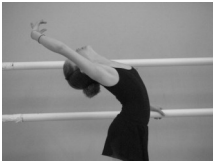


Course Descriptions



Ballet serves as a backbone for many other styles of dance, as many other dance genres are based on ballet. Ballet is based on techniques that have been developed over centuries. Ballet uses music and dance to tell stories. Ballet dancers have the ability to transport an audience to another world.

Jazz is a fun dance style that relies heavily on originality and improvisation. Many jazz dancers mix different styles into their dancing, incorporating their own expression. Jazz dancing often uses bold, dramatic body movements, including body isolations and contractions.



Tap dancing is an exciting form of dance in which dancers wear special shoes equipped with metal taps. Tap dancers use their feet like drums to create rhythmic patterns and timely beats.

Hip-hop is a dance style, usually danced to hip-hop music, that evolved from the hip-hop culture. Hip-hop includes various moves such as breaking, popping, locking and krumping, and even house dance. Improvisation and personal interpretation are essential to hip-hop dancing.



Modern dance is a dance style that rejects many of the strict rules of classical ballet, focusing instead on the expression of inner feelings. Modern dance was created as a rebellion against classical ballet, emphasizing creativity in choreography and performance.

Contemporary dance is a genre of concert dance that employs systems and methods found in modern dance and postmodern dance, as well as classical ballet. Contemporary dance draws on modern dance techniques as well as newer philosophies of movement.



Acro dance is a style of dance that combines classical dance technique with precision acrobatic elements. It is defined by its athletic character, its unique choreography, which seamlessly blends dance and acrobatics, and its use of acrobatics in a dance context. It is a popular dance style in amateur competitive dance as well as in professional dance theater and contemporary circus productions such as those by Cirque du Soleil.

CheerDance is an energetic physical activity, which contains the components of tumbling, dance, jumps, cheers, and stunting. Students learn cheer skills, jump techniques, dance routines and more. Flexibility, poise, strengthening is encouraged.



Preschool Creative Movement is specially designed for children ages 3 - 5 years. Overall emphasis is placed on having fun while learning coordination, balance, rhythm, and musical expression. Students will be exposed to multiple dance and music styles including ballet and tap. We also frequently incorporate the use of props such as ribbon streamers, balls, scarves, rhythm sticks and more. Class length is 45 minutes.

Elementary Dance is specially designed for children ages 5-8 years that have started elementary school. Emphasis is on learning the fundamentals of Ballet, Tap and Jazz in an age appropriate, fun environment. Ballet is combined with Tap and Jazz/Hip-Hop in a one hour class. Students can take one or more classes a week.

