

Description of Dance Disciplines

Classes are 45 to 90 minutes long and are priced accordingly.

Private lessons are offered in 30 and 60 minute sessions.

Combination Classes- Beginner,Intermediate,Advanced -

These classes offer three forms of dance; Ballet, Jazz and Tap along with encouraging multi-discipline training. Available to all ages.

Beginner Combination Class – 45min

A fun introduction to Ballet and Tap that includes body awareness through stretching; musicality with across the floor, props and routines.

Intermediate Combination Class – 45min

Introduction to Ballet, Jazz and Tap theory/technique through barre work, center floor, across the floor and routines. Focus on correct body placement and alignment.

Intermediate AdvancedCombination Class – 60-75min

Implementing theory and technique from intermediate level to accomplish more advanced movements, combinations and routines for Ballet, Jazz and Tap. Preparation for pointe work for female students.

Advanced Combination Classes – 90min

Use of advanced Ballet, Jazz and Tap skills acquired through previous levels to execute barre, center floor, across the floor and routines at a higher level of technical difficulty, musicality and artistry.

Contemporary

This is a collection of dance methods developed from modern, post modern and lyrical dance. It departs from classical dance techniques allowing unstructured movement.

Acrobatic

Use of balance, agility and motor coordination in progressions on mats including bends, splits, rolls and tumbling.

Level I and Level II

Adult Classes

Tap offered in Beginner, Intermediate and Advanced Levels.

Combination Class of Ballet/Jazz

Hip-Hop, Ballroom, & Contemporary are also offered.

Hip/Hop

This originated from street dancing. The high energy style includes: locking, popping, house dance, and electro-dance set to hip-hop music.

Offering levels I, II, & III. (Preteens and teens)

Ballroom ("Dancing with the Stars")

Ballroom dance is a social form of dance because of its interactions between partners. Some examples include the: Waltz, Fox Trot, Swing, Tango, etc. Many couples learn these dances prior to formal events such as weddings. We can choreograph a dance to your specially chosen song.

Private lessons are available for special events as well as wedding dance choreography.