



## CLASS DESCRIPTIONS

### **Creative Dance**

A wonderful class for young children 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.

### **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**

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.

### **Pre-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. Pre-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.

### **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 popping and locking.

### **Contemporary-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 opportunity to gain experience as well as further develop technique in a supportive team atmosphere. Various pieces will be learned 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 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 class strengthens 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. The focus of each class is to improve the student's sound clarity, rhythm and musicality, timing and phrasing through combinations and choreography.

### **Ballroom/Social Dance**

Social dances are intended for participation rather than performance and can be led and followed with relative ease. They are often danced merely to socialise and for entertainment. We cover more traditional styles such as Waltz and Foxtrot, but also dive into more modern Latin and rhythmic dances like Salsa, Cha Cha, or Rumba.