

## **CLASS DESCRIPTIONS**

### **COMBO CLASSES**

Students will be introduced to class discipline, memorization, independence, socialization, rhythm skills, technique, and terminology. Ages 3 to 7.

### **BALLET**

Students will learn the fundamentals of classical ballet as well as develop strength, balance, and poise based on classical training styles. Ages 5 & up.

### **POINTE**

Students will learn and execute classical ballet skills en pointe. This class is for well trained ballet students only. Ages 11 & up.

### **JAZZ**

Students will learn and develop isolations, flexibility, control, and style mixed with use of proper dance technique. Ages 5 & up.

### **TAP**

Students will learn tap skills and vocabulary while developing coordination, musicality, and rhythm. Ages 5 & up.

### **ACRO**

Students will learn and practice tumbling skills as well as improve core strength, flexibility, and coordination. Ages 5 & up.

### **LYRICAL/CONTEMPORARY**

Students will learn a mixture of jazz and ballet skills mixed with improvisation, modern styles, and expression. Ages 5 & up.

### **HIP-HOP**

Students will learn fast-paced street dance movements and isolations while improving strength, stamina, and agility. Ages 5 & up.

### **STRETCH & EXTENSIONS**

Students will learn the importance of safe stretching while improving flexibility, balance, control, and alignment. Ages 9 & up.

### **LEAPS & TURNS**

Students will incorporate proper dance technique to learn and execute kicks, jumps, leaps, and turns in both center and across the floor combinations. Ages 9 & up.

### **STRENGTH & CONDITIONING**

Students will build stamina and muscle while improving flexibility, posture, turnout, alignment, and knowledge of anatomy. Ages 9 & up.

### **IMPROV**

Students will explore individual movement without choreography to further develop personal style and musical connection. Ages 9 & up.

### **MUSICAL THEATRE**

Students will learn vocal techniques, acting skills, and Broadway jazz style while developing coordination and performance. Ages 5 & up.