

CASSELL TRAINING CENTER

~CLASS DESCRIPTIONS~

Jazz

This class is a high energy form of dance that is a blend of several different styles that includes leaps and turns. Fast paced music is used to encourage attitude and fun.

- Intermediate, Advanced, and Elite jazz are for higher level dancers and require teacher approval to register.
 - Attire: Leotard, tights/black leggings, jazz shoes
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Hip Hop

This class is a popular form of dance that uses fast paced movements to newer music.

- Attire: T-shirt or tank top, comfortable pants/shorts, tennis shoes (please be considerate of your other dance attire if taking multiple classes)
 - No slip on shoes or Crocs
 - Advanced and Elite hip hop are for higher level dancers and require teacher approval to register.
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Ballet

This technical form of dance teaches the fundamentals and terminology of ballet technique while developing strength, confidence, balance, and flexibility.

- Grade 1-4 ballet classes follow the Cecchetti method of instruction.
 - Attire: Leotard, pink tights, pink leather ballet shoes, hair must be worn in a bun
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Pointe

Pointe is for children 12 years of age or older and requires teacher approval for registration.

- Must be registered for a ballet class in order to take pointe.
- Attire: Leotard, pink tights, pointe shoes, hair must be worn in a bun

Lyrical

This style of dance embodies various aspects of ballet, jazz, acrobatics, and modern.

- Must be registered for a ballet class in order to take lyrical.
- Intermediate, Advanced, and Elite lyrical are for higher level dancers and require teacher approval to register.
- Attire: Leotard, tights/black leggings, half-sole lyrical shoes

Tap

This type of dance is characterized by using the sounds of metal taps on the shoes striking the floor as a form of percussion.

- Intermediate, Advanced, and Elite tap are for higher level dancers and require teacher approval to register.
- Attire: Leotard, tights, black tie tap shoes

Musical Theatre

This style of dance places a high focus on musical interpretation that is rooted heavily in the diverse history of Broadway musicals.

- Attire: Leotard, tights/black leggings, jazz shoes