

# Our Classes

## Toes & Tumbles

This class is built on an introduction to Ballet, Jazz and creative movement fundamentals while still having fun! Your dancer will also learn things such as listening and following instructions, being a leader and a follower, manners, counting music, memorizing, recognizing their right and left, colors, and so much more! Our goal is to introduce the wonderful world of dance to this young generation! T&T classes are the first independent dance class we offer for children, therefore potty training is required.

## Combo

Combo classes are designed to teach students a variety of styles including:

Ballet, Tap and Jazz (5-7 Combo | 7-9 Combo)

Ballet, Lyrical and Jazz (8+ Combo)

Lyrical, Contemporary and Jazz (12+ Combo | Combos 3-6)

## Ballet

Ballet is a foundational dance form that provides grace, poise and technique needed to be proficient in all styles of dance. Ballet classes help dancers build muscles with posture, flexibility, proper alignment, placements, fitness, balance, self-discipline and confidence. Our traditional Ballet classes are offered to dancers ages 8+!

## Lyrical

Lyrical combines the technical elements of ballet and jazz techniques with feelings and emotions. It tells a story through fluid and smooth movements to the lyrics of a song to inspire emotion. Lyrical is offered in our 8+ and 12+ Combos and Combos 3-6!

## Jazz

Jazz includes stylized moves that are energetic and fun. It focuses on developing proper technique with uptempo music, flexibility, kicks, turns, leaps, and strength. Jazz is offered in all of our Combo classes!

## Tap

Tap trains the musical ears as well as the body. In tap, dancers use the metal taps on their toes and heels of their shoes to produce an endless variety of sounds and rhythms that differ in dynamics and pitch. Tap is offered in our 5-7 and 7-9 Combo classes and as its own class for ages 10+!

## Contemporary

Contemporary is a style of dance that is expressive and combines elements of modern, jazz, lyrical and classical ballet. Contemporary is offered in our 12+ Combo and Combos 3-6!

## Modern

Combining the styles of contemporary, jazz, lyrical, and classical ballet, modern dance aims to break away from the restraints of traditional techniques. Dancers will learn improvisation and explore unconventional ways of dancing and creating dance. Modern is offered for ages 10+!

## Hip Hop

Hip Hop is a freestyle form of dance that stems from the roots of jazz, but incorporates modern, urban movements. This upbeat class has an emphasis on musicality, isolations, grounded movement and having fun with swag and personality. Our Hip Hop classes are offered to dancers ages 7+!

## Musical Theatre

Musical Theatre incorporates dancing and acting. It mimics Broadway/Disney performances and is fun, energetic, showy and stylized. Focus is placed on connecting with the audience, dancing with style, acting, and facial expressions. Our Musical Theatre classes are offered to dancers ages 8+!

## Stretch / Pilates

In this class dancers will work on exercises to improve their flexibility, total body strength and dance technique. Dancers may use body weight, yoga blocks, mini Pilates balls and therabands to assist in their training.

## Dance Team Prep

Dance Team Prep is great for dancers who are looking to be a part of a high school or collegiate dance team. This class includes Pom, Hip Hop & Tricks.

## Acro

Our Acro classes cover acrobatic skills from a dance technique perspective. Focusing on proper form, alignment and technique are at the heart of this class and safety is our highest priority. With tumbling comes strength; your dancer will participate in basic conditioning activities to build their strength, balance, and coordination. Our Acro classes are available for ages 5+!