

DANCE STYLES

which ones
should I choose?

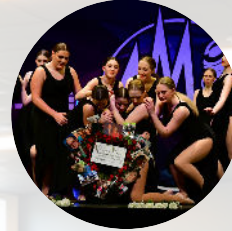


BALLET

**IF YOU LIKE
TO BE GRACEFUL**

May also enjoy: Lyrical, Jazz, Pre-pointe

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



LYRICAL

**IF YOU LIKE TO
EXPRESS YOUR FEELINGS**

May also enjoy: Ballet, Jazz, Tricks

- A mix of ballet and jazz
- Tell a story with your movements
- Freedom of expression is encouraged



JAZZ

**IF YOU LIKE
TO MOVE & SHAKE**

May also enjoy: Hip Hop, Cheer, Acro

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



CHEER

**IF YOU HAVE
SPIRIT AND ENERGY**

May also enjoy: Jazz, Tricks, Hip Hop

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



TAP

**IF YOU LIKE
RHYTHM & SOUNDS**

May also enjoy: Hip Hop, Jazz, Tricks

- Make music with your feet!
- The challenge & fun comes with tempo and combos
- Lots of fun rhythms to explore!



ACRO

**IF YOU LIKE TO
TUMBLE & FLIP**

May also enjoy: Tricks, Hip Hop, Jazz, Flip Flop-Hip Hop

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



HIP HOP

**IF YOU LIKE UPBEAT &
FREESTYLE MOVEMENT**

May also enjoy: Tap, Jazz, Tricks

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



CAN'T DECIDE?

**IF YOU LIKE
ALL THE STYLES**

- Jazz/Hip Hop & Flip-Flop Hip Hop are great mixed style classes!
- Tricks is a fun jazz based class, working on turns and leaps!
- Still can't decide? Take a FEW classes!