

Dance With Me (2-3 yrs old 45 Minutes) – A class designed for the busy toddler who loves to dance, move, sing and play. This action-packed class will encourage your child to explore movement through the use of age appropriate props and music. Students will need Ballet and Tap Shoes. ***Parent Participation Required**

Combo (3-4 yrs old 45 Minutes) – A fun and exciting way for your little one to explore music and dance with an introduction to the basics of tap and ballet. Children dance and sing along, using lots of props and of course their imagination. Students will need Ballet and Tap Shoes.

Ballet/Tap Combo (4-5yrs old 45 Minutes) - Introduction to the basics of tap and ballet through creative movement in a lively atmosphere! Students use exciting props as they develop their creativity, musicality, body and spatial awareness. Students will need Ballet and Tap Shoes.

Ballet/Tap/Jazz Combo (5-6yrs old 1 hour) - This hour-long class includes instruction in tap, ballet and jazz. The class will build on the basics, including right and left discrimination, counting music, and exploring rhythm through the use of the body. Teachers encourage each child's recognition and memorization of basic dance steps through the use of fun dance activities. Students will need Tap and Ballet Shoes.

Aerial Arts - A fun and challenging way to build strength and flexibility. In this class we will focus on safe practices, conditioning, basic wraps and proper alignment. We will focus on Aerial fabric and the Aerial hoop(Lyra).

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

Pre Pointe – This class works to build strength in the feet and ankles in preparation for pointé work. Carriage and poise is also developed further, as well as knowledge of various dance types. ***Teacher Recommendation Only***

Pointe – is the part of classical ballet technique that concerns pointe work, in which a ballet dancer supports all body weight on the tips of fully extended feet. A minimum of three years Ballet experience required. ***Teacher Recommendation Only***

Hip Hop – refers to street dance styles primarily performed to hip-hop music or that have evolved as part of hip-hop culture. It includes a wide range of styles primarily breaking, locking, and popping which were created in the 1970s and made popular by dance crews in the United States.

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!

Leaps and Turns – Learn the technique 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 in addition to any other class.

Lyrical – A dance style that has its primary basis in ballet, combining the many technical elements of classical Ballet with the freedom, fluidity, expressiveness and airier aspects of Jazz, Contemporary and Modern. Great as an addition to any Ballet or Jazz class. Level 2/3 and above require current enrollment in a Ballet class.

Modern/Contemporary – a form of contemporary theatrical dance and concert dance employing a special technique for developing the use of the entire body in movements expressive of abstract ideas. Modern dance is the release of the ballet body into a full bodied form of movement around the core's center.

Musical Theatre – Based off 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.

Stretch and Strength – A full body stretch, strength and core conditioning class. The class will target every muscle group while maintaining proper posture and technique. Great addition to any other 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 create the sounds required for tap dancing. Great for developing gross motor skills, rhythm and coordination. MOST importantly, it's an opportunity to make lots of noise!!

Kids Yoga – Yoga comes as natural as playing when it comes to children. With regular practice they find strength, focus, balance and confidence needed for their healthy emotional and physical growth. For kids ages 5 - 12 years old.