



CLASS DESCRIPTIONS

- Creative Dance** A wonderful class for both boys and girls in which their kinesthetic intelligence will expand by leaps and bounds! A fun and active class where 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, including classical.
- Pre-Ballet** A continuation of Creative Movement combined with an introduction to ballet. Emphasis is placed on coordination, rhythms, and the development of confidence. Students learn basic ballet positions, steps, and vocabulary.
- Ballet/Jazz Combo** This class is a combination of ballet and jazz exploration at an introductory level. Emphasis is placed on coordination, rhythms, and the development of confidence. Students also learn basic ballet and jazz positions, steps, and vocabulary. It is an excellent class for the dancer who enjoys a mixture of dance genres.
- 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 knowledge and application of proper vocabulary and terminology, efficient and correct placement and body alignment, musicality, and artistic expression.
- Pointe** *Instructor approval is required for this class to ensure safety.* 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** Students will be taught basic jazz technique, skills, and steps, plus body isolations, combinations, leaps, and turns. This class would be great for anyone with a passion to move. Class is accompanied by more contemporary, popular music.
- Beginning Teen Hip-hop** Designed specifically for novice dancers who want to learn everything from historical Hip Hop to the latest moves of Pop&Lock.

Lyrical	Lyrical dance is a form focused on personal expression and fluid, abstract storytelling. Students will explore self-awareness, weight sharing, and conditioning through a combination of Ballet, Jazz, and Modern dance techniques. They will learn emotive communication and performance skills in a safe, team-building atmosphere supporting healthy movement and artistic practices. This class is designed for students with previous dance experience.
Motion Fever Performance Troupe	Being a member of the dance team is an excellent way to gain extra experience as, well as further develop technique in a supportive team atmosphere. Various pieces will be learned throughout the year. <i>When public performances are available students will be ready to safely engage in such approved events.</i> Students must be enrolled in Jazz/Hip Hop 4 and Jazz/Hip Hop 5 to support team progression. The team does not participate in competitions.
Pilates	This class will utilize the movement repertoire 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.
Musical Theatre	Musical Theatre Classes focus on applying and bringing together the disciplines of singing, acting, and dancing, to create an effective presentation. Each semester, the Musical Theatre classes strengthen these elements by selecting a Broadway repertoire, interpreting it both musically and dramatically, and then creating staging and choreography for performance. The Musical Theatre classes explore a diversity of rehearsal tools and techniques in pursuit of dynamic and authentic performance.
Dance Conditioning	Dance Conditioning is a practice that focuses on strengthening, toning, and stretching different parts of the body. 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, and coordination.
Tap	A rhythmical movement class where the dancer also becomes a percussive musician. Students will learn exciting syncopation movements and stamina during the aerobic routines. There is generally an element of humor and improvisation within the dance numbers.