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Class Descriptions

Ballet

Ballet is the foundation for all forms of dance. Our Ballet classes are classical in nature and influenced by traditional and modern training methods. Each week the class begins with the basic exercises at the ballet barre which are followed by stretching exercises, then training in the center of the room and across the floor. The skills learned in those sections of the class are then taught in combinations. When the students are ready, during the last part of their class they will focus on learning the number which they will perform at the recital.

Tap

A percussive and rhythmic form of dance taught in a variety of styles and techniques. Students will explore the principles of rhythm, timing and tempo while learning traditional and modern steps and combinations. When the students are ready, during the last part of their class they will focus on learning the number which they will perform at the recital.

Jazz

Jazz is an energetic and vibrant form of dance often seen in Broadway productions, on the movie screen and in commercials and music videos. Each week the class begins with exercises designed to warm, stretch, strengthen and lengthen the muscles and stimulate the cardiovascular system. Jazz dance steps, isolation exercises and locomotor movements are then taught in the center of the class and across the floor. The skills learned in those sections of the class are then taught in combinations. When the students are ready, during the last part of their class they will focus on learning the number which they will perform at the recital.

Jazz Funk

This dance form fuses jazz with hip hop to create the style of dance that you often see performed by today's pre-teen pop-stars. If you've seen High School Musical, you've seen Jazz Funk.

Baton Twirling

Baton twirling like you've never seen it before. Our curriculum, based on the teachings and philosophies of the United States Twirling Association, is designed to teach the student how to twirl a baton in a variety of modes and blend those skills with a variety of dance and gymnastic moves. The students in our baton twirling classes will perform a baton routine in local competitions and our annual recital.

Poms

Have you ever seen a high school pom squad perform? That is what our poms classes are all about. Students are taught how to blend dance moves and drill team skills with synchronized pom movements which visually interpret and express a theme. Each student in the class will perform a poms routine at local competitions and in our annual recital.

Hip Hop

An upbeat and funky freestyle dance form with a culture all its own. We encourage the students in this class to develop their own style while they learn the latest moves to the latest grooves.