

Acro/Tumbling **Ages 7 & up** **50 min.** **1 student \$67/mo.**

This class teaches the fundamentals of tumbling by focusing on flexibility, conditioning, body control, strength development, and terminology. Students will learn basic body positions and tumbling skills at their level. Acrobatic skills include backbends (bridges), handstands, cartwheels, rolls (forward, backward, straddle), walkovers, aerials, and handsprings.

Ballet **Ages 7 & up** **50 min.** **1 student \$67/mo.**

Ballet consists of many basic principles and movements. This class breaks down feet and arm positions, barre and center combinations, and across the floor combinations. Students will gain flexibility, improve their body carriage and attain the look, grace and confidence of being a dancer. This ballet program can lead to basic pointe work and will familiarize your child with proper technique while having fun!

Clogging **Ages 7 & up** **50 min.** **1 student \$67/mo.**

Clogging is a dance that is done in time with the downbeat of the music, with the heel keeping the rhythm. The toe and heel movements occur on the upbeat of the music followed by the heel, which occurs on the downbeat. Students are taught to use the feet as an instrument to make rhythmic and percussive sounds while accompanying the music.

Contemporary **Ages 7 & up** **50 min.** **1 student \$67/mo.**

Since bursting onto the dance scene, contemporary has become a genre loved by so many for being open to interpretation. Elements of fluidity and breath stem from the influence of lyrical, modern, and ballet while the intricacies, speed, and power of jazz and hip hop have quickly made their mark on this wildly popular style. Dancers are encouraged to trust their muscle memory while emotionally diving into the intent of each phrase.

Hip Hop **Ages 7 & up** **50 min.** **1 student \$67/mo.**

Hip hop dance is a funk style dance that has an urban background. It covers gliding, popping, locking, and breaking movements. This class breaks down the basics of breakdancing and fuses together today's latest hip hop and funk styles mixed with old school movements and stunts. This style of dance trains dancers to develop a strong use of body isolation.

Jazz **Ages 7 & up** **50 min.** **1 student \$67/mo.**

Jazz dance has many different styles, ranging from a cool lyrical base to a very stylized form of jazz. It is a mixture of ballet, modern, and ethnic techniques all fused together to complimentary music. This class focuses more on proper technique and flexibility while working on more advanced steps and progressions across the floor. This style of dance trains dancers to develop a versatility of styles.

Jazz/Lyrical Technique **Ages 7 & up** **50 min.** **1 student \$67/mo.**

Jazz/Lyrical Technique is a class that focuses specifically on skills. Through across the floor, as well as stationary exercises, students will build the foundation needed to execute technical elements that have been deemed appropriate for his/her age and level of dance experience. This class will also focus on taking simple steps to another level that pushes that students' range of motion, stamina, precision, and attack. Classes will also work to develop confidence and a genuine connection to movement.

Lyrical **Ages 7 & up** **50 min.** **1 student \$67/mo.**

Lyrical dance fuses together the techniques of both jazz and ballet while adding emotion. It is a flowing and emotional style of dance that has depth to it. Students will learn about understanding the lyrics of the song and how to relate their movement to them in order to tell a story.

