

Dance Class Descriptions

Dance With Me (ages 2-3)- A fun and exciting way for your little one to explore music and dance! Children dance and sing along, using lots of props, and of course, your imagination!

Pre Dance (ages 3-4)- Introduction to the basics of tap, ballet, and creative movement in a lively atmosphere! Students use exciting props as they develop their creativity through the elements of dance. *Level II is a Pre-Dance 2nd year class.*

Creative Movement (ages 4^{1/2}-5)- Similar to Pre Dance, basic principals of movement through ballet, tap, and creative exploration of props are used to develop creativity, musicality, body and spatial awareness.

Broadway Babies (ages 3^{1/2}-5)- This musical theatre & tap combination class is another option for Pre-K dancers. Sing & dance to songs from popular Broadway musicals and movies!

Jazz- Beginning through advanced concepts of jazz dance such as isolations, flexibility, leaps, and contemporary combinations across the floor. This high energy class is perfect for the dancers who can't sit still!

Hip Hop & Breaking- Learn the latest style of movement. Hip hop features energetic and rhythmical movements. This class is great fun, as you can dance to the latest hits while enjoying your favorite music! In Breaking, learn the latest moves to improve your skill in freezes, freestyle, and more!

Ballet- Adds beauty, poise, and grace. This class shows technique with graceful, coordinated movements. Ballet is the foundation for all other dance styles.

Lyrical- A cross between ballet and jazz. Lyrical is more fluid with abstract lines and possesses an emotional story. Students must take a ballet class in addition to lyrical in order to register for this class.

Tap- The essential movements of tap are concentrated on your feet and ankles. Tap shoes are worn with metal tap plates under the toes and heels, which creates the sound required for tap dancing. Great for developing gross motor skills, rhythm and coordination. MOST importantly, it is an opportunity to make lots of noise!!

Leaps & Turns- Learn the techniques used to perfect the turns, leaps, and jumps seen in Jazz, Ballet, and Lyrical. This class will build balance, coordination, flexibility, and muscle memory. Great as a supplement to any other class.

Musical Theatre- Based off of musicals, dancers learn popular songs from Broadway. Musical Theatre combines dance, acting, and singing. Lots of fun! Dancers of all levels are encouraged to try this class!

Acrobatics- Learn tricks and techniques seen in the world-renown Cirque du Soleil acts! Students learn poses, jumps, tumbling passes, and contortion exercises in this unique art form. At least 2 years of tumbling or gymnastic training is required to enter the II/III levels.

Pilates & Yoga- Gain strength, flexibility, balance, and overall tone as you master Pilates. Yoga is a great way to wind down from a hard week, as you stretch. Everyone works at their own pace, so you do what your body needs.

Mini Pom & Cheer (ages 4-6)- This high-energy class will teach you how to turn, leap, and kick. Dancers will dance with poms as they combine jazz and hip hop choreography and technique.

Modern & Contemporary- A more abstract style of Lyrical. Class will also focus on emoting, musicality, and center work.

Sunbeams- By invitation or audition only. These special groups of "Creative" children have extra opportunities to perform at some of our Company events. Groups range from 3-5 years of age. See the Director for more details.

Dance & Hip Hop Company- By audition only. Dancers have the opportunity to perform around the Valley, go to competitions and conventions, as well as being featured in our annual Recital. Ask the Director for further details.

Levels for Dance Company and requirements:

Pearls (ages 5-7) 5 hours a week Emeralds (ages 8-12) 8 hours a week Sunstones (ages 10-13) 9 hours a week
Rubies (ages 7-10) 6 hours a week Sapphires (ages 10-13) 9 hours a week Diamonds (13 & up) 10 hours a week

Levels for Dance Company and requirements:

Jr Company (ages 7-10) || Sr Company (ages 10-18)- 1 Hip Hop, 1 Breaking + Company Class

All intermediate and Advanced levels must have instructor approval