any color combination of leotard with or without tutu, skirt or attached skirt, tights & Ballet Shoes. (No store bought ballet slippers allowed)

Pre-Ballet

(Ages 3-6)

Introduces students to the basic shapes, positions, postures and traditions of classical ballet, the Pre-Ballet curriculum enhances both cognitive and physical development at this important age/time.

ATTIRE: Any color combination of leotard with or without tutu, skirt or attached skirt, tights & Ballet Shoes. (No store bought ballet slippers allowed)

Itty Bitty Hip Hop Funk

(Ages 3-6)

Open to our youngest & funkiest dancers, we use special techniques to incorporate the hottest hip hop moves into a vocabulary and movement with swag & help them understand it in a FUN & FUNKY ENVIRONMENT!!!

ATTIRE: Any color combination of shorts, pants, leggings or sweats with t-shirt, tank, sports bras or sleeveless shirts. Clean Gym shoes are REQUIRED. No jazz shoes or street shoes of any kind.

Hip Hop

(Beginner - Advanced & ADULT)

Dance to your favorite hip-hop & pop music and learn all the current dance steps from today's popular music videos! This program is a high-energy dance experience. Hip Hop combines stretching, toning, and center choreography to learn the "funk" that hip hop needs and a routine to bring it all together.

ATTIRE: Any color combination of shorts, pants, leggings or sweats with t-shirt, tank, sports bras or sleeveless shirts. Clean Gym shoes are REQUIRED. No jazz shoes or street shoes of any kind.

BOYS ONLY Hip Hop with Pop & Lock & BOYS ONLY Breakdancing with Stunting & Strength **(Ages 6 & up)**

CALLING ALL BOYS!!!! Does your son love to hip hop at home? Does he dance all over the house and even try to spin on his head? Then get him in our unique BOYS ONLY CLASSES, Boys will learn basic-intermediate hip hop choreography combined with an introduction to break dancing, Plus build muscle strengthen & tone. So boys get on your baggy pants & Gym Shoes and come out & dance!!!!!!

CONDITIONING & ADULT BODY TONING

(Children thru Adult Level Classes Available)

Get a Whole Body Workout with an emphasis on abdominal training. This Class incorporates a balanced series of strengthening exercises for the major muscle groups using different equipment and body techniques. Stronger Bodies dance longer. Use of equipment Such as: Medicine, Fitness, Bosu Balls, free weights & more will be incorporated.

CHILDRENS COMBO DANCE CLASSES

(Both styles will be part of recital routines with interchangeable costumes)

(Ages 3-7)

Ballet/Jazz Combo Class

Ballet technique goes hand in hand with every form of dance, but is a direct reflection in jazz technique. Our youngest dancers will get pre-ballet technique at a young age, to understand and appreciate the art form and by combining it with jazz will allow them the basic understanding how to use both forms together.

ATTIRE: Any color combination of leotard with or without tutu, skirt or attached skirt, tights & Ballet & Jazz shoes.
(No store bought ballet slippers allowed)

Ballet/Tap Combo Class

This is an introduction to pre-ballet and tap. This class presents activities and instruction in poise, grace, proper dance alignment, ballet theory and technique, as well as basic tap steps and rhythms and applying them to music with counts. Exposure to dance combinations and simple dances will enhance the class experience.

**ATTIRE: Any color combination of leotard with or without tutu, skirt or attached skirt, tights & Ballet & Tap shoes.
(No store bought ballet slippers allowed)**

JAZZ-TASTICS Jazz/Tumbling Combo Class

This class focuses on basic tumbling and dance skills to develop strength, coordination, balance, musicality, timing, flexibility & turns.

ATTIRE: Any color combination of leotard with or without shorts or unitard with Jazz Shoes

Jazz/Hip Hop Combo Class

These blended classes focus on introducing dancers to the world of jazz and hip hop. They explore age-appropriate technique flexibility & turns with hip hop movement and performance skills, focusing on fluidity, rhythm, coordination, and expression. These classes can be considered preparatory classes for Jazz & Hip Hop.

ATTIRE: Any color combination of leotard with or without shorts, unitard sports bra or tank with Jazz Shoes & Clean Gym Shoes for Hip Hop.

Ballet/Lyrical Combo Class

Lyrical classes are taught to those 7 and older. Classes are conducted in such a way that a story is conveyed to the audience through physical dance movements. The student has the ability to express him/herself openly and without reservation. Our lyrical classes combined dance movements such as ballet, jazz, and modern dance. These learned techniques when applied, show an intense outpouring of emotion. Ballet is now offered as a combo with this style to provide the student with the utmost technique to apply to lyrical. **(Additional Ballet is always recommended)**

ATTIRE: Any color combination of leotard, shorts, tank, sports bra & basic dance wear, tights are optional with Jazz, Half Shoe or Dance Paws.

Leaps, Jumps & Turns / POMS PREP

Leaps & Turns is an important component in every dancer's repertoire and will enhance all dance styles. Leaps & Turns focus on the most basic of turns (chaine, pique, pirouette) through the advanced turns (attitude, arabesque, coupé, fouetté, à la seconde, multiple pirouettes) and variations of all of the above. Also progresses from basic leaps and jumps (grand jeté, saut de chat, sauté, glissade, jeté, assemblé, pas de chat, sissonne), to advanced leaps and jumps. The student's goal is to execute a series of complicated turn or leap patterns technically correct and safely across the floor. Great for Cheer & Poms Groups

(Ballet Class is strongly recommended)

ATTIRE: Any color combination of leotard, shorts, tank, sports bra & basic dance wear, tights are optional with Jazz Shoes

Pointe (Instructor Approval)

This advanced ballet class incorporates both soft shoe as well as training en pointe. Your instructor will inform you when you have reached the level in your training that will allow you to begin training "sur la pointe". This means on the points. The raising of the body to the tips of the toes. First introduced in the late 1820's at the time of Taglioni. It is very harmful to the body to begin pointe training before approx. 11 years of age.

ATTIRE: Black leotard, Pink tights & pointe shoes with hair in a secure bun

Contemporary

Contemporary dance is a style of expressive dance that combines elements of several dance genres including modern, jazz, lyrical and classical ballet.

Contemporary dancers strive to connect the mind and the body through fluid dance movements. Contemporary dance stresses versatility and improvisation, unlike the strict, structured nature of ballet. Contemporary dancers focus on floor work using gravity to pull them down to the floor. This dance genre is often done in bare feet. Contemporary dance can be performed to many different styles of music.

ATTIRE: Any color combination of leotard, shorts, tank, sports bra & basic dance wear, tights are optional with Jazz Shoes.

POMS & POMS Technique (Competitive Poms)

The poms class focuses on preparing dancers for Cheer & Pom, Has your daughter always wanted to stunt but is afraid? Do you want to learn pom passes? This class can prepare for that, and will also aide in prepping for high school, college, or professional dance teams. The class teaches sharp, clean motions through across the floor and pom combinations. This class also concentrates on the many "skills" that are required by dance teams.

ATTIRE: Any color combination of leotard, shorts, tank, sports bra & basic dance wear, tights are optional with Jazz Shoes

TUMBLING CLASSES

Silver Level	Basic Tumbling Fundamentals Little or NO experience
Silver (2)	Have at least (1-2) years experience, however do not quite have backbends or kick overs, but a bridge.
Gold Level	MUST HAVE Backbends & Roundoffs
Platinum Level	MUST HAVE Front & Back Walkovers
Elite Level	MUST HAVE Row Tumbling – Aerials- Flip Flops
Acro Class	Must be Enrolled in at least Platinum Level of Tumbling (Will be offered as Master Classes) throughout the season.

ATTIRE: Any color combination of leotard/unitard with or without shorts & hair must be pulled off neck. Bare Feet