

# Have fun, socialize, and grow in your love for dance!

- **Acrobatic Arts:** Safe and effective progressions with proven results in five divisions of AcroDance: flexibility, strength, balancing, limbering, and tumbling.
- **Aerial Silks:** Learn creative dance expressions through this fun and exhilarating style on hanging fabric, like aerialists of Cirque du Soleil. Students will build strength and flexibility, learn technique and safety, along with breath-taking skills on this beautiful apparatus. Silks are used to climb, wrap, swing, and more.
- **Baby Ballet:** 30-minute first dance class without parent for ages 2-3 (diapers ok), focuses on balance, motor skills, musicality, manners, & first positions. Balance beam, trampoline, tambourines, and other props utilized.
- **Ballet/Tap:** 45-minute class split between tap and ballet; ages 3.5-6, potty trained.
- **Ballet/Tap/Acro:** 60-minute class split between tap/ballet/acrobatics (balance beam, trampoline, rolls). Ballet encourages discipline; tap/acrobatics add the fun; ages 3.5-6, potty trained.
- **Ballet/Tap/Baton:** 60-minute class split between tap/ballet/baton twirling. Ballet encourages discipline; tap/baton add the fun; ages 3.5-6, potty trained.
- **Ballet:** Classical training in Cecchetti, Vaganova, and French Schools of Ballet. Focuses on proper technique, reinforcing correct muscle memory. Achieve coordination, memorization, musicality, proper alignment, strength, and flexibility. Class begins with barre and progresses to center exercises. Levels increase in difficulty, mastering skills, building on prior level.
- **Baton Twirling:** Sport for all with beauty and style! Learn how to twirl a baton, along with dance, grace, and poise. Learn fundamentals, agility, concentration, and hand-eye coordination. Levels increase in difficulty, mastering skills, building on prior level.
- **Drill/Leaps/Turns:** Prepares students for high school drill team tryout; terminology, conditioning, strength, kick technique, and jazz combinations. Introduces a variety of leaps & turns necessary for dance, drill team, and baton, with emphasis on proper technique. Learn method and mechanics to become a stronger dancer. Correct alignment and strength are a must for the drill team.
- **Jazz:** Can include Broadway, Street Jazz, Contemporary, and Lyrical. Emphasis is on energy, personality, rhythmic isolation, and style. Levels increase in difficulty, mastering skills, building on prior level.
- **Lyra:** Learn to safely perform skills on suspended metal hoop, while increasing flexibility and strength on both the lyra and silks. Spins, holds, flips, drops and combos will be taught. (Aerial Silks required.)
- **Lyrical:** Strives to connect the mind and body through fluid dance movement to song lyrics. This class is good for beginner to advanced dancers.
- **Open Gym:** Time for aerialists and twirlers to practice & perfect skills they have been working on in class.
- **Piano:** We teach all the basics of learning to play piano in a private lesson. Students will develop fluent music reading skills and play many styles of music in solo, ensemble, and ultimately chord style.

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- **Pre-Pointe:** Prepares student to study pointe, emphasis on strengthening legs, ankles, and feet. Learn how to properly affix and tie pointe shoe ribbons, as well as foot care. Students remain in pre-pointe until formally advanced to study en pointe.
- **Righteous Rhythms:** Christian dance for ages 4+ utilizing modest apparel, clean music, and pure movements.
- **Tap:** Add style, rhythm, musicality, and sound to your child's dance education. Students learn Broadway and Rhythm Tap, plus coordination and balance while increasing strength and flexibility of ankles and knees. Levels increase in difficulty, developing faster and more intricate movements, building on prior level.
- **Zumba:** Aerobic fitness program featuring movements inspired by various styles of Latin American dance and performed primarily to Latin American dance music.