



Dance Classes



Ballet: Focuses on strength and grace. Students will learn proper ballet posture and terminology. Class will begin with a classical practice at the barre, to prepare for combinations and movements across the floor and in the center. Ballet is the backbone for all styles of dance!

Tap: Combines rhythm, style, and musicality where students will learn terminology and combinations of movement to create noise with their feet using rhythmic and syncopated sounds and movements for a truly exciting class that begins with a warm-up that leads to combinations across the floor and in the center.

Jazz: Allows freedom and versatility with movement. Students will learn to differentiate their movements from sharp and smooth qualities and learn Broadway, Fosse and new age styles of jazz. Class will begin with a warm-up that includes isolations and stretching and focus on technique for across the floor combinations that can be applied to center combinations.

Lyrical/Contemporary: There is a strong focus on interpretation and expression of music through movement and performance quality. Students will learn to explore their own movement and freedom within their bodies along with their peers by warming up upon the start of class and moving to across the floor and center combinations.

Hip Hop: Provides students with the most freedom in movement. Students will learn skills such as popping, locking and break-dancing through participating in a warm-up involving isolations and progressing into a combination in the center to finish out the class. Hip Hop combines all styles of dance to create a funky and creative way to move the body.

Turns and Leaps: This class is designed for competitive gymnasts who desire more practice with gymnastic turns and leaps. This class will focus primarily on proper stretch techniques to warm up the body and progress into working on posture and spotting through turning and height in jumps and leaps.

Dance Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3:30-4:30	3:30-4:30 Pre Ballet/Tap 2-3 yrs.	4:30-5:30 Hip Hop 6-9 yrs.	3:30-4:30		10:00-11:00
4:30-5:30 Lyrical 10 & up	4:30-5:30 Tap 6-9 yrs.	5:30-6:30 Hip Hop 10 & up	4:30-5:30 Ballet 10 & up		11:00-12:00
5:30-6:30 Level 2/3 Gym/Ballet	5:30-6:30 Pre Tap/Ballet 4-5 yrs.	6:30-7:30 Ballet 6-9 yrs.	5:30-6:30 Pre Tap/Ballet 4-5 yrs.		
6:30-7:30 Hip Hop Adult	6:30-7:30 Jazz 6-9 yrs.	7:30-8:30 Jazz 10 & up	6:30-7:30 Lyrical 6-9 yrs.		