DANCE STYLES
QUICK REFERENCE

JAZZ
- High energy, upbeat music.
- A mix of technique and style
- A great chance to show personality
- For those that want to move and groove!

IF YOU LIKE TO MOVE

BALLET
- The foundation of ALL dance styles
- Terminology in French, but we will teach that!
- Graceful, yet strong movements
- For those that like structure and precision.

IF YOU LIKE TO BE GRACEFUL

HIP HOP
- High energy, upbeat music
- A chance to add YOUR flair to the moves
- No set "terminology"
- Fun floor work can be involved
- Dance party circles encouraged!

IF YOU LIKE UPBEAT & FREESTYLE MOVEMENT

TAP
- Make music with your feet!
- Basic moves to learn, then the challenge comes with tempo and combinations
- Lots of fun rhythms to explore!

IF YOU LIKE RHYTHM AND SOUNDS
LYRICAL

IF YOU LIKE TO EXPRESS YOUR FEELINGS

- A mix of ballet and jazz
- Tell a story with your movements
- Freedom of expression is encouraged
- Improvisation in every class!

CHEER

IF YOU HAVE SPIRIT AND ENERGY

- Go team go! For those with PEP!
- A blend of dance and cheer moves.
- Bring your voices, as you will use them.
- And did we mention, POM POMS!!

ACRO

IF YOU LIKE TO TUMBLE

- Build strength and flexibility in this blend of dance and gymnastics.
- Cartwheels, bridges, hand and chin stands and more!
- For those that want "gymnastics" without spending hours in the gym.

TRICKS

IF YOU LIKE TO LEARN NEW MOVEMENTS

- Jazz based class, with upbeat music!
- Great as your only class OR an additional jazz class.
- Work on turns, leaps, flexibility and other fun skills!