**Beginner/Introductory Classes**

Geared towards our youngest dancers either looking for an introduction to dance or moving into the second or third year following an introductory level class.

**MONDAY 5:45 to 6:45 Ballet/Jazz Combo**

Perfect for the 3 and 4 year-old dancer (Beginner 5 year-olds also enjoy this class.), this class aims to create a love of movement, impart a positive social environment, and offer a strong foundation comprised of varying dance disciplines. Dancers will learn basic Ballet positions and technical elements, begin an understanding of body isolations through Jazz dance, perform some tap movements minus the shoes, execute some basic tumbling moves such as forward rolls and crab walks, and even have some fun with free-form styles which involve some improvisation through guided musical offerings. Dancers will also work with props like scarves, ribbons, & hula hoops and begin the foundations for turns such as pirouettes and chane' turns. Instructed by Ms. Haley (a veritable favorite with our youngest dancers) and assisted by a student teacher, the combo class offers necessary dance fundamentals and works as a cornerstone for all future dance classes.

 \*Dancers will perform in the Showcase.

\*Looking for Acrobatics, Tap, Jazz, or Hip Hop classes, please see Intermediate class descriptions below.

**Intermediate Level Classes**

Many of our younger dancers have now been dancing for numerous years and already take multiple classes with us. The following classes will continue to build upon that strong foundation offered in introductory classes as well as in subsequent training years. Dancers will generally range in age from 7 to 12 in these intermediate classes. Younger dancers who take multiple classes are also welcome to sign-up for the below offerings.

**MONDAY**

 *5:50 to 6:50 Tap*

This class will teach both Broadway/Theatre-style Tap and offer an introduction to Street Tap. Dancers will warm-up ankles and feet, go across the floor, and learn challenging combos focusing on understanding tempo, rhythm, syncopation, and overall musicality. History will be offered on both Broadway style and Street Tap.

 \*Dancers will perform in the Showcase. They will not attend competition.

*6:55 to 7:55 Acrobatics*

Cardio/Stretch warm-up followed by basic acrobatics such as somersaults, bridges w/backbend work, cartwheels, handstands, headstands, etc. and moving onto limbers and walkovers. Students work at their individual paces. Handspring and aerial preparation will also be included for individuals ready to execute such moves. We utilize mini-trampolines for extra bounce and wedge mats to encourage safety. Instructors have been trained in spotting techniques.

 \*Dancers will perform in the Showcase. They will not attend competition.

**TUESDAY**

*5:50 to 6:50 Theatre Jazz*

Jazz warm-up emphasizing isolations/stretch followed by center work (Pirouettes, etc.), across the floor, and combos using songs from Broadway/Musical Theatre. Some original Broadway choreography and the history of musical theatre will be taught and discussed.

 \*Dancers will perform in the Showcase and will attend Competition.

 *6:55 to 7:55 Intermediate Ballet*

Classical Ballet = Barre work, Center, Petite & Grand Allegro, across the floor.

Pointe preparation work will be included for this class. Thus, dancers will spend more time at the barre clarifying proper alignment and safe Releve'/Pointe preparation techniques. Dancers will be training just like our older Ballet students during this hour.

 \*Dancers will perform in the Showcase. They will not attend competition.

**WEDNESDAY**

 *5:50 to 6:50 Lyrical*

Warm-up will include Barre Work and specific attention given to building strength and flexibility. Combos will consist of choreography utilizing movements to express the lyrics and feel of the musical selection. Lyrical movement will be ballet-based technique and will encourage students to tackle the principles of dynamics, level changes, and portraying emotion through expressive movement quality & performance.

 \*Dancers will perform in the Showcase & will attend competition.

 *6:55 to 7:55 Street Jazz/Hip Hop*

This class will offer a Fusion of Street Jazz & Hip Hop. Dancers will continue to work on freezes, breaking, weight bearing, and intricate movement phrases, but can also enjoy more turns and bigger jumps to emphasize and strengthen performance styling. Any clean sneakers or even bare feet are ok for this class. We encourage students to bring their own style into class, so we can freestyle and allow for Improvisational movement phrases.

 \*Dancers will perform in the Showcase. They will not attend competition.