

# CLASS DESCRIPTION

**Movement : 3-4yrs. (DRESS CODE: Leotard, tutu/skirt, pink tights, pink ballet shoes)**

- Students will learn how to follow direction and pathways. Focusing on moving hands, feet, and moving around the room. Incorporating objects like circles and hula hoops to make this class fun and interesting for young ones.

**Beginning Tap : 5-6yrs. (DRESS CODE: Leotard, tutu/skirt, pink tights, black tap shoes)**

- Students will learn the basic tap shoe and how they sound with a couple skills incorporated.

**Beginning Ballet : 5-6yrs. (DRESS CODE: Leotard, tutu/skirt, pink tights, pink ballet shoes)**

- Students will learn vocabulary terms and skills. Start stretching techniques, flexibility, and free dance.

**Modern Ballet 1 : 7-9yrs. (DRESS CODE: Leotard, skirt, pink/black/tan tights, pink ballet shoes)**

- Focusing on technique skills at barre and flexibility. Up the level of difficulty in choreography. All music will be modern to keep classes fun and energetic.

**Modern Ballet 2 : 9-11yrs. (DRESS CODE: Leotard, spandex or just tights, pink ballet shoes or footies)**

- Focusing on turns and jumps with the technique and flexibility from the level below. Expectations for choreography memorization will level up in difficulty. All music will stay in the 21st century to keep students engaged.

**Modern Ballet : 11-14yrs. (DRESS CODE: Leotard/tank top,**

**spandex/leggings/tights, pink ballet shoes/footies)**

- Focusing on harder skills such as floor work and choreography. All music will be modern to incorporate emotion and feeling into dances.

**Adv. Contemporary Ballet : 13yrs. and up (DRESS CODE: Leotard/tank top, spandex/leggings/tights, barefoot)**

- Need to have taken at least Ballet 2. Learning how to freestyle creatively and start using more contemporary movements.

**Praise Team : 8yrs. and up (DRESS CODE: Leotard/tank top, leggings/tights/spandex, barefoot)**

- Learning to praise the Lord with movements. Will incorporate different styles of dance but all centered around Christian music and praises.

**Beginning Acro : 5-6yrs. (DRESS CODE: Gymnastics suit/leotard, spandex/leggings, barefoot)**

- Students will learn flexibility, conditioning, splits, balance, summer salts, ect...

**Acro 1 : 7-9yrs. (DRESS CODE: gymnastics suit/leotard, spandex/leggings, barefoot)**

- All skills from level below accomplished. Will learn new tricks such as cart wheels, backbends, handstands, ect...

**Flexibility Training : 7yrs. and up (DRESS CODE: tank top/t-shirt, leggings/spandex, barefoot)**

- This class solely focuses on students' level of body flexibility. Stretching the legs and back to extend their training in all other classes. Highly encourage this class if a student is taking a ballet course.