

## Class Descriptions/Offerings:

- **Creative Movement: 45 Minute Class!**
  - Introduces rhythm, music, movement, and counting. Strengthens coordination and helps create agility. Ages 2-4
- **Combo 1: 45 Minute Class!**
  - A combination class that introduces basic stretching, rhythm, music, movement, counting, and basic ballet and tap steps. Class is to provide a positive start and introduction to the dance world. Tap and ballet shoes required. Ages 3-4
- **Combo 2:**
  - A combination class that introduces basic stretching, the grace of ballet, and the rhythm of tap. Class will begin to incorporate more discipline and barre work. Tap and ballet shoes required. Ages 4-5
- **Combo 3:**
  - A continuation of Combo 2 introducing additional steps and discipline. Tap and ballet shoes required. Ages 5-6
- **Combo 4: 1.5 Hour Class! \*\*\*New this year\*\*\***
  - A continuation of Combo 3 introducing additional steps and discipline. Tap and ballet shoes required. Ages 6-8
- **Junior Jazz/Hip Hop Combo: \*\*\*New this year\*\*\***
  - A combination class that introduces basic stretching, center work, across the floor, and combinations in both the jazz and hip hop class setting. Ages 4-7

- Tap:
  - Using the feet as an instrument, the footwork begins with simple rhythms advancing to more complex combinations using syncopation, rhythm, and timing. Tap shoes required. Ages 6-Adult
  
- Ballet: Classes vary from 1 hour – 1.5 hours!
  - The foundation of all dance forms. This format provides strength, posture, grace, and discipline. Ballet is not required, but is STRONGLY recommended for all dancers. **Ballet is required if student is taking: Pointe, Pointe Prep, Lyrical, is a part of the Assistant Dance Teacher Program, or is a part of the Traveling Performance Company.** Classes include barre, stretch, center floor technique, and across the floor. Ballet shoes required. Ages 6-Adult
  
- Lyrical:
  - This format of dance incorporates the beauty and fluidity of ballet and the strength and emotion of jazz. **Ballet must be taken at the same time.** Ages 6-Adult
  
- Musical Theatre:
  - A fun combination of jazz and acting to create numbers similar to what you might see on Broadway or in the movies. Ages 6-Adult
  
- Jazz:
  - This format emphasizes the control and motion of the body with freedom of style and expression. Classes include a full body warm-up, stretching, center, across the floor, and combinations. Ages 6-Adult
  
- Hip Hop:
  - A popular format of dance. This style is often used in street dancing and music videos. Ages 6-Adult

- *Pointe/Pointe Prep: Classes vary from 30-45 minutes!*
  - Students must be selected for this class and **must also be enrolled in a ballet class.** Ages 11+
  
- *Dance Technique: \*\*\*New this year\*\*\**
  - This class will focus on basic technique, primarily ballet. We will work on turns, progressions, stretching, ballet technique, cardio/conditioning, centering work, and much more! Highly recommended for assistants, traveling performance company, and anyone else looking to improve their technique, abilities, and advanced progressions. Ages 8+.