

ages are as of January 1, 2024

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! Dancers will participate in the end of the year recital with the help of a parent or old dancer “buddy”.

Creative Movement & Dance (ages 3-4) - a joyful way for children to explore movement through music and dance with some gymnastics involved! Your child will work on developing physical skills, channel energy, stimulate imagination, and creativity.

Ninja Tumble (ages 4yrs+) - Ninja programs use a fusion of gymnastics, trampoline, acrobatics, obstacle course training and freestyle movement that teaches flexibility, balance, strength, and coordination. This is a great class for your busy child to burn off energy!

Introduction to Dance (ages 4-6 yrs.) Students focus will be Ballet. They will also learn the beginning skills and fundamental basics of jazz technique. 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 or Jazz (ages 6 yrs – 9 years) – 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.

Intermediate Lyrical or Jazz (ages 9 yrs & up) – This intermediate class is perfect for an older dancer who is a beginner or dancers with 1-4 years’ experience in any style dance. 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 5yrs + - 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.

Recreational Hip Hop: This class is offered to students 10 years and older.

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.

Advanced Acro/Tumbling - Must have a back walkover and front walkover 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, back handsprings, front aials, back tucks & more.