



# CLASS DESCRIPTIONS

## Classes offered to children ages 5 and under

**Tiny Tumblers:** As an introduction to acrobatics, we teach our students to bend, stretch, tumble, and exercise both physically and mentally. We also teach self control and discipline in a way that is fun. A class of 8 or more will run 55 minutes.

**Tiny Tots Combo ½ Jazz & ½ Tap:** As an introduction to tap and jazz, we teach our students 25 minutes of tap to allow our little ones to create sounds with their feet and 25 minutes of jazz to teach beginner technique, feeling a beat, and learning to follow direction. A class of 8 or more will run 55 minutes.

**Tiny Tots Combo ½ Jazz & ½ Ballet:** As an introduction to jazz and ballet, we teach our students 25 minutes of jazz to teach beginner technique, feeling a beat, and learning to follow direction and 25 minutes of ballet, we teach our students the proper positions of ballet technique, while concentrating on poise, discipline and creativity in a way that is fun. A class of 8 or more will run 55 minutes.

## Classes offered to children ages 5 & 6 years

**Combo ½ Jazz & ½ Hip Hop:** As an introduction to jazz and hip hop, we teach our students 25 minutes of jazz to teach beginner technique, feeling a beat, and learning to follow direction and 25 minutes of hip hop, we teach our students the proper positions of pop dance moves geared toward today's dance craze. A class of 8 or more will run 55 minutes.

**Pre-Ballet:** As an introduction to ballet, we teach our students the proper positions of ballet technique, while concentrating on poise, discipline and creativity in a way that is fun. A class of 8 or more will run 55 minutes.

## Classes offered to students 6 years of age and over (1 hour)

**Tap:** Our class begins with warm-up exercises to prepare for vigorous movement of the legs and feet. We will focus on clarity, rhythms, technique, and coordination.

**Jazz:** Our class begins with a fifteen minute thorough floor warm-up to prepare for jazz technique, energetic combinations, leaps, jumps, turns and disciplined control of the body.

**Acrobatics:** This class is designed to teach the body proper stretching and strengthening for tumbling, balancing, and controlled formations. Acrobatic mats are supplied for the safety of the students.

**Ballet:** Our ballet class begins with a complete barre workout, concentrating on ballet positioning and proper alignment of the body. We will emphasize technique, form, and style while concentrating on poise and discipline.

**Lyrical:** (7+ intermediate dancer) This class allows a student to experience the technique, poise, and grace of a ballet class, while enjoying the strength, power and emotion of a jazz class. To participate, students must be trained in ballet technique and must continue with at least one technique class per week.

**Hip Hop:** (7+) A high energy dance class of intricate pop dance moves geared toward today's dance craze! This is a very popular style of dance for the younger generation. This class is offered to children ages 6 and up.

**Theatre Technique:** A theatrical class designed to teach physical, mental, and emotional creativity. We will focus on breaking down of a scene, interpretation of a character, and body movement on the stage. Students will take part in acting games, improvisations, monologues and dialogues. This class is offered to students 7 years and up. All students must partake in a theatre performance (held separately from our dance recital) each student must also take part in a mandatory fundraiser (\$100 contribution toward set construction etc...) This is the only mandatory fundraiser we have at our facility. Our theatre season runs from January to November (with a summer break)