

## **Class Descriptions 2023/2024**

### **Kid A**

This is an hour class divided into 30mins of Ballet and 30 mins of Tap for ages 4-5yrs old. Children will be introduced to dance etiquette, basic movements activities, beginning terms and steps of both Ballet and Tap, and choreography for holiday and end of the year performances.

**Dress Attire for Kid-A Classes:** Pink Tights, leotard (w/ skirt or no skirt) of any color, pink ballet shoes and black tap shoes. **Hair removed from face. No jewelry.**

### **Creative Movement**

Beginner class for ages 3-5. This is a movement-based class in relation to objects, music, and ideas to stimulate imagination and expression. Highly active. No parent participation required. This is a performing class in holiday recital and end of year performance.

### **Dress Attire for Creative Movement:**

Personal flare encouraged! Moveable/stretchy clothing (tights and leotard, leggings, and comfy shirt), no jeans, no jewelry. Bare feet, ballet slippers, jazz shoes or clean athletic shoes, (if child is wearing tights or socks, put on shoes to prevent slipping on floor.)

### **Tap 1**

Beginner level tap class for ages 6+. Students will learn basic steps, terminology and choreography for holiday and end of the year performance.

### **Tap 2**

Beginner- intermediate Tap class for ages 8+. Students will learn and continue building on steps, terminology and choreography for holiday and end of the year performances.

### **Tap 3**

Intermediate tap class for ages 12+. Students will continue to practice and learn tap steps, terms, combos and choreography for holiday and end of the year performance at a faster pace. This class is for tappers with previous experience.

### **Dress Attire for ALL Tap Classes:**

Moveable/stretchy clothing (tights and leotard, leggings, or shorts and comfy shirt, supportive undergarments), black or tan tap shoes, and **hair removed from the face.** No distracting jewelry.

### **Hip Hop 1**

Beginner hip hop class for ages 6+. An upbeat and energetic style usually done to pop and r&b music. You will learn fundamentals, freestyle movements and choreography for the holiday and end of the year performances.

### **Hip Hop 2**

Beginner to intermediate hip hop class for ages 8+. An upbeat and energetic style usually done to pop and r&b music. You will learn fundamentals, freestyle movements and choreography for the holiday and end of the year performances.

### **Hip Hop 3**

Intermediate hip hop for ages 11+. An upbeat and energetic style usually done to pop, r&b and age appropriate hip hop music. You will learn fundamentals, freestyle movements and choreography for the holiday and end of the year performances at a faster pace.

### **Dress Attire for ALL Hip Hop Classes:**

Personal flare encouraged! Moveable/stretchy clothing (leggings, sweatpants, comfy shirts with supportive undergarments if needed), and lace-up or secure fitting athletic shoes (ex. Running shoe, converse, basketball style, vans). The soles of the shoes must be clean. No distracting jewelry. Secure fitting hats ok. No jeans.

## **Beginning Jazz 1**

Beginning Jazz class for ages +7. Students learn a mix of classical and contemporary jazz; they will have fun while working on basic jazz steps, technique and choreography for the holiday and end of the year performances.

## **Adult Contemporary Jazz**

In this mix of classic and contemporary jazz, they will have fun while working on basic jazz steps, technique and choreography for the holiday and end of the year performances. (Performance optional.)  
Some dance experience preferred. Teen's 16+ Welcome!

## **Dress Attire for Beginning and Adult Jazz:**

Moveable/stretchy clothing (tights and leotard, leggings or shorts and comfy shirt, supportive undergarments), and jazz shoes. **Hair removed from the face.** No distracting jewelry.

## **Storybook Ballet**

A beginning ballet class for 3+yr olds. We start with a short story that sets the theme of each class. Students learn appropriate class etiquette, beginning ballet positions and terms, play interactive dance games and learn choreography for holiday and end of the year performances.

## **Dance Attire for Storybook Ballet:**

Pink tights, leotard of any color (w/ or w/out skirt), pink ballet shoes. **Hair pulled back and/or removed from the face.** No jewelry.

## **Ballet 1**

Beginner ballet class for ages 6+. Students will learn basic ballet techniques, steps, terms, and choreography for holiday and end of the year performances.

## **Dress Attire for Ballet 1:**

Pink tights, leotard of any color (w/ or w/out skirt), pink ballet shoes. **Hair pulled back and/or removed from the face.** No jewelry.

## **Ballet 2**

Beginner to intermediate ballet class for ages 8+. Students will continue to learn ballet techniques, steps, terms, and choreography for holiday and end of the year performances.

## **Ballet 3/4**

Intermediate ballet class for ages 12+. Students must have previous ballet experience. Students will learn ballet techniques, steps, terms and choreography for the holiday and end of the year performances at a faster pace.

## **Dance Attire for Ballet 2, 3, 4:**

Pink tights and/or black leggings, black leotard, skirt of any color, pink ballet shoes. **Hair pulled back into a neat bun.** No jewelry.

## **\*Technique Class A , B**

All levels ages 7+. This is a highly recommended and required class for some who are taking Ballet, Jazz and Lyrical classes. This class is a 45-minute class every 2<sup>nd</sup> and 3<sup>rd</sup> Friday of the month. This class will be repetitive ballet-based exercises to develop proper technique, turnout, flexibility, and understanding of the body while dancing and taking other classes. There is no difference between Technique A and B classes, it's the same class offered at 2 different times.

**\*This class is Required for Lyrical 1, 2. Ballet 3, 4. Jazz 1.**

## **Dress Attire for Technique Class:**

Form fitting attire, such as: leggings, shorts, tank tops, leotards, tights, any ballet attire. Bare feet, ballet shoes, or jazz shoes. **Hair pulled back in bun, ponytail, or braid.**

## **Beginning Lyrical 1**

Begging lyrical class for ages 8+. Lyrical is contemporary creative mix of ballet, modern, hip hop and jazz that is danced in close relation and expression to the music and lyrics. You learn ballet/jazz-based warmups and technique exercises with a contemporary approach to choreography used for the holiday and end of year performances.

## Lyrical 2

Intermediate lyrical class for ages 12+. Ballet experience recommended. Lyrical is derived from ballet, modern, hip hop and jazz that is danced in close relation and expression to the music and lyrics. You learn ballet/jazz based warmups and technique exercises with a contemporary approach to choreography used for the holiday and end of year performances.

### Dress Attire for Lyrical 1, 2 Classes:

Moveable/stretchy clothing (tights and leotard, leggings or shorts and comfy shirt, supportive undergarments), jazz shoes, foot undies or barefoot (preferably barefoot to strengthen feet). No jewelry.

## Adult Ballet/Lyrical

Beginner to Intermediate Adult Ballet/Lyrical class. Ballet experience recommended but not required. The class is structured like a Ballet class with Barre work, center and across the floor work with a contemporary approach to different exercises and choreography used for the holiday and end of year performances. Performing Optional,

### Dress Attire Adult Ballet/Lyrical:

Any color leotard, tights (convertible for bare feet exercises) with shorts or skirt, or leotard or tank-top and leggings, supportive undergarments), pink ballet shoes or barefoot. Hair pulled out of face. No distracting jewelry.

## Acro Dance 1

Beginner class for ages 4-5. This is a combination of dance and gymnastics floor work. Learn the basics for jumps, kicks, turn, bridge, summersaults, balancing, body technique, strengthening exercises, and flexibility. This is a performing class in holiday recital and end of year performance.

## Acro Dance 2

Beginner/Inter class for ages 6+. A combination of dance and gymnastics floor work. Learn proper body technique, balance, strengthening and flexibility to work towards forwards and backwards rolls, cartwheels, handstands, bridge, jumps and floor balance beam work. This is a performing class in holiday recital and end of year performance.

## Acro Dance 3

Beginner/Intermediate class for ages 9+. A combination of dance and gymnastics floor work. Continue to learn proper body technique, balance, strengthening and flexibility to work towards forwards and backwards rolls, cartwheels, round offs, handstands, bridge, walk overs jumps and floor balance beam work. This is a performing class in holiday recital and end of year performance.

### Dress Attire for ALL Acro Classes:

Leotard of any color with or without shorts or leggings, no tights, bare feet. **Hair pulled back and out of face.** No hair clips, headbands, or ponytails on the top of the head. No jewelry.

## KICK UP THOSE HEELS

**\*18 and older, no exceptions.**

\*This is a tasteful Burlesque style class for all levels. We will be combining a seductive and empowering style of dance, toning exercises and yes of course we'll be doing it in heels! Performances will be optional for each individual dancer and their comfort level.

### Dress Attire for Heels Class:

Moveable/stretchy clothing you feel and look hot in! Leggings/shorts (high waisted are most secure to dance in) tights (ex. black, lace, fishnet, stockings), all types of tops, proper supportive undergarments.

Let's talk heels/shoes: **No stilettos or thinner than a 1/2" heel and no taller than a 4"heel.** Please make sure shoes do not leave black marks on the floor. Secure shoes with ankle support are highly recommended. You want enough grip on the shoe to prevent slipping but not so much grip you could not turn on one foot. Hair worn any style, we will have a hair flip or whip occasionally. No distracting jewelry. Black volleyball style knee pads required.

