



Dance Class Descriptions

Tiny Tots – Designed to give the young dancer an opportunity to discover and explore different types of dance. It incorporates creative movement, ballet, and tap. The start of class will introduce beginning ballet technique, creative movement and expression through improvisation. Your child will learn proper French terminology, correct body placement and classroom etiquette. The tap portion of the class will use imagery to teach fundamental tap steps in a fun way while reinforcing rhythm, counting and strength.

Pre-K Ballet/Tap – Continues working on all the elements of Tiny Tots, but also introduces the basic ballet positions and preparatory steps. It focuses more attention on musicality, phrasing, terminology, and ballet etiquette. Students will also continue building the grace, poise and strength required to execute the more demanding technical work in our ballet program.

Combo Classes – Combination of two forms of dance.

Ballet – Basis for all other forms of dance. Class typically starts at the barre and is then followed by center work which includes working on turns, jumps, leaps, stretching, strengthening, across the floor, adagio and allegro combinations. The intermediate dance student will begin to develop the fundamentals of dance through control, poise, precision, fluency and grace using the technique and style of ballet.

Jazz – Jazz technique is based on the natural movement of the body and is designed to increase body control and coordination. Class begins with a stretch/warm-up, followed by center floor and across the floor combinations, and barre work. Dancers will learn all varieties of jazz styles including: Classic, Broadway, and Pop.

Contemporary – Designated to maximize flexibility, increase strength and balance, and enhance a dancer's ability to convey line, fluidity, and emotion. An extended warm-up is followed by ballet technique, progressions across the floor, and a short piece of choreography intended to focus on a particular aspect of dance technique.

Lyrical – This class combines the elements of Jazz and Ballet. It is set to the lyrics of the music and allows the dancer to express their emotions through their dancing in order to tell a story.

Tap – Designed to teach an awareness of beat, timing and rhythm. Tap dancing is a form of dance where the dancer is able to make different sounds using their feet. Students will be able to perform Rhythmic, Broadway, and Funk styles of tap.

Broadway – A high energy, exciting, and fun class. Combinations of Jazz and Musical Theatre dance styles with a focus on self expression and presentation. Dances are inspired by some of the greatest Broadway dances of all time.

Hip Hop – A street dance style integrating jazz technique. Students will learn the latest dance moves. This style of dance allows the body to move freely and funky. Dancers will concentrate on isolations, energy, stage presence and free style.

Technique – A supplemental class designed for the intermediate to advanced dancer to solely concentrate on perfecting his/her dance technique. Students will be able to use this class to focus specifically on turns, jumps, and other "tricks."

Stretch and Tone – Designed to increase flexibility as well as strength by using ballet conditioning, pilates, and yoga. It's a great class for dancers who are looking to concentrate and improve on developing more elasticity, better posture, core strength and alignment of the body.

Acro – Incorporates acrobatic exercises with classical dance technique.

Bollywood – This is the dance-form that is performed in Indian movies. It incorporates many different styles of dance including: belly-dancing, Indian Folk, Western Popular, modern, jazz and kathak.

Dance Education – This class will give dancers an opportunity to delve further into the history, etiquette and knowledge of the world of dance. Classes are designed to inform students on issues that can only be touched on in a regular class format. Students will leave with a greater understanding and appreciation of dance.