

Tiny Tot Tap and Ballet:

A combination technique class for ages three and four, focusing on the development of basic ballet and tap skills

Pink Ballet Shoes and Black Tap shoes Required

Dress Code: Any color leotard, pink tights, hair pulled back, and skirt/shorts optional

Tiny Tot Tap / Ballet / Tumble

Combination class for ages three and four focusing on the development of basic ballet, tap and acro skills

Pink ballet shoes and black tap shoes

Dress Code: Any color leotard, hair pulled back

Ballet 1 / Tap 1

A ballet class combined with beginner tap focusing on the development of ballet and tap technique and terminology

Recommended for students who are older than five

Pink ballet shoes and black tap shoes required

Dress Code: Any color leotard, pink tights, hair in a bun, and skirts optional

Jazz 1 / Twirl 1 – Competition Class

A combination technique class for ages five and six, focusing on the development of basic jazz and baton twirling skills

Tan jazz shoes required

Dress Code: Any color leotard, tan tights, hair pulled back, and skirt/shorts optional

Acro 1

A beginner acro/gymnastics class focusing on the development of acro technique, terminology, and basic skills

Recommended for first or second year acro, gymnastics, or cheerleading students

Bare feet, jazz shoes, or ballet shoes required. NO SOCKS

Dress Code: Any color leotard, tan or pink tights, tight shorts or pants, fitted top, and hair pulled up

Hip Hop

Classes will encourage students to step outside of the box by bringing their own individual style and personality to the movements. In order to achieve the strength and stamina to successfully perform moves, class includes upper and lower body conditioning as well as warm up to help students prepare for more intense movements.

Ballet 2 / Tap 2

An intermediate level ballet class combined with beginner tap focusing on the development of ballet and tap technique, terminology, and skills

Recommended for second year ballet students who are older than ten

Pink ballet shoes and black tap shoes required

Dress Code: Any color leotard, pink tights, hair in a bun, and skirts optional

Jazz 2 / Twirl 2 - Competition Class

A combination technique class for focusing on the continued development of basic jazz and baton twirling skills – students in this class will have mastered the basics and should be working on a one-spin

Tan jazz shoes and baton required

Dress Code: Any color leotard, tan tights, hair pulled back, and skirt/shorts optional

Acro 2

An intermediate acro/gymnastics class focusing on the development of acro technique, terminology, and tumbling skills

Recommended for acro, gymnastics, or cheerleading students with 3 or more years of experience

Bare feet, jazz shoes, or ballet shoes required. PLEASE NO SOCKS

Dress Code: Any color leotard, tan or pink tights, tight shorts or pants, fitted top, and hair pulled up

HIP Hop

Classes will encourage students to step outside of the box by bringing their own individual style and personality to the movements. In order to achieve the strength and stamina to successfully perform moves, class includes upper and lower body conditioning as well as warm up to help students prepare for more intense movements

Ballet 3 & Pointe

An advanced ballet class focusing on the development of ballet technique, terminology, and advanced skills

Recommended for third year ballet students who are older than ten

Ballet shoes required. Pointe shoes by recommendation only

Dress Code: Any color leotard, pink tights, hair in a bun, and skirts optional

Pre-Teen Contemporary

A beginner contemporary class focusing on the combination of modern and ballet movements

This class will also aid in the development of improvisational skills and musical interpretation

Recommended for students from ages eight through thirteen

Dress Code: leotard, tights, tight shorts or pants, workout or fitted top and hair up or down

Shoes: ballet, jazz, foot undies, or barefoot (all optional)

Teen Contemporary

(Competition Team by Recommendation)

A contemporary class focusing on the combination of modern and ballet movements

This class will also aid in the development of improvisational skills and musical interpretation

Recommended for students ages fourteen and older

Dress Code: leotard, tights, tight shorts or pants, workout or fitted top and hair up or down

Shoes: ballet, jazz, foot undies, or barefoot (all optional)

Pre Teen Jazz / Contemporary

An intermediate level jazz class focusing on the development of jazz technique, terminology, and skills

Recommended for second year jazz students who are older than ten

Jazz shoes required

Dress Code: Any color leotard, tan or pink tights, tight shorts or pants, fitted top, and hair pulled up

Teen Jazz

(Competition Team by Recommendation)

An advanced jazz class focusing on the development of jazz technique, terminology, and advanced skills

Recommended for third year jazz students who are older than ten

Jazz shoes required

Dress Code: Any color leotard, tan or pink tights, tight shorts or pants, fitted top, and hair pulled up

Elite Twirl / Halftime – Competition Class

An advanced baton twirling class focusing on baton technique, skills, and terminology.

Recommended for students ages seven and older whose skills three spins.

Jazz shoes required.

Dress Code: Any color leotard, tan or pink tights, tight shorts or pants, fitted top, and hair in a bun.

**Pre-Teen and Teen Hip Hop
(Competition Team By Recommendation)**

Classes will encourage students to step outside of the box by bringing their own individual style and personality to the movements. In order to achieve the strength and stamina to successfully perform moves, class includes upper and lower body conditioning as well as warm up to help students prepare for more intense movements.

Acro 3

An advanced acro/gymnastics class focusing on the development of acro technique, terminology, and tumbling skills

Recommended for acro, gymnastics, or cheerleading students with 3 or more years of experience

Bare feet, jazz shoes, or ballet shoes required. PLEASE NO SOCKS

Dress Code: Any color leotard, tan or pink tights, tight shorts or pants, fitted top, and hair pulled up

Stretch and Conditioning (can also be used as makeup class)

A combination of pilates and stretch exercises

This class will focus on muscle strengthening, toning, and flexibility

Dress Code: leotard, tights, tight shorts or pants, workout or fitted top and hair up or down

Shoes: ballet, jazz, foot undies, or barefoot (all optional)