

dance class descriptions

“Dance with Me” Tot Ballet Ages 18months -3yrs

This class is a sweet & supportive first introduction to dance for our tiniest dancers. Designed especially for toddlers, this class allows a parent or caregiver to participate alongside their dancer during the first half of the season as they build confidence, comfort, & independence. We will explore music, movement, rhythm, and creative play through songs, simple dance steps, imaginative activities, and interactive games. Little ones develop coordination, listening skills, balance and social confidence.

Toddler Ballet Ages 2-3

Our Toddler Ballet class is designed for little dancers who are ready to attend class on their own. Dancers will explore basic ballet positions, simple across-the-floor movement, rhythm activities, and creative storytelling through music. We focus on developing listening skills, classroom etiquette, coordination, balance, and social interaction - all while keeping class fun, imaginative, and age-appropriate. This class helps toddlers transition smoothly into preschool-level dance. Max Class Size - 8

PreSchool Ballet & Tap Ages 3-5

Dancers will learn basic ballet positions, simple tap steps, classroom structure, and creative movement through engaging music and age-appropriate activities. We focus on listening skills, following directions, taking turns, and building independence - all while having FUN! This class lays a strong foundation for future dance training in a positive and nurturing environment.

Max Class Size - 12

Primary 1 Ballet & Jazz Kindergarten & 1st graders

Designed for dancers ready to build strong technical foundations. In ballet, dancers will focus on proper placement, posture, terminology, and across-the-floor progressions the develop strength and balance, and flexibility. Students will begin Jazz instruction where they will explore rhythm, coordination, musicality, and age-appropriate turns, jumps, and stylized movement. Max Class Size - 12

Primary 2 Ballet & Jazz 2nd & 3rd graders

Primary 2 Ballet & jazz builds on foundational technique while introducing more structure, strengths, and style in both ballet & jazz. Dancers will continue developing proper placement, balance, flexibility, and coordination through ballet barre and across-the-floor progressions. In Jazz, students work on rhythm, musicality, turns, jumps, and age-appropriate combinations that encourage confidence and performance quality.

Primary 3 Ballet & Jazz 4th & 5th graders

Primary 3 Ballet & Jazz is an upper primary level designed to strengthen technique, control, and performance quality in both ballet & jazz. In ballet, emphasis is placed on clean technique, balance, and foundational terminology. In jazz, dancers develop sharper movement quality, increased musicality, turns, leaps, and more complex combinations.

Intermediate/Adv. Ballet, Lyrical, & Jazz middle & high school

An all-in-one combo class designed for pre-teen and teen dancers. Ballet will focus on proper alignment, balance, and technical foundation, while lyrical emphasizes emotional expression, fluid movement, and connection to music. Jazz bring energy, style, and precision through turns, leaps, and combinations that challenge coordination and performance skills.

PreSchool Acro Ages 3-5

A fun energetic introduction to acrobatics using the safe and structured curriculum of Acrobatic Arts. Students will learn foundational acrobatic skills such as forward rolls, bridges, balancing, and beginner tumbling progressions - all taught with proper technique and safety as our top priority. Class incorporate creative movement, obstacle style stations, and engaging activities to keep young dancers excited and confident. Max Class Size - 12

Primary 1 Acro Kindergarten & 1st graders

Primary 1 Acro continues to introduce young dancers to the foundational skills of acrobatics in a safe structured & fun environment. Using the Acrobatic Arts curriculum, dancers will work on basic acrobatics shapes, bridges, balances, introductory limbering skills with a strong emphasis on proper technique, control and safety.

Primary 2 through Intermediate Acro

Acro classes continue to train dancers to the skills of acrobatics in a safe structured & fun environment. Using the Acrobatic Arts curriculum, dancers will work on acrobatics shapes, tumbling skills, more advanced balances, and limbering skills with a strong emphasis on proper technique, control and safety. We begin instructing based on skill level of each kid within each class.

Tumbling Level 1

Tumbling level 1 focuses strictly on foundation floor tumbling skill and proper technique. Athletes will build strength, flexibility, and control while learning and refining cartwheels, back kick overs, and recovering from a bridge.

Tumbling Level 2

Tumbling level 2 builds on foundational walkover skills while introducing more advanced power tumbling. Athletes will refine front and back walkovers and beginning progressions for back handsprings and aerials. Requires approval to join.

Tumbling Level 3

Tumbling level 3 is for athletes with a consistent back handspring who are ready for advanced tumbling skills. This class focuses on refining handspring skills while progressing to more powerful combinations and higher level skills such as standing and running series, tucks and specialty passes. Requires approval to join.

Primary 1 Hip Hop Kindergarten & 1st graders

Primary 1 Hip Hop is a fun, high-energy class that introduces young dancers to the basics of hip hop in an age appropriate and structured environment. Students learn foundational hip hop steps, simple footwork, basic grooves, and beginner level combinations.

Primary 2 through Intermediate Hip Hop

Our Hip Hop classes build rhythm, coordination, musicality, and confidence while learning age-appropriate street-style movement. Classes focus on foundational grooves, isolations, footwork, strength, and performance quality, with increasing complexity at each level.

Tap Level 1 Ages 5-9

Tap 1 is the for dancers new to tap or that are transitioning out of our Ballet & Tap Combo Class and ready to build stronger technical skills. This class focuses on developing clarity, rhythm, and coordination while introducing more structured tap vocabulary and foundational technique. Dancers will work on timed musicality, weight changes, simple progressions, and introductory combinations.

Tap Level 2 Ages 7-11

Tap 1 is the for dancers new to tap or that are transitioning out of our Ballet & Tap Combo Class and ready to build stronger technical skills. This class focuses on developing clarity, rhythm, and coordination while introducing more structured tap vocabulary and foundational technique. Dancers will work on timed musicality, weight changes, simple progressions, and introductory combinations.

Requires approval to join.

Tap Level 3 Ages 9+

Tap 3 is an intermediate level class designed for dancers who have a solid foundation in tap technique and are ready for increased speed, complexity, and musicality. They will expand their vocabulary with more advanced time steps, cramp rolls, wings, and layered footwork patterns. Emphasis placed on musical interpretation, weight control, stamina, and ability to pick up and retain longer combos. Requires approval to join.

Clogging Level 1

Clogging Level 1 introduces dancers to the fundamentals of clogging in a fun and energetic environment. Students learn basic steps, timing, rhythm patterns, and proper foot placement while developing coordination and musicality. This class builds a strong foundation and confidence for beginning cloggers.

Clogging Level 2

Clogging Level 2 builds on foundational steps while introducing more intricate footwork, faster rhythms, and directional changes. Dancers focus on clarity of sounds, timing, and performance quality as combinations become more detailed and challenging. This level strengthens stamina and precision while expanding step vocabulary.

Clogging Level 3

Clogging Level 3 is designed for experienced dancers ready for advanced rhythms, complex combinations, and high-energy performance work. Dancers refine speed, control, syncopation, and synchronization while mastering layered footwork and intricate patterns. Emphasis is placed on sharp execution, endurance, and strong stage presence.