

Ballet - Ages 3 and up

All classes are based upon the Vaganova Ballet Technique Syllabus. Students will be placed in the proper grade level by the director based on an audition/placement class, and according to age, physical development, and prior dance training. Students advance through the grade levels until mastering the entire syllabus. Time will periodically be devoted to the written as well as spoken French ballet terminology.

Classes for our youngest ballet dancers are 45 minutes with maximum enrollment of 12 with a Student Teaching Assistant. The class introduces a modified Leap'n'Learn Curriculum and Vaganova ballet basics; and continues with developing gross motor skills. Special musical activities are used to help develop a child's sense of rhythm and an awareness of the rich language of music.

At the beginning levels, classes are one hour; at the higher grade levels, classes are 1.5 and 2 hours each, with a minimum requirement of two classes per week. Pointe work is offered to females who are a minimum of twelve years old and have at least two years of ballet training and the strength required for pointe work. Placement in pointe class requires a physical examination of foot structure.

These are ballet technique classes, emphasizing correct body placement and ballet posture, musicality, and mastering the steps and arm movements that form the basic skills for all ballet steps. The Vaganova Method provides correct and proper early training to establish correct muscle memory. It is essential that students correctly master these basic skills; otherwise they will not be successful later when ballet dancing becomes more complex and difficult.

Creative Movement - Age 2

A 30 minute class with maximum enrollment of 8 children. The class uses imaginative, fun musical activities to build strength, flexibility, and body awareness; and improve gross motor skills, coordination, and posture. Includes floor work; basic, introductory tumbling and other mat work; and large movements across the floor. Children also learn to share space, time, and attention with their classmates.

Tap - Ages 3 and up

Each class uses the Al Gilbert graded syllabus to achieve mastery of traditional, Broadway-style tap steps and rhythms. Placement is by age, physical development, and level of previous training. Barre work, center work, and across the floor movements incorporate combinations of tap steps and rhythmic patterns. Different musical styles broaden musical vocabulary and teach time signature and rhythms.

Acrobatics - Ages 4 and up

One-hour class teaches tumbling and acrobatics by developing skill levels incrementally. Each student progresses at their own speed, using a syllabus emphasizing safety in execution and mastery of a movement before going to the next level. Double/partner stunt work is introduced at the intermediate level. At the advanced level, the use of props and equipment is introduced.

Jazz - Ages 7 and up

One-hour class emphasizes Broadway-style jazz, using the world-renowned Luigi technique. Class structure is similar to ballet class, beginning with warm-up movements. Center work combinations and large movement locomotor combinations across the floor complete the class. *Movements will always be age appropriate. Jazz 2 requires concurrent enrollment in Ballet 3 or higher.*

Modern - Requires concurrent enrollment in Ballet 3 or higher

One and a half hour class based in Horton Modern Dance technique. Students' dance vocabulary will be expanded using off-balance, bound and released movement and transitions. Stage presence will also be enhanced with the use of musicality and improvisation.

Adult Classes - Ballet, Tap, and Jazz for all Ages

Adult classes follow the same basic structure as the children's classes. Presentation of material is in an adult format and allows for variations in learning patterns in adult levels.