

Intro to Ballet Prep

This **7-9 year old** class is 1 hour in length and ballet shoes are required. Students in this class are more serious in their focus and are looking to advance more quickly into Ballet Prep (teacher recommendation is advised). They continue developing spatial awareness, fluidity of movement, and a strong core at barre while adding more elements of the basic ballet classroom format (barre, adagio, petit allegro and grande allegro).

Ballet Prep

This **8 years old and up** class is 1 hour in length and ballet shoes are required. Students will continue to develop their intermediate to advanced ballet skills to prepare for our leveled ballet classes. Class will include barre, adagio, petit allegro and grande allegro and will move at a quicker pace than our younger ballet classes.

Graceful Intermediate

This **6-9 year old** class is 1 hour in length and both tap and jazz shoes are required. Students will further grow their musicality, rhythm and spatial awareness through intermediate tap and jazz skill development.

Homeschool Class

This **4-12 year old** class is 45 minutes in length and ballet shoes are required. Students will learn ballet and work on spatial awareness and fluidity in movement.

Intro to Contemporary

This **6-9 year old** class is 45 minutes in length and no shoes are required (though foot undies may be preferred). Students will learn how to move fluidly and understand concepts of musicality and emotion through basic contemporary skills.

Hip Hop

This **6-12 year old** class is 1 hour in length and sneakers are required. Students will learn musicality, rhythm and team building skills through the basics of hip hop.

Intermediate Contemporary

This **8-10 year old** class is 1 hour in length and no shoes are required (though foot undies may be preferred). Students in this class continue to develop their fluidity and emotional connection to movement.

Open Contemporary (Modern)

This **10 years old and up** class is 1 hour in length and no shoes are required (though foot undies may be preferred). Students will work on the basics of Horton, Cunningham and Graham technique to develop conditioning skills and grow their understanding of Modern in relation to Contemporary.

Advanced Contemporary (Lyrical)



This **10 year old and up** class is 1 hour in length and no shoes are required (though foot undies may be preferred). Students in this class continue to develop their fluidity and emotional connection through a more advanced understanding of contemporary. Teacher recommendation is advised.

Intermediate Musical Theater

This **8-10 year old** class is 45 minutes in length and tan character shoes are required for female dancers. Students will continue to develop musical theater skills to help with stage performance and build overall confidence.

Advanced Musical Theater

This **10 year old and up** class is 45 minutes in length and tan character shoes are required for female dancers. Students will

continue to develop musical theater skills to help with stage performance and build overall confidence at a more advanced level.
(Teacher recommendation is advised)

Breakdance

This **5-12 year old** class is 45 minutes in length and students will learn perseverance and team building skills through the basics of breakdancing.

Urban

This **9 years old and up** class is 1 hour in length. Students will combine the musicality and rhythm of hip hop with the fluidity and emotion of contemporary in this fusion class.