

Dance Classes & Dress Codes

Acro-Acro/Tumbling: Class helps to develop courage, strength, stamina, coordination, flexibility of all parts of the body, jumping abilities, and grace. Each class will focus on developing flexibility, balance, muscle control, discipline and concentration. This class focuses on fundamental acrobatic technique, teaching many different skills. All precautions for safety are taken into account with proper explanations, demonstrations, equipment and assistance.

Dress Requirements: A leotard is required. Tights are preferred. Bottoms are permitted. No tops are permitted.

Ballet: Known for helping dancers increase body control, balance, agility, and core strength, Ballet is an essential cornerstone in a dancer's training. A solid foundation in Ballet actually helps dancers perform better in other styles. Classes contain both the Italian Cecchetti Method, (focused on smaller, more delicate and precise movements with emphasis on body control), and the Russian Vaganova Technique, (specializing in grander, more expansive movements).

Dress Requirements: A leotard and tights are required. No tops or bottoms are permitted. Skirts are permitted. Pink Ballet shoes are required.

CheerDance: This high energy class will help you learn how to work as a team. The class will focus on correct arm placement, proper execution of jumps, tumble skills and stunts. Dancers will work on strengthening the entire body while learning about the different safety precautions that should be used while cheering. All safety precautions are taken including use of mats and stunt helping.

Dress Requirements: A leotard and tights is recommended. Bottoms are allowed. No tops or skirts are permitted. Jazz shoes or sneakers are required.

Contemporary: Contemporary explores moving the body, especially the spine, in ways different from more traditional styles. The class teaches dancers to ground themselves and adjust their weight placement to use the floor in a whole new way. Both fluid and sharp movements are found in this barefoot style of dance, which can express a message, story, emotion, mood, or feeling through movement. ****BALLET OR JAZZ IS REQUIRED IN ADDITION TO TAKE THIS CLASS****

Dress Requirements: A leotard and convertible/footless tights are required. Tops and bottoms are permitted. Tan canvas half soles are required.

Dance Theater: This class combines the artistic worlds of Theater and Dance, teaching dancers how to tell a story, play a character, and convey moods, feelings, and emotions through dance. ****DANCER MUST BE ENROLLED IN ANOTHER CLASS TO TAKE THIS CLASS****

Dress requirements: A leotard and tights are required. Bottoms are allowed. Tops are not permitted. Tan Jazz shoes are required.

Hip Hop: This ultimate high-energy class infuses the most modern styles of dance including old and new urban, street, breaking, popping, and locking. During class, dancers will step outside of the box and will use their own personality and style to make movements and combinations their own. Dancers will be working on strength and stamina to master basic steps through intense combinations.

Dress Requirements: Loose fitting clothes are permitted. Black sneakers are required.

Jazz: This high energy class combines a lot of movement with the discipline of technique. We will focus on isolations of the body, improving performance quality, and complex rhythms

and patterns. Dancers will learn various styles of Jazz such as Broadway, Street, and contemporary to grow as a well rounded dancer.

Dress requirements: A leotard and tights are required. Bottoms are permitted. No tops permitted. Tan Jazz shoes are required.

“Lil” Levels: Class is meant for dancers ages 3.5 years old through 5 years old. We will be working on developing or enhancing listening, social, and motor skills through movement. We combine many activities to keep the interest of the dancer and teach the fundamentals.

Dress Requirements: A leotard and tights are recommended. Pink Ballet shoes and black Tap shoes are required for Lil Ballet/Tap. All black sneakers are required for Lil Hippers. Bare feet for Lil Tumblers.

Lyrical: Lyrical is a combination of Ballet and Jazz where you can learn how to make the body flow and connect from movement to movement. Learn to portray true emotions through the body, face, and use of musicality. With progression of the class, we will emphasize music lyrics while telling a story with fluid movement. ****BALLET OR JAZZ IS REQUIRED IN ADDITION TO TAKE THIS CLASS****

Dress Requirements: A leotard and convertible/footless tights are required. Tops and bottoms are permitted. Tan canvas half soles are required.

Tap: Using foundations from all forms of dance, tap is created by a mixture of Ballet and Jazz movements and Tap sounds. In this class, dancers will learn everything from basic to complex steps and how to put those steps together to create a variety of unique and fun beats with or without music. We will explore both rhythm and Broadway styles.

Dress requirements: A leotard and tights are required. Bottoms are permitted. Tops are not permitted. Tan Jazz shoes are required.

Technique: This class intensely trains dancers in both Ballet and Jazz styles to improve a dancer's quality of movement and proper technique. By breaking down steps to include proper head, arm, leg, hand, foot, and spine placement, this class can help shape dancers into higher level technical artists. Instead of working on performance choreography, this class covers more steps and in further detail. This class is an excellent choice for anyone looking to improve at an above average pace in one season, and is especially good for dancers looking to score higher at competitions, where technique is judged closely.

Dress Requirements: A leotard and tights are required. No tops or bottoms are permitted. Skirts are permitted. Pink Ballet or Tan Jazz shoes are required.

“Tiny” Levels: Class is meant for dancers ages 18 months through 3 years old. We will be working on developing or enhancing listening, social, and motor skills through movement. We combine many activities to keep the interest of the dancer and teach the fundamentals.

Dress Requirements: A leotard and tights are recommended. Pink Ballet shoes and black Tap shoes are required for Tiny Ballet/Tap. All black sneakers are required for Tiny Hippers. Bare feet for Tiny Tumblers.

Other Dress Requirements are as followed:

- Dancer's hair must be pulled up and out of face at all times.
- Form fitting two piece outfits (sports bra/crop top and booty shorts) are permitted in replacement of leotard for any class.
- Any clothes permitted over top MUST be form fitting for safety concerns.
 - Any clothes permitted over top are always at the discretion of the instructor. If it is not permitted, it is due to safety concerns.
- No jeans are permitted at any time for any class.
- No sneakers that have been worn outside are permitted for class use. Please have a separate pair specific to dance.
- Jewelry of any kind is not permitted to be worn in any class with the exception of stud earrings.