



All class placement is at the discretion of school director.

Mommy & Me Dance

An introductory toddler dance class where a parent or guardian joins them during their dance class. This class is intended to help children grow in gross motor, coordination, confidence, and self-esteem through the art of dance and movement.

Creative Dance – Ages 3 & 4

Early Childhood dance program designed to introduce students to creative movement, ballet and tap through a developmentally appropriate curriculum. Dancers will explore movement, music and rhythm as well as learn introductory vocabulary and skills in ballet and tap. Dance will also be used to explore early literacy, math and other educational concepts.

Kinder Ballet/Tap – Ages 5 and up

Ballet and Tap class for dancers age 5 and up. At this level dancers will begin to develop their skills in concentration, coordination and listening. They will also be introduced to more vocabulary and concepts in ballet and tap technique.

Elementary 1/2 Ballet/Tap – Ages 6 and up

Ballet and Tap class for dancers ages 6 and up. This class continues to build on movement concepts, as dancers develop their technique through the structure of a traditional ballet class. Tap skills continues to develop as dancers explore more complex rhythm patterns and increased speed.

Ballet 1/2 – Ages 8 and up

A full-length classical ballet class following a structured and developmentally appropriate curriculum. Students will begin at the barre where they will build strength, technique, and coordination. They will progress to movement in the center and across the floor. Dancers will be introduced to ballet theory, technique, and artistic concepts.

Tap/Jazz 1/2 – Ages 8 and up

Combination tap and jazz class for students ages 8 and up. Jazz technique introduces concepts such as body isolation, coordination, flexibility and rhythm. Dancers will enjoy moving to age appropriate pop music as they explore rhythm and coordination. Tap class will continue to introduce new concepts and skills as they progress in their technique.

Ballet 3/4 – Ages 10 and up

An intermediate ballet class continuing the school curriculum. Students continue to develop the technique and artistry necessary to advance in their training. Ballet 3/4 students are strongly encouraged to take 2 technique classes weekly and are required to take 2 classes if they take pointe. Mastery of Ballet 1/2 technique is required.

Pointe 3/4 – Ages 10 and up

Students are eligible to be considered for pointe once they have reached the Ballet 3 level, and placement is at the discretion of the school director. A minimum of 2 ballet technique classes weekly is required to enroll in pointe. Permission from school director is required before enrolling in pointe, and faculty should be consulted before purchasing pointe shoes.

Ballet 5/6/7 – Ages 12 and up

Intermediate through Advanced ballet technique class. Placement is at the discretion of the school director and students are encouraged to take 3 or more classes weekly to see optimum results from their training. Students will continue to move through advanced skills and concepts while also developing their artistry as performers.

Pointe 5/6/7 – Ages 12 and up

Intermediate through Advanced pointe class. Placement is at the discretion of the school director and students are encouraged to take 2 or more pointe classes weekly to see optimum results from their training. Students will continue to develop the strength and skills necessary to perform more advanced ballet choreography.

Tap 3-7 – Ages 10 and up

Level placement at the discretion of school director. Dancers will explore basic tap technique, skills and rhythm.

Jazz 3-7 – Ages 10 and up

Leveled according to age and ability. Jazz class develops concepts such as body isolation, coordination, flexibility, and rhythm. Dancers will enjoy moving to age-appropriate pop music as they explore diverse rhythm and movement styles.

Modern 5/6/7 – Ages 12 and up

Modern class will incorporate many of the foundations of modern dance technique, including suspension and release, fall and recovery, the use of momentum and connecting breath with movement. Dancers will explore new ways of moving in combinations, floor work and partnering, and also in various methods of improvisation.

Adult Ballet

Basic Ballet technique class for adults of all ages and levels. Focus will be on utilizing ballet technique to build strength, flexibility, and stamina. Dancers will also explore artistry of movement.

Adult Tap

Basic tap class for adults of all ages and levels. Dancers will learn basic tap steps and combinations in a fun and stress-free setting.

Theater Jazz

A form of theatrical dancing that combines the songs of Broadway musicals with the movement of classic jazz styles. This high-energy class will prepare any dancer for the bright lights of Broadway! Class is for dancers ages 12 and up.

Yoga

An alignment based Hatha yoga that is accessible and challenging to all yogis, from the beginner to the advanced. Focused on safety by emphasizing optimal alignment, yoga class will cultivate strength, flexibility, and stamina. This practice will center around total enrichment of body, mind, spirit, and soul to cultivate a stress free and healthy life.