

DANCE STYLES

QUICK REFERENCE

- The foundation of ALL dance styles
- Graceful, yet strong movements
- For those that like structure and precision.

May also enjoy: Lyrical, Jazz, Pre-pointe (if old enough)

BALLET

**IF YOU LIKE TO
BE GRACEFUL**

JAZZ

**IF YOU LIKE
TO MOVE & SHAKE**

- High energy, upbeat music.
- A mix of technique and style
- A great chance to show personality

May also enjoy: Hip Hop, Cheer, Acro

HIP HOP

**IF YOU LIKE
UPBEAT & FREESTYLE
MOVEMENT**

- High energy, upbeat music
- A chance to add YOUR flair to the moves
- Fun floor work can be involved

May also enjoy: Tap, Jazz, Tricks

Can't decide between JAZZ or HIP HOP?

Then you'll love JAZZ/HIP HOP

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- A mix of Jazz technique & Hip Hop funk
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- Make music with your feet!
 - Basic moves to learn, then the challenge comes with tempo and combinations
 - Lots of fun rhythms to explore!

May also enjoy: Hip Hop, Jazz, Tricks

TAP

**IF YOU LIKE
RHYTHM & 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

May also enjoy: Ballet, Jazz, Tricks

- A blend of dance and cheer moves.
- Bring your voices, as you will use them.
- And did we mention, POM POMS!!

May also enjoy: Jazz, Tricks, Hip Hop

CHEER

**IF YOU HAVE
SPIRIT AND ENERGY**

ACRO

**IF YOU LIKE
TO TUMBLE**

- Build strength and flexibility
- Cartwheels, bridges, hand, chin stands and MORE!
- Learn gymnastic moves, without hours in the gym

May also enjoy: Tricks, Hip Hop, Jazz

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

May also enjoy: Hip Hop, Jazz, Acro

TRICKS

**IF YOU LIKE TO
LEARN NEW MOVEMENTS**

STAR LEADERSHIP

**IF YOU WANT TO BE A
STRONGER LEADER**

- Structure and thorough leadership curriculum
- Includes 100+ page workbook!
- Learn SO MANY life skills to improve your life