

## Classes for 2022-2023 Seasons

**Ballet:** *Students will learn classical ballet technique and terminology. Each class includes barre exercises, center floor work, and across-the-floor combinations. As students' progress, each ballet level will become increasingly more complex and intricate. Placement is based upon both age and experience.*

**Pre-Ballet:** Ages 3-5.5 years. 1 class per week requirement.

**Elementary 1 Ballet:** Ages 5.5-8 years. 1 class per week requirement.

**Elementary 2 Ballet:** Ages 7-10 years. 2 class per week requirement. Character Dance can count towards requirements.

**Character Dance:** Ages 7-12 years. 1 class per week requirement OR counting towards Elementary 2 requirements.

**Ballet 1:** Ages 8-13 years. By teacher placement only. 2 class per week requirement.

**Ballet 2:** Ages 10+. Audition placement class required. 2 class per week requirement.

**Ballet 3:** Ages 11+. Audition placement class required. 3 classes per week requirement.

**Ballet 4:** Ages 13+. Audition placement class required. 4 classes per week requirement.

**Ballet 5:** Ages 14+. Audition placement class required. 5 classes per week requirement.

**Pointe:** *Pre pointe class can be taken on flat or in pointe shoes at the instructors' discretion. All pointe classes are designed for students with previous ballet training. Students will utilize previously learned ballet technique while working 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.*

**Pre Pointe:** Ages 11+. By teacher placement only. Appropriate for first year Ballet Level 3. 1 class per week requirement.

**Pointe 2:** Ages 13+. By teacher placement only. Appropriate for Ballet Level 4. 2 class per week requirement.

**Pointe 3:** Ages 14+. By teacher placement only. Appropriate for Ballet Level 5. 2 class per week requirement.

**Contemporary:** *Contemporary dance is a style of expressive dance that combines elements of several dance genres including modern, jazz, lyrical and classical ballet. Contemporary dancers strive to connect the mind and the body through fluid, percussive and athletic dance movements. 1 class per week requirement and must also fulfill ballet requirements for this dance style.*

**Contemporary 1:** Ages 8-13

**Contemporary 2:** Ages 10+

**Contemporary 3:** Ages 11+

**Contemporary 4:** Ages 13+

**Contemporary 5:** Ages 14+

**Jazz:** *Jazz class focuses on learning proper jazz dance technique such as isolations of the body, improving performance quality and developing complex rhythms and patterns. Students will be exposed to various styles of jazz such as Broadway, Contemporary, and Lyrical to help develop a well-rounded dancer. 1 class per week requirement.*

**Broadway Jazz 1:** Ages 7-11

**Broadway Jazz 2:** Ages 9+

**Tap/Jazz:** Ages 7-10

**Jazz Variety:** Ages 14+

**Hip Hop:** *A high-energy class that infuses the latest styles of street dancing, breaking, popping, and locking. Classes will encourage students to step outside of their comfort zone by bringing their own individual style and personality to the movements. These classes are based upon age rather than experience or technique. 1 class per week requirement.*

**Hip Hop Minis:** Ages 5.5-8 years

**Hip Hop 1:** Ages 7-10 years

**Hip Hop 2:** Ages 10+

**Acting:** *Students will learn and apply acting principles. Actors will learn how to behave logically and naturally onstage. This class encourages exploration, relationship skills, and critical thinking. These classes are based upon age rather than experience or technique. 1 class per week requirement.*

**Acting 1:** Ages 8+

**Acting 2:** Ages 10+

**Acting 3:** Ages 12+

**Adult Classes:** *Adult offerings are for ages 18+ and do not require enrollment. Drop-ins and Class Cards available.*

**Adult Beginning Ballet:** For adults with little or no experience, this class sets the foundation of classical ballet on adult bodies.

**Adult Intermediate Ballet:** An open class for the intermediate dancer looking to maintain or improve their technique.

**Youth/Adult Body Conditioning:** A strengthening class that will help tone and strengthen body. Open to teens, adults, and young dancers. This class open to Ballet Level 3+. Class cards cannot be used for Body Conditioning as it is a reduced rate class.