

Dance Technique Descriptions & Dress Code

Creative Movement, Fundamentals, Combo

An introduction to spatial and body awareness, rhythm, coordination, socialization skills while encouraging creative expression while focusing on use of imagination in a fun atmosphere.

Creative Movement

Dress Code Girls: pink leotard and footless ballet tights. (ballet shoes are not required but are allowed)

Dress Code Boys: white t-shirt, black shorts or leggings. (ballet shoes are not required but are allowed)

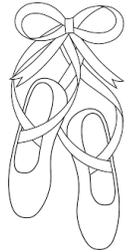
Creative Movement class is for the youngest dancer. The dancers in this class not only learn the basics of ballet and have fun with music and dance; but also experience being in a class with other dancers and begin to understand the etiquette of class behavior and structure.

Fundamentals

Dress Code Girls: black leotard, pink tights, ballet shoes

Dress Code Boys: white t-shirt, black shorts or leggings, ballet shoes

Fundamentals class is a beginning study of ballet. Whether your child has had ballet before or this is their first time; the dancers will continue to grow and learn more ballet vocabulary and movement.



Combo

Dress Code Girls: black leotard, pink tights, ballet AND tap shoes

Dress Code Boys: white t-shirt, black shorts or leggings, ballet AND tap shoes

This class is a 2 in one! Dancers will learn the fundamentals of ballet and also the basic rhythms and foot work of tap, all in 1 class!!



Ballet, Lyrical, Jazz, Modern, Tap and Adult Classes ages 6 - adult

Ballet: Pre, Essentials, Level 1, 2, 3, 4

Dress Code Girls: black leotard, pink tights, ballet shoes

Dress Code Boys: white t-shirt, black tights, shorts or leggings, ballet shoes

These are our core curriculum classes and are most valuable in the training of any dance student. Students will learn and practice proper ballet technique and vocabulary with emphasis on alignment, strength, flexibility, coordination, musicality and artistic expression.



Lyrical

Dress Code Girls: black leotard, tights, leggings, ballet shoes

A style that combines ballet and jazz technique, performed to music with lyrics to inspire expressions of strong emotions.



Jazz: Pre, Essentials, Level 1, 2, 3, 4

Dress Code Girls: black leotard, leggings or back tights, jazz shoes

Dress Code Boys: t-shirt, shorts or pants that are easy to move in but not too baggy, jazz shoes

A blend of traditional jazz with current jazz styles. Focuses on body isolations, rhythmic development and artistic style. This fun, energetic class combines the techniques of hip hop and jazz at an appropriate skill level



Modern

Dress Code Girls: leotard, med-long bike shorts (must cover bottom), leggings or back tights

Dress Code Boys: t-shirt, shorts or pants that are easy to move in but not too baggy

A form of dance exploring movement in terms of gravity, weight, space, focus and dynamics. Modern will expand an advanced dancers' range of movement and is also a great class for the older and new dancers who are wanting to explore dance. Classes are based on a variety of techniques including Horton and Graham.

Tap: Pre, Essentials, Level 1, 2, 3, 4

Dress Code Girls: Leotard, leggings or tights, tap shoes

Dress Code Boys: t-shirt, shorts or pants that are easy to move in but not too baggy, tap shoes

Our tap classes blend "rhythm style" "Broadway style" and "fun" emphasizing technique and clarity of sound. The main goals in the beginning tap levels are identifying, utilizing and demonstrating tap terminology as well as understanding tap as a form of entertainment. Higher levels of tap will begin to create more complex sounds and combinations while incorporating challenging tempos and rhythm changes to the students' movements.



Adult Ballet

Students participating in the adult ballet class need to have ballet shoes. While you are welcome to wear ballet tights and leotard, you are also allowed to wear leggings and an athletic top. Nothing too baggy that hinders your movement.

Adult Tap

Students participating in the adult tap class need to have tap shoes. Wear pants you can move in, but nothing that will drag on the floor or get under your tap shoe. Athletic top that you don't mind perspiring in.