

### **Ballet**

This class is the student's first introduction to formal ballet class structure. More advanced stretching and strengthening exercises are given, barre work is introduced with a greater emphasis on vocabulary and French terminology. Musicality continues to be emphasized along with balance and coordination through the strengthening of the body core. Center floor work is introduced with continued focus on the positions of the arms, legs and feet using classical ballet vocabulary.

### **Modern**

While moving freely through space each child explores an innovative and highly creative dance form in a structured class environment. Classes integrate various traditional disciplines of modern dance foundations with current contemporary styles. These classes are for dancers who like physical complicated floor work, patterns of movement and self-expression. Elements of improvisation are also introduced.

### **Creative Movement**

These classes introduce a structured environment while allowing children to recognize their own individuality and body mobility. Focus is on coordination and rhythm introduced in creative and imaginative ways. Keeping students entertained while learning beginning dance skills will help them to acquire a lifelong love for dance.

### **Mommy and Me**

An introduction to dance for our very youngest dancers. Ages 18mos. - 3 year olds are invited to attend a 6 weeks session of "Mommy & Me". These classes are structured to stimulate coordination skills, listening skills, balance, music interpretation, creative movement and motor development in the youngest dancers. This program is an excellent introduction to the world of dance. A parent or guardian participation is required.

### **Contemporary**

Contemporary is a class that includes a rigorous warm up followed by a multileveled combination. Instructed to music that varies from reggaeton to classical, "Contemporary" may inspire you to find your own style of motion and enable what dance is designed to support...your expression.

### **Strength/Conditioning and leaps and turns**

This is a class designed specifically for a dancer who wishes to perfect and refine their skills of turning, jumping, and leaping. These classes are taught with an emphasis on technique and correct body placement. They are taught in a progressive manner beginning with the basics and advancing to high level skills and combinations.

### **Ballet Core**

Our classic barre class, appropriate for all, for beginners through the advanced student!, Ballet Core fuses yoga, pilates, core conditioning & interval strength training for a total body sculpting workout and no flexibility (or grace!) is required although you may feel you've gained some after

class! You will use your own body's weight as resistance for the isometric movements & dynamic exercises designed to work each muscle group to exhaustion (shaking may occur!).

### **Tap**

Tap classes are designed to develop rhythm, style and sound. Students will learn a variety of tap styles from Broadway to Rhythm tap. Exercises focus on building flexibility of the knee and ankles, coordination, and speed of movement. The class emphasis is on developing proper tap technique, producing clear tap sounds, and having fun. As students progress through each level curriculum will become increasingly more complex and intricate.

### **Musical Theater**

Musical Theater is a true American born art form and it is AWESOME. Children will learn to sing, dance, and act; a real triple threat! They will do numbers from shows and build a repertoire of Musical Theater knowledge to last a lifetime.

### **Hip Hop**

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. Hip Hop class includes upper and lower body conditioning as well as a rigorous warm-up to help prepare students for more intense movements.

### **Jazz**

Jazz dancing is a form of dance that showcases a dancer's individual style and originality. Every jazz dancer interprets and executes moves and steps in their own way. This type of dancing is energetic and fun, consisting of unique moves, fancy footwork, big leaps and quick turns

### **Zumba**

Each Zumba® class is designed to bring people together to sweat it on. We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise.