

Class Descriptions & Dress Code Requirements

(Levels are not necessarily determined by age, but also by experience, ability and maturity!)

Toddlers & Tutus – For our very beginner dancers (Ages 2-3). This class will be 30 minutes long focusing on creative movement and basic ballet steps. This class required students to wear pink ballet shoes.

Tiny Tots – An energetic combination class of ballet and tap. Focus is on coordination and rhythm while introducing creativity with basic ballet and tap concepts. Students are required to wear a black or pink leotard with pink tights. Skirts/shorts are optional. They will be required to wear black buckle or tie tap shoes and pink ballet shoes.

Demis – This class is also a combination class of ballet and tap. This class will help develop the students coordination and understanding of dance concepts. Students are required to wear a black or pink leotard with pink tights. Skirts or shorts are optional. They will be required to wear black buckle or tie tap shoes and pink ballet shoes.

Mini Pom Pom – Students will learn the very basics of pom dance including, precision, visuals, contagions and performance. Students are required to wear tan jazz shoes and purchase the required poms from the studio (\$20). (They are same poms from 2017-2018 season).

Junior Pom Pom – Students will focus on changing formations, visuals, precision and contagions. This class will also apply jazz technique. Students are required to wear tan jazz shoes and purchase the required poms from the studio (\$30).

Senior Pom Pom – Great class to prepare for their high school dance team. We will apply all pom pom techniques to upbeat music. Highly focusing on skills and tricks. Students are required to wear tan jazz shoes and purchase special poms from the studio (\$30).

Ballet/Tap Combination Class – We will introduce a formal ballet class structure. Stretching and strengthening exercises are performed. Focus on rhythm, balance, and coordination. Each level will build on basic steps. Students are required to wear any colored leotard and pink tights. They are also required to have black (no buckle) tap shoes and pink ballet shoes.

Jazz – A stylized jazz class. We will have a warm up, center work, progressions across the floor, and a combination. Ballet classes are strongly recommended, but not required. All jazz students are required to have tan laceless jazz shoes.

Tumbling Classes

***Tumbling classes will showcase what they have learned at recitals. If they do not want to participate at recital, please let Miss Kara know as soon as possible.**

***Students will go barefoot for tumbling. They will be required to purchase a pair of Movement Shorts (these will be available at the open house). They will wear these with a black leotard for recital, they may also wear them for class.**

Beginning Tumbling

- Forward rolls
- Back rolls
- Bunny hops
- Cartwheels
- Handstands
- Back bends
- Round off
- Front Limbers
- Handstand forward roll

Intermediate Tumbling

- Rolls
- Cartwheels
- Handstands
- Handstand forward roll
- Round off
- Back bends
- Front handspring
- Back walkovers
- Front walkovers
- Front and back Arabian
- Back handspring

Advanced Tumbling

- Rolls
- Cartwheels
- Handstand
- Handstand forward roll
- Front limber
- Round off
- Back bend
- Back walkover
- Front walkover
- Front handspring

- Front Arabian
- Back Arabian
- Back handspring with spot
- Round off back handspring
- Aerial
- Tumbling combinations