

Classes/ Attire

B/T/J

- B/T/J stands for Ballet, Tap, Jazz. This is our combo class we like to offer our tiny dancers to give a variety of options. In B/T/J curriculum, 15 mins of Ballet, 15 mins of Tap, and 15 mins of Jazz will be done in our 45 min. class.
- **ATTIRE:** pink or tan tights, pink ballet shoes, black tap shoes, tan jazz shoes (optional), leotard (any color), ballet skirt (optional)

BALLET

- The Ballet curriculum is designed to help dancers create a strong foundation through repetitive movement, of ballet vocabulary, discussion, and exploration. With focus on creativity, discipline and technical development, dancers work in a pre-professional atmosphere to build confidence and life/dance skills. Ballet is required for any of our Competitive level dancers.
- **ATTIRE:** pink tights, pink ballet shoes, leotard (any color), ballet skirt (optional) GIRLS MUST PUT HAIR IN A BUN

JAZZ

- The Jazz curriculum is designed to incorporate sharp and fluid movements to create a visually technical dance and style. It is usually done to popular music. Body isolations, stretching, turning, leaping and technical steps are taught in this class.
- **ATTIRE:** tan/black tights, tan/black jazz shoes (dependent on class), leotard (any color), spandex shorts

JAZZ/HIP HOP

- The Jazz/Hip Hop curriculum is designed to incorporate a Jazz and a Hip Hop combination style of dance. The perfect way to gain confidence. A great blend of body isolations, popping, locking and rhythm, mixed with stretching, turning, and some technical steps are taught in this class.
- **ATTIRE:** tan/black tights, tan/black jazz shoes (dependent on class), Hip Hop sneakers (no street shoes, dependent on class), leotard (any color), spandex shorts, loose fitting top

HIP HOP

- The Hip Hop curriculum is designed to help the dancer loosen up, gain rhythm, and have fun in an aerobic workout. This is a great way to get a good workout, have fun and gain confidence. This is an extra class that should be taken along with regular technique classes.
 - **ATTIRE:** loose fitting clothes, Hip Hop sneakers (no street shoes)

TAP

- The Tap curriculum is one of the oldest dance forms. Students are taught rhythms, timing, and leg/foot coordination done to various types of music. We teach all types of tap from standard basics to funky rhythms.
 - **ATTIRE:** tan/black tights, black tap shoes, leotard (any color), spandex shorts

LYRICAL

- The Lyrical curriculum is a fluid form of dance done to popular ballads and slower contemporary music. The dancer is taught to interpret his or her movement with feeling, motion and style. They will learn to tell a story or create the picture of the song. This style combines the fluid beauty of ballet with the more sharp moves in jazz.
 - **ATTIRE:** tan/black convertible tights, foot undies (paws), leotard (any color), spandex shorts

CONTEMPORARY

- The Contemporary curriculum is designed to incorporate movement and vocabulary from both established and relevant resources into a dancer's training and development. Use of weight, space, music and dynamics are addressed in an explorative and disciplined environment. Creativity and discussion are encouraged in a focused and challenging atmosphere.
 - **ATTIRE:** tan/black convertible tights, foot undies (paws), leotard (any color), spandex shorts

MUSICAL THEATER

- The Musical Theater curriculum helps students learn basic theatrical and dance skills through skits, songs, scripts and games. With a jazz technique style, students in Musical Theater will gain confidence through movement and expression.
- **ATTIRE:** tan/black tights, tan/black jazz shoes (dependent on class), leotard (any color), spandex shorts

ZUMBA

- Zumba is an aerobic fitness program featuring movements inspired by various styles of Latin American dance and performed primarily to Latin American dance music. A fun, upbeat workout that incorporates many dance techniques and movements.
 - **ATTIRE:** any workout attire, Hip Hop sneakers (no street shoes)

CONDITIONING/FITNESS

- This is a class designed specifically for the serious 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 of those skills. The strength and conditioning is designed to build stamina and condition the body for difficult tricks and aerobic requirements needed for advanced dancing. This class is required for our Competitive level dancers.
 - **ATTIRE:** any workout attire, Hip Hop sneakers (no street shoes) or tan/black jazz shoes

ACRO

- The Acro curriculum is a combination of acrobatics and gymnastics. It consists of floor tricks (cartwheels, round offs, backbends...etc) It focuses on building muscle, strength and flexibility.
 - **ATTIRE:** tan/black convertible tights, leotard (any color), no socks or shoes

MOMMY & ME

- Mommy & Me is an introduction to dance for our very youngest dancers. Ages 1 - 3 year olds are invited to attend. 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.
 - **ATTIRE:** any attire, socks required inside studio (no street shoes)

TECHNIQUE

- The Technique curriculum is for serious dancers who want to achieve a goal. This class will push the dancer to the best of their ability. Working on leaps, turns, jumps, stretching and tricks. Technique is required for any of our Competition level dancers.
- **ATTIRE**: tan/black tights, tan/black jazz shoes (dependent on class), leotard (any color), spandex shorts

BOYS

- **ATTIRE**: t-shirt, shorts (able to see knees), shoes required for class

ALL STUDENTS SHOULD HAVE HAIR PULLED BACK OUT OF FACE. BUNS ARE REQUIRED FOR BALLET CLASS ONLY.

Attendance will be taken at beginning of every class, any student who misses a class is recommended to make up in a different class that week. If a student misses more than 5 classes in the year, they will not be able to perform at the annual dance recital.