

Class Descriptions

Acro

In our acro classes our students develop flexibility, agility, balance, strength, and contortionist skills. Dancers will work on floor tumbling skills such as somersaults, handstands, back rolls, cartwheels, walkovers, hand springs, aerials, and tucks.

Ballet

Ballet is a classical dance form that emphasizes grace, precision, and strength through disciplined movements and intricate choreography. In our classes, students will learn fundamental techniques, including barre work, center exercises, and elegant combinations, all designed to improve flexibility, balance, and coordination.

Whether you're a beginner or an experienced dancer, our ballet classes offer a supportive environment to develop your skills and express yourself through the beauty of dance.

Ballroom

Dancers taking ballroom will be introduced to a variety of styles including Latin, Swing, Salsa, Waltz, Tango, Foxtrot, Viennese Waltz, Cha Cha, Rumba and more!

Combination Class

Our combination classes combine a few styles of dance (noted on the schedule) and introduce dancers to the proper technique and terminology associated with these styles. These classes are based on dancer's age as of the start of the dance year!

Contemporary/Lyrical

Contemporary/Lyrical class combines the ballet and jazz styles and introduces a more emotional and fluid component. In this class dancers will work on basic dance technique and also learn combinations to pick up style and showmanship.

Creative Movement

This class is designed for our dancers starting at 2-3 years of age. It combines creative and imaginative exercises, basic tumbling, with an introduction to ballet. This 45 minute class helps in the development of coordination, balance, musicality, and creativity in a fun-loving, nurturing environment.

Hip-Hop

Hip-Hop evolved in the 1970's as part of the hip-hop music culture. Early development of the dance form was popping, locking and breaking. It has grown through out the years into many styles; soft or smooth, jazz funk, and freestyle. Hip-hop is a fun upbeat energetic class which combines street moves with technical jazz elements.

Jazz

Dancers are taught proper technique in various movements such as kicks, jumps, leaps, isolations movements and turns. A strong technical foundation enables a dancer to focus on the stylistic and performance aspects of dance. Often times musical theatre elements are introduced in this class.

Jumps, Leaps, Turns

This class is a supplement to dancers enrolled in ballet and jazz who are looking to further their skills.

Pre-Pointe

Our pre-pointe class is for dancers ages 9-11 who are already enrolled in ballet class and are looking for additional ballet classes that will best prepare them for pointe work.

Tap

Tap dance originated in the United States with influence from the Irish movements and African rhythms. Metal plates called "taps" are attached to the ball and heel of these shoes. Sounds are made by hitting a hard surface in rhythmic patterns by making specific movements with the feet.