

# CLASS DESCRIPTIONS



Not sure what classes to sign up for?  
Check out our class descriptions below!

## Ballet

Students will learn classical ballet techniques and terminology. Each class includes barre exercises, center floor work, and across-the-floor combinations. The ballet curriculum is based on a combination of methods. Musicality is emphasized along with balance, coordination and grace through the strengthening of the body core.

## Contemporary

Contemporary is a combination of dance techniques that express personal emotion and passion from within the dancer. It is a blend of many dance styles including jazz, ballet, lyrical and modern. This unique style allows dancers to use their skills in a new and exciting way.

## Contemporary Ballet

Join our Contemporary Ballet class and fuse the grace of classical ballet with the freedom of contemporary movement. Explore fluidity, expression, and storytelling through a blend of traditional techniques and modern choreography. This is a perfect class for dancers to refine their technique and expand their artistic horizons.

## Tap

Tap dance is a fun style where dancers make sounds and rhythms with their shoes. This lively rhythmic tapping makes the performer not just a dancer, but also a percussive musician. Dancers will learn popular tap steps, syncopation, intricate footwork and learn to create and recognize different rhythms.

## Hip Hop

Hip hop is a fun, high energy dance style that is found all over pop culture today. These dance moves will teach coordination, strength, texture and agility. Dancers will move to well known music, learn fun dance steps and get a workout in this class! All dance moves and music are age appropriate.

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## Stretch & Strength

Stretch and strengthen your way to greater flexibility and power in our dynamic Stretch & Strength class. Through targeted exercises and stretches, enhance your range of motion, improve posture, and prevent injuries commonly associated with dance.

## Jazz

Jazz is a very popular dance form. Its movements are big, exaggerated and there is typically an attitude the dancer wants to convey to the audience. Increase flexibility, strength, coordination and improve on your dance technique in this class. A variety of jazz styles will be explored including: contemporary jazz, lyrical, jazz funk, classic jazz and more.

## Musical Theatre

In musical theater class, students will practice fundamental stage movements to build confidence on stage through dancing. Through fun activities and guided instruction, they'll explore the magical world of musical theater while developing essential performance skills.

## Acro

Acro Dance is the fusion of the artistic motion of dance and the athleticism of acrobatics. This program promotes excellence in flexibility, strength, balance, limbering, tumbling, basic contortion, and partner/group stunting for dancers.

## Choreography/ Improv

Discover your dance voice in Choreo Improv! Through lead improvisation and choreography prompts dancers will learn the basics of putting together a dance. Whether you're a seasoned performer or just starting your dance journey, this class invites you to step into the spotlight and let your imagination take the lead. **(only for ages 13 & up)**