



CLASS DESCRIPTIONS

Mommy/Daddy & Me

An amazing opportunity for parents to connect with their toddlers and tots through song, storytelling, and creative movement! Each class includes circle time, energetic exploration of the space through teacher-led movement, an obstacle course, and a simple folk dance. This class introduces a variety of concepts like balance, level changes, coordination, and emotional expression. Participants will dance their way through wonderful themes like animals, nature, counting, weather/seasons, parts of the body, size, shapes, opposites, and more. All of our early childhood dance classes feature a fun BrainDance warm-up which benefits neuromuscular development and creativity!

Creative Dance

A wonderful class for young children in which their kinesthetic intelligence will expand by leaps and bounds! Children explore movement, music, rhythm, and dance. Emphasis is placed on developing coordination, muscle strength, flexibility, balance, and body control. Students will be introduced to games, rhythm exercises, and movements set to all kinds of music. All of our early childhood dance classes will feature a fun BrainDance warm-up which benefits neuromuscular development and creativity!

Intro to Ballet

The curriculum of Creative Dance takes a giant leap into the world of ballet! Students will learn several basic ballet positions and steps, as well as vocabulary terms in the French language. The instructor will lead the class through imaginative exercises that involve balletic skills and teach general dance class etiquette, all while developing focus and confidence. All of our early childhood dance classes feature a fun BrainDance warm-up which benefits neuromuscular development and creativity!

Ballet

Class levels are designed so that students can progress through the ballet curriculum safely with age-appropriate challenges. Each class includes a traditional warm-up at the barre, followed by a center progression through adagio, petite allegro, and grande allegro exercises. Pirouette and other complex turns are introduced in intermediate and advanced levels. Emphasis is placed on working safely within the ballet curriculum and application of proper terminology. Efficient and correct placement and body alignment, musicality, and artistic expression are stressed.

Beginning Pointe

Instructor approval is required for this class to ensure safety.

This class focuses on developing clean technique to build strength and alignment necessary for pointe work. Classes include exercises to strengthen the metatarsals and ankles. Beginning Pointe is designed for students preparing to go en pointe in 1-2 years and may be repeated until strength and technique is achieved. Instructor may require students to purchase a Thera-Band for class.

Intermediate Pointe

Instructor approval is required for this class to ensure safety.

Intermediate Pointe class is designed for students with previous ballet training. Students will utilize previously learned ballet technique while building strength for pointe work in pointe shoes. Each class includes barre exercises, center floor work, and across the floor combinations. These exercises focus on strengthening the feet and ankles to support dancer progress.

Jazz/Hip-hop

Jazz dance is a versatile form that combines both African and European dance techniques, combining sharp and fluid movements, pronounced level changes, and body isolations. This class provides an exciting fusion of jazz dance with concepts derived from Hip Hop street dance culture. Students will be taught basic jazz and hip hop technique, skills, and steps, plus body isolations, combinations, leaps, and turns. Class is accompanied by a great mix of age appropriate music that ranges from classic to popular- celebrating the history and evolution of these amazing dance styles!

Lyrical

Lyrical dance focuses on personal expression and fluid movements aimed at narrative and abstract storytelling, set to emotive music. Students will practice technical precision, conditioning, traveling, leaps, turns, and partner lifts through a combination of the Ballet and Jazz forms. They will learn communication and performance skills in a safe, team-building atmosphere! This class is designed for students with previous dance experience.

Contemporary

A fun and fascinating fusion of modern, jazz, improvisation, and BrainDance techniques. This class will include concepts of breath, balance, direction, levels, dynamic qualities, body shapes, weight sharing with a partner, and improvising in a safe, non-judgemental environment. This open level class practices basic modern and jazz technical exercises while challenging dancers' spatial and self awareness, with the goal of creating unique and versatile movers!

Motion Fever Performance Troupe

Members of MOFE gain greater experience in artistic collaboration, the choreographic process, and site specific performance in a motivating and supportive atmosphere! This is an excellent opportunity for dancers who want to further develop their technique and artistry while learning and performing various pieces throughout the year. *Students will safely perform in public performances as they are approved throughout the year.* Students must be enrolled in Intermediate or Advanced Jazz/Hip-Hop to ensure a challenging and rewarding group dynamic. This troupe does not participate in competitions.

Pilates

This class will utilize the somatic movement practice of Joseph Pilates. Students will learn and execute mindful exercises aimed at the 10 Principles of Pilates: awareness, balance, breath, concentration, center, control, efficiency, flow, precision,

and harmony. This class will work on developing core strength, functional flexibility, and mind-body coordination essential for supporting dance conditioning, athletic development, and everyday functional movement. This class is designed for all ages, no previous experience required. Students are asked to bring their own mats or towel, Thera-bands, Pilates Rings.

Dance Conditioning

Dance Conditioning is a practice that focuses on strengthening, toning, and stretching different parts of the body, while encouraging healthy practices. Exercises are based off of pilates, yoga and barre classes. The goal of dance conditioning is to provide a regimen of exercises for the development of a dancer's physical endurance, strength, flexibility, coordination, and overall physical well-being. Conditioning classes related to the Ballet dance form are offered in Basic (Adult) and Advanced (Teen) levels this session.

Tap

A rhythmic movement class where the dancer also becomes a percussive musician! The focus of each class is to improve the student's articulation, clarity, rhythm, musicality, and phrasing through combinations and choreography. Students should expect to engage their full range of motion, utilizing both lower and upper body movements when learning and executing tap steps.

Musical Theatre

Musical Theatre students will hone their skills in singing, acting, and dancing, in order to achieve showstopping performances! Broadway repertoire is selected and interpreted both musically and dramatically, then a choreography is staged. Students should be prepared to employ a diverse set of rehearsal tools and techniques in pursuit of dynamic and authentic performance. This class is designed for students with previous dance experience.

Ballroom/Social Dance

This enjoyable couples class is a sampler of partner dances that fall into categories of ballroom, social, and vernacular dance. This is a participation class, not a performance class, meant to be an enriching educational and social experience. We cover Standard styles such as Waltz and Foxtrot, Latin styles like Cha Cha and Rumba, and Swing! Come dance with us!