

Class Descriptions

ACROBATICS specializes in the art of jumping, tumbling, and balancing often-using apparatus such as poles, platforms, hula-hoops, trampolines and other acrobatic props. You are only limited by the imagination and expertise of the student. Emphasis is placed on flexibility, balance, strength, muscle control and above all discipline and concentration. As the student progresses in skill level they must have a high level of flexibility, strength and knowledge of their body relative to the ground. One of the main concepts taught is the ability for the student to find their center of gravity and be able to do so quickly.

BALLET is the foundation of all dance and is used in every form. Class usually begins with barre movements and stretch, along with a review of all the positions. Once the barre has been completed, students go on to work center floor, which includes adagio and petite battement. This is followed by movements, which require traveling across the room. The class is finished with grand reverence. Ballet is the most disciplined form of dance, but is still very enjoyable and most beneficial in teaching poise, grace and coordination.

BALLET, TAP & TUMBLING is geared to ages 3 thru 5. Because of the attention span of this age, we allow approximately 20 minutes for each section. This format also exposes the younger child to as much variety in dance as possible. **Children must be potty trained.**

PRE-GYMNASTICS uses preschool equipment to teach basic gymnastics progressions, coordination, flexibility and strength. Gross motor and social skills, along with cooperation and following directions are emphasized in a fun atmosphere. **Children must be potty trained.**

GYMNASTICS equipment is used basic gymnastic skills, coordination and strength. Includes floor exercise such as rolls, backbends, back walkovers, and back handsprings. Equipment includes balance beams and low bars.

HIP HOP is a high-energy class that infuses the latest styles of street dancing, breaking, popping, and locking. Classes will encourage students to step outside of the box by bringing their own individual style and personality to the movements. Classes start off with a brief warm-up, continue with learning movements across the floor, and end with applying what is learned to a combination center floor. These classes are fun and relaxed and yet still apply the discipline of dance.

IMPROVISATION is the process of spontaneously creating movement. Development of improvised movement material is facilitated through a variety of creative explorations including body mapping through levels, shape and dynamics schema.

JAZZ is a modern interpretation of ballet and has both an up-beat and a soft side. Jazz includes a structure that most everyone enjoys. Class begins with a warm-up center floor and also a series of stretches. Progressions across the floor are where most of the time is spent and where turns, jumps and styles are learned. Occasionally, the class will end with a combination center floor to reinforce techniques learned and to practice pick-up and memorization skills.

LEAPS & TURNS will explore the technical aspects of traditional turns and leaps. The students will learn the most contemporary and up to date approaches when performing the movements.

LYRICAL is designed for intermediate to advanced students with previous training in ballet. Students will explore partnering and weight sharing exercises combined with basic techniques and skills from ballet, jazz and modern. It emphasizes interpretation of music lyrics while telling a story with movement that can be fluid or abstract. As students progress through each level curriculum will become increasingly more complex and intricate.

MUSICAL THEATRE/JAZZ class will focus on learning proper dance technique while exploring the various dance styles used in Broadway shows. Class curriculum is based on ballet technique layered with Broadway style jazz movement and includes a proper warm-up, stretches, isolations, across-the-floor progressions, and combinations. Emphasis will also be placed on learning performance skills such as connecting with the audience and telling a story through dance and facial expressions.

POINTE classes are designed for students with previous ballet training. Students will utilize previously learned ballet technique while working in pointe shoes. Each class includes barre exercises, center floor work and across the floor combinations. These exercises focus on strengthening the feet and ankles.

STRENGTH & CONDITIONING class is used to improve a dancer's range of motion, enhance muscle flexibility and increase their level of core muscle strength. Through a variety of stretches and strengthening exercises, dancers will also increase their awareness of their own body's potential as it connects to expression through movement.

TAP develops rhythm, style and sound which helps develop coordination. The student learns the basic steps of tap such as shuffle, flap and ball-change. Then these steps are combined to form combinations. Different styles of tap are also taught such as soft-shoe, waltz clog and others. The more intermediate and advanced classes include tap turns and leaps.