

# Spring Schedule 2025



## MONDAY

Pre-Primary Ballet & Tap	4:30-5pm
Primary Ballet & Tap	5-5:45pm
Level 1 Ballet & Tap	5:45-6:45pm
Danceabilities	6:15-7pm
Level 2 Combo	6:45-7:45pm
Level 3 Combo	7:45-8:45pm

## TUESDAY

Level 1 Ballet	1-2pm
Level 1 & 2 Combo	2-3pm
Level 2 Ballet	3-4pm



Sculpt Fitness	4:15-4:45pm
Adult Beginner Ballet	4:45-5:45pm
Jazzercise	5:45-6:45pm

## WEDNESDAY

Pre-Primary Ballet & Tap	4:30-5pm
Level 1 Ballet & Tap	5-6pm
Jazzercise	5:45-6:45pm
Primary Ballet & Tap	6-6:45pm
Level 2 Ballet	6:45-7:45pm
Level 3 Ballet	7:45-8:45pm

### **Dress Code:**

- *Hair must be pulled out of face in a bun for ballet (or ponytail for primary levels and combo classes)*
- *Solid colored leotard (pink for primary levels and black for level 1 & up) and pink tights are required for ballet (all levels)*
- *Ballet Shoes: Split-sole level 2 & up*
- *Tap Shoes: Black for all levels*
- *Level 2 & 3 Combo: athletic top or solid leotard and fitted shorts or leggings / tan jazz shoes & any color tennis shoes for Hip-Hop*

# Class Descriptions

## **PRE-PRIMARY (AGE 3)**

This 30 min introductory class is designed to develop rhythm, musicality, posture, flexibility, discipline, balance, and coordination. Students will learn the basic concepts of ballet, tap, and jazz through play, creative movement, and imagination. Children will enjoy a mix of structured exercises and free expression, helping to develop their listening skills, focus, and confidence. Using engaging songs and fun activities, students will learn basic dance concepts while fostering a love for movement in a positive and supportive environment. Perfect for young dancers to begin their journey in the world of dance!

## **PRIMARY (AGES 4-5)**

The 45 min class is designed to enhance rhythm, musicality, flexibility, coordination, balance, and posture, while introducing basic ballet, tap, and jazz technique. The purpose of the class is to introduce young dancers to the three styles of dance and inspire movement and creativity within a positive environment. Dancers will also learn basic steps and terminology in all three styles. For example, all dancers will learn what a "plie" is and how to demonstrate one. The use of fun, age appropriate music engages the young dancers' minds and bodies. The use of props such as hula hoops and scarfs makes learning even more fun!

## **LEVEL 1 (AGES 6-7)**

This one hour class improves on basic technique students have learned in the primary level with a greater focus on refining technique, flexibility, coordination, and musicality. Dancers will learn the more advanced steps while learning how to follow direction and imitate movement in a positive environment. This program includes more detailed movements, positions, and combinations, with an emphasis on proper alignment, body control, and rhythm. Through structured exercises, choreography, and creative exploration, children will develop discipline, focus, and confidence in their dancing. With a balance of technique and fun, Level 1 provides a solid foundation for young dancers to progress in their skills and further their love for movement in a supportive and energetic environment.

## **LEVEL 2 (INTERMEDIATE)**

This intermediate-level is designed for dancers who are ready to further refine their dance technique and explore more complex movements. Students will focus on improving their strength, flexibility, and coordination while deepening their understanding of dance vocabulary and concepts. Individual feedback and corrections are provided to help each dancer reach their technical and artistic potential, while also fostering an environment of growth, discipline, and creativity.

## **LEVEL 3 (ADVANCED)**

This advanced level is designed for experienced dancers seeking to push their technical abilities and artistry to a higher level. With personalized corrections and a focus on pushing boundaries, this class is ideal for dancers who are committed to mastering the full range of dance technique and expanding their artistic expression.

## **COMBO CLASSES**

Combo is designed as a supplemental class for students who are ready to expand their dance education beyond traditional ballet, exploring a variety of exciting genres including Contemporary, Hip-Hop, Jazz, and Theatre Jazz. This class rotates between these dynamic styles, allowing students to build versatility and develop a well-rounded skill set. This class is a fantastic way to complement foundational ballet training, offering dancers the opportunity to diversify their skills and expand their dance vocabulary in a fun, energetic, and creative environment. Perfect for those looking to broaden their dance experience and challenge themselves with new styles!

## **SCULPT FITNESS**

Interval circuit fitness program combining cardio and strength exercises designed to balance the musculature in the body and create a long, lean aesthetic.

## **DANCEABILITIES**

All ages, needs, and abilities are welcome! We believe that the arts are for everyone, regardless of physical ability. This inclusive dance class is designed to enhance cognitive, social, and physical skills through the joyful movement of dance. Doctor's permission is required for participation. A parent or caregiver is required to join the class alongside the student.