



Class Descriptions

2025-2026

For Our Littlest Dancers...

Creative Movement: This is a 30 min class designed for children who are 3 years old by September 1st. Teachers focus on dance positions, counting, rhythm, coordination, stretching, and center floor activities. Children will learn very basic dance moves and play dancing games.

Combo Kids: This is a 45 min class designed for children who are in K4 or 4 years old by September 1st. Teachers will continue to develop the skills introduced during Creative Movement as well as expose students to the fundamentals of tap.

Tiny Tumblers: Introduction into Beginner Acro for students in Creative Movement and Combo Kids. Students are required to take Creative Movement or Combo Kids in addition to this class. Students will learn basic tumbling skills.

Dance Fusion...where grace and funk collide

Dance Fusion: Teachers will expose students to a balance of structured, controlled ballet movements and upbeat, fast paced dancing. Teachers will focus on developing and progressing students in their ballet technique for a portion of each class session. Students will also be exposed to upbeat dance styles and learn combinations to popular music.

Dance Fusion 1: 30 min class for kindergarteners
Dance Fusion 2: 45 min class for first graders Dance Fusion 3: 45 min class for second graders

Ballet...for a strong dance foundation

Ballet is the foundation of all forms of dance. Ballet involves barre work, center exercises, and moving combinations. Students will focus on technique, flexibility, strength, and body placement. Ballet is very disciplined and precise. It focuses on the dancer's turnout and center body placement, while developing strength, stamina, coordination, and grace.

-Offered as part of "Dance Fusion"

-Offered as a stand-alone class for all levels starting at third grade

Theatrical...for a dancer who wants to combine acting and dance

Theatrical is offered for students in their second year of Intermediate 1 and above. This form of dance is a combination of acting and dancing. Theatrical dance is similar to the type of dancing seen in Broadway musicals. The dance moves are choreographed to the lyrics of the song. Theatrical Dance incorporates elements of jazz, ballet, modern, hip hop, and tap; therefore, students are required to be enrolled in at least one (1) other dance class other than Acro and Hip Hop.

Jazz...showcase your individual style

Jazz is offered for students in Intermediate 1 and above. Jazz classes incorporate isolations, bending, and stretching with dance combinations of turns, fancy footwork, kicks, leaps, and jumps. A very active dance form, jazz dance involves a full range of body movement. This form of dance is strongly based on ballet; therefore, all intermediate levels are required to participate in a ballet class. A ballet class or ballet experience is strongly recommended for Advanced Jazz.

Tap...make your own music

Tap allows a dancer to use the body as a rhythm instrument. Rhythm tap is a smooth, intricate style that begins at the feet and moves through the body. This lively, rhythmic dance makes the performer not just a dancer, but also a percussive musician.

-Offered for all levels starting at Kindergarten (introduced as part of "Combo Kids")

Lyrical ...a variation of ballet

Lyrical dance is very similar to ballet, combining the many technical elements of classical ballet with the freedom, fluidity, expressiveness and airier aspects of jazz, contemporary and modern dance. Though lyrical uses a combination of ballet and jazz technique, it has a stronger emphasis on emotions and storytelling. Lyrical dance is expressive, focused on conveying musicality and emotions such as love, joy, and anger through movement. Powerful, expressive songs are often used in lyrical dance to give dancers a chance to express a range of strong emotions through their dancing. Lyrical is offered for students beginning with Intermediate 3. Lyrical 1 students must take ballet as well. Lyrical 2 and 3 students must have 1 year of past ballet or lyrical experience.

Contemporary...for the modern dancer

Contemporary dancing is a form of dance that uses the entire body in movements in expressive ways. It is a style of dance that rejects the limitations of classical ballet and favors movement deriving from the expression of inner feeling. Contemporary dance is often about experimentation and discovering new ways of using music and sound in relation to movement. This class is offered to students in Advanced levels.

Pointe & Pre-Pointe...for a dedicated ballerina

Pointe: Pointe is an extension of ballet. It trains the dancer to build her strength when dancing on Pointe shoes and to develop her coordination and control. Pointe is only offered to students by the teacher's discretion. Anyone that takes Pointe has a strong background in ballet and has completed the pre-pointe class. All Pointe students are required to participate in two additional ballet classes.

Pre-Pointe: This class is only offered by teacher recommendation to students with significant ballet experience and who are currently enrolled in a ballet class (typically Intermediate 3 and above). Class time will be spent increasing students' strength through specific exercises in preparation to be on pointe. All students will begin the class wearing their ballet slippers and will gradually progress to pointe shoes at the teacher's discretion.

Acro...combine classical dance and acrobatics

Team Dance/Beginner Acro 1 and 2 : offered to students in Dance Fusion1 through Dance Fusion 3. Team Dance will be a portion of the class. It will focus on teaching students dance moves similar to competitive cheerleading routines. Students will not be learning how to cheer, but they will learn basic hip hop moves and sometimes incorporate pom poms. Acro will be the other portion of the class in which students will learn basic tumbling skills.

Acro 1, 2, 3, and 4: offered to students in Intermediate 1 through Advanced 2. A style of dance that combines classical dance technique with precision acrobatic elements. All students in Acro 1, 2, 3, and 4 are required to take an Acro Technique class and at least 1 other class other than Theatrical, Tap, and Hip Hop.

Acro Technique: This class will focus on fundamental acrobatic technique and teaching skills such as handstands, cartwheels, bridges, and walkovers. Instructors will work on increasing flexibility, balance, and strength. Level is based on ability and skills. This class can be taken as a stand alone class, but it is required for students in Acro 1, 2, 3, and 4.

Hip Hop....for letting loose

Hip Hop is a structured form of street dance. Hip Hop is very energetic and involves the whole body. This class develops strength, coordination, and agility.

Hip Hop 1 will be offered for students in 5th-8th grade.

Hip Hop 2 will be offered for students in 9th-12th grade.

For Adults....for fun and exercise, not performing.

Adult Ballet Barre will focus on increasing strength, flexibility, and balance by doing ballet movements at the barre.