

Saturday Class Descriptions:

Grown up & Me Creative Movement (ages 18 months – 3 yrs) - a joyful way for children to explore movement through music and dance. Your child will work on developing physical skills, channel energy, stimulate imagination, and creativity. This class is open to adults (mom, dad, aunts/uncles, grandparents, babysitters) to join and help your dance take class!

Introduction to Dance (ages 4-6 yrs) students will learn the beginning skills and fundamental basics of dance in a variety of styles including jazz, ballet, and hip-hop. Students will improve flexibility, coordination, range of motion, musicality, and poise. Students will also develop greater self-confidence, self-expression, and body awareness. This is the perfect class for your first time dancer to get to try different styles of dance!

Beginner Lyrical & Jazz (ages 7 yrs & up) – Students will learn the beginning skills and fundamentals of lyrical, ballet and jazz dance. Students will improve flexibility, coordination, range of motion, musicality, and poise. Students will also develop greater self-confidence, self-expression, and body awareness. In this class, students will learn leaps, pirouettes and choreography.

Beginner Acro/Tumbling ages 4yrs + - Students will learn strength and flexibility to perform gymnastic-based tricks. It teaches flexibility, balance, strength, and coordination. Skills in this class that will be learned are forward/backward rolls, handstands, headstands, cartwheels, backbends and more.

Intermediate Acro/Tumbling - Must be able to arch back and stand up unassisted Students will learn strength and flexibility to perform gymnastic-based tricks. It teaches flexibility, balance, strength, and coordination. Skills in this class that will be learned are handstands, headstands, cartwheels, aerial drills, front walk overs, back walkovers, back handspring drills, and more

Beginner Adult Ballet- (any age!) - This class will cover basic ballet positions, steps and vocabulary with a focus on the student's awareness of proper posture and body alignment. Standing barre work and center floor exercises will be given to enhance coordination, strength, balance, and flexibility.