

SEASON 9 CLASSES

PRE-BALLET / PRE-TAP

Dancers will be introduced to basic ballet positions (arms, hands, feet and legs) and some of the fundamental steps with a strong emphasis on moving to music. This class provides dancers with an introduction to ballet with beginning development of ballet concepts such as turn out, coordination, and balance.

Dancers are introduced to proper tap technique through center floor exercises, to begin developing musicality, balance, and coordination. Ages 3 - 5 years old.

BALLET I/II | BEG. TAP | BEG. JAZZ COMBO

Dancers no longer have to choose - dancers learn all three styles of dance in this introductory class. During ballet, dancers are introduced to the fundamentals of ballet.

In tap, dancers explore the fundamentals of tap technique and terminology, with an emphasis on musicality and coordination.

During the jazz portion, dancers will learn basic technique, and work on stretching and strengthening to execute leaps, turns, and extensions. Ages 6+.

BALLET I / II

This level introduces students to the fundamentals of ballet. Dancers are introduced to ballet vocabulary as well as musicality, discipline and class structure, with a comprehensive understanding of ballet technique.

Dancers will build strength and coordination, learning combinations at the barre and in centre. Ages 6+. Younger ages admitted with instructor permission.

BALLET III / IV

This level is created for any dancer with a comprehensive understanding of ballet technique. This class challenges students with more complex combinations at the barre and in the center.

Dancers will work on fluidity of movement, balance and combinations with petite adagio and petite allegro. Dancers prepare for work en pointe with strengthening exercises on the floor and at the barre.

This class is by teacher placement only.

BALLET V / PRE-POINTE

Dancers work to develop additional strength and refinement en demi pointe as they prepare and begin work en pointe. Emphasis is placed on proper alignment, sculpting the legs and feet, anatomically building both endurance and stamina for executing advanced pointe work.

This class is by teacher placement only.

BALLET VI / POINTE I

Dancers require teacher recommendation to begin work en point. A student must successfully demonstrate significant progression in leg and foot strength, and balance.

This class is by teacher placement only. Students must be concurrently enrolled in Pointe Conditioning.

BALLET VII / POINTE II

This is an advanced ballet class reserved for those dancers who truly want to commit to making ballet a top priority. Dancers must have several years of proper ballet training and will be notified by the ballet instructor when they are ready to advance to this class.

Dancers must be concurrently enrolled in Pointe Conditioning.

POINTE CONDITIONING

This class is for students en pointe and preparing to go en pointe. Dancers will concentrate exclusively on strengthening, conditioning, and technical development for pointe work.

Dancers must be concurrently enrolled in Ballet III/IV or higher. This class is by teacher placement only.

BEGINNING TAP

Dancers explore the fundamentals of tap technique and terminology, with an emphasis on musicality and coordination.

Ages 6+. Younger ages admitted with instructor permission.

JUNIOR INTERMEDIATE TAP

Dancers will work to further develop skills, focusing on clarity of sounds and increasing speed as well as dynamics, musicality, and history. Dancers are challenged through improvisational exercises, intricate rhythms and footwork.

This class is by teacher placement only.

TEEN INTERMEDIATE-ADVANCE TAP

This class includes complex tap dancing routines and the most difficult and most acrobatic tap steps and moves.

This class is by teacher placement only.

BEGINNING JAZZ

This class is high energy from the music to the movement. Dancers will learn basic technique, and work on stretching and strengthening to execute leaps, turns, and extensions.

Ages 6+. Younger ages admitted with instructor permission.

JUNIOR INTERMEDIATE JAZZ

During the jazz portion of class, dancers will work on advanced techniques designed to focus on upper level across the floor and center floor: leaps, turns, tricks, kicks, strength and flexibility.

TEEN INTERMEDIATE-ADVANCE JAZZ

This is an advanced level class and is for dancers with a comprehensive understanding of jazz dance. Dancers will learn body control, alignment, fluidity, and technique.

This class is by teacher placement only.

HIP HOP

This is a high energy class that utilizes fun, upbeat music including hip hop classics to the most current and popular. Styles range from the most current and creative choreography, to street funk, classic pop-and-lock, old school dance moves from the inception of hip hop, and lyrical/R&B vibe. Ages 6+.

STRETCH & STRENGTH

Dancers will work on increasing flexibility, range of motion, and strengthening the muscles through stretching. This class will also aim to increase the core body strength which is essential for a dancer.

This class is open to dancers of all ages and levels. All dancers are recommended to take this class in conjunction with their other class(es).

PROGRESSIONS

Our leaps and turns class focuses on improving balance, body alignment and strength through centre floor and across the floor combinations with an emphasis on the proper execution of leaps and turns.

Dancers must be concurrently enrolled in Ballet III/IV or higher. Age 7+.

LYRICAL I / II

Lyrical dance incorporates techniques from ballet and jazz, and encourages expression of emotion and storytelling through choreography.

Dancers must be concurrently enrolled in Ballet III/IV or higher.

LYRICAL III / IV

This class is designed for advanced dancers with previous training in ballet. Dancers will explore partnering and weight sharing exercises combined with basic techniques and skills from ballet and jazz. It emphasizes interpretation of music lyrics while telling a story with movement that can be fluid or abstract.

Dancers must take this class in conjunction with ballet and is by teacher placement only.