

# Class Descriptions

Each class follows a well thought out curriculum and lesson plan.



## **Ballet/Tap & Ballet/Tap/Jazz Combo:** (Preschool)

Enhance gross motor development, listening skills and nurture the creative spirit. Students are introduced to the fundamentals of ballet and the fun of tap and jazz. Lots of upbeat music and props make it extra fun!

## **Ballet:** (6 years old and older)

Students are taught classical ballet technique and terminology. We use a mix of both classical music and current upbeat music to make it fun.

## **Jazz:** (6 years old and older)

Technical like ballet, but with upbeat music and moves. Advanced levels of jazz require ballet training as well.

## **Tap:** (6 years old and older)

Students are taught basic tap steps and complex rhythms using classic, stomp and funky styles. They will create music with their feet!

## **Hip-Hop:** (4 years old and older)

Get funky and let your style shine with this energetic, less technical style of dance. Music and moves are clean and age-appropriate

## **Jazz/Hip-Hop Combo:** (6-12 years old)

This class combines jazz technique with Hip-Hop moves to provide a fun, high energy dance experience.



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## **Lyrical:** (9 years old and older)

This style of dance is a mix of ballet and jazz. Dancers will interpret the story behind the music they dance to and express that to the audience.

## **Tricks & Technique:** (6 years old and older)

A great class to push you to the next level. Leaps, turns, jumps, flexibility and more will be worked on in this class. On your school dance team? This is a great class for you!

## **Acro / Tumbling:** (6 years old and older)

A class designed to teach basic tumbling and Acro technique with a dance emphasis. Improve your tumbling skills and learn how to incorporate moves into dance routines.  
*\*\*Staff has been trained and certified by the Tumbling Effect.*

## **Pre-Pointe & Pointe:** (10 years old and older)

This class is for ballet dancers with extensive training and strength. Students must have permission from Miss Kate and be simultaneously enrolled in ballet class. Pre-pointe focuses on building the strength and technique needs to dance "en pointe".  
*Please note: For the safety of our students, we are very selective and are cautious about who goes "en pointe".*

## **Adult Dance:** (18 years old and older)

This class is for women with previous dance training or none at all! The class will start with a ballet barre warm-up (first 30 minutes) and alternate between tap, jazz and hip-hop. Great exercise in a fun, supportive environment!



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