

# Class Descriptions

***Tiny Toes & M&M-*** These classes are designed for our youngest 2.5 year olds thru 4's. We introduce gross motor skills, basic ballet steps, stretching and imagination with the use of props and fun energized music. Moms partake in class with our M&M dancers and a yoga/exercise mat is required.

## ***Pre-Ballet***

Pre-ballet is our second level of ballet dance. Pre-ballet introduces more technique and ballet movements preparing them for future ballet classes.

## ***Ballet***

Ballet is the foundation of dance and ALL dance disciplines are structured from ballet technique. Cecchetti, French, and Russian technique are methods our students will learn.

## ***Ballet/Tap***

The combination of ballet and tap offers students the opportunity to learn two styles. Ballet warm-up begins the class and tap discipline will often close the class. Students will learn both forms of dance and will focus on one dance discipline for the recital.

## ***Lyrical***

A combination of Jazz, Modern, and Ballet techniques incorporating balance control and musical interpretation. Highly recommended for those interested in trying out for High School Dance.

## ***Jazz***

Jazz is a high energized, fast paced, discipline which teaches students combinations with upbeat and current music. We recommend that a student enrolled in jazz have prior ballet experience to fully understand the technique and principals taught in jazz.

## ***Hip-Hop***

Hip-Hop classes are for the experienced dancer. Student should have at least 2 years experience in ballet/jazz. Hip-Hop incorporates advanced levels of jazz while focusing on "funky" choreography.

## ***Poms***

Poms are utilized in this jazz based dance class and focuses on preparing students for their school tryouts. They will fine tune their kicks, leaps, toe touches, jumps, splits and turns.

## ***Poms/Jazz/Hip-Hop Combination Classes***

Our combination classes give your student the opportunity to focus on more than one dance discipline. The structure of the class will frequently change allowing students to learn different styles of dance.

## ***\*\*NEW\*\* - Theater - Dance***

This is a musical-theater class offered to those students who participate in theater productions and Drama class. It is a fun and advantageous class for anyone who loves to perform!!

## ***Ballet/Floor Barre***

All Ballet students should experience this powerful and muscle strengthening class to improve, strengthen and tone. Students must bring their own floor/yoga mat. \*Recommended for all Company Dancers!!