

Class Requirements and Level Description

Creative Movement: Ages 3-4, 5-6. Education through dance, motor development, tumbling, tap and pre-ballet while blended with numbers, colors, shapes, words, and music. Through this program the development of dance etiquette transpires and prepares the young dancer for more advanced technical classes. This class is for first and second year dancers. Dancers must be potty trained.

Pre-Basic: Ages 5-7. This level is geared toward teaching children the discipline of classes, terminology, memorization of choreography, and correct body placement and lines. The classes are offered in Tap, Jazz w/Acro, Ballet, and Hip Hop. This level is appropriate for first, second, and third year dancers.

Basic: Ages 7-9. Following pre-basic level, this level will strongly focus on the knowledge of terminology of French Ballet terms, with attention to the details of body positions. This will mean a more advanced paced class setting to prepare for Level I.

Level I: Ages 9-10. Furthering the development of flexibility, terminology, memorization of choreography, and more difficult technique, this is the start of our program during which we like to see more focus out of our dancers. They will begin learning to reverse choreography from the right side to leading with the left. We highly recommend Ballet in conjunction with any other genre of dance, as this will create discipline in the class atmosphere and help with the correct body placement, which then flows into Jazz, Lyrical, Tap, and Hip Hop.

Level II: Ages 11+. Also Level II/III: 12+. Level I Ballet is required to move into Level II Ballet or Jazz (or at least two years of training in either genre). Dancers at Level II should know all terminology for dance. They should be working on Pirouettes, all leaps, and be able to memorize choreography and pick up quickly on new skills.

Level III: 13+. Dancers should have a minimum of six years of dance experience to enroll in Level III. Previous Ballet experience (recommended three to four years) is required to participate in Lyrical and Jazz. Level III moves quickly with Choreography and skills. Dancers should be able to do the following skills: Double Pirouettes, Switch Leaps, Center Leaps, Pique Turns, and all reversal of progressions and choreography.

Pre-Pointe/Pointe I: This is for dancers who are starting their first year in Pointe, or who have been in Pointe and need a slower pace to develop the proper training. Four years of previous Ballet training is required. Dancers must be 12 years of age or older to be in Pointe shoes, and it is instructor approved. You must be enrolled in one additional Ballet class. (We HIGHLY recommend two hours per week if schedule permits.) Dancers will spend the first four months with strengthening ankles & stabilizing muscles. In January we will proceed into Pointe shoes.

Pointe II: Dancers must have at least three years of Pointe experience and four to five years of previous Ballet experience. You must be enrolled in one additional ballet class per week. If schedule permits, two hours of Ballet, in addition to Pointe.

Acro I: This class will focus on strength and control of balancing tricks. You must be able to complete R/L cartwheels, Back Limber with a spot, and Front Limber with a spot. The class will continue to focus on proper executions on the following: R/L cartwheels, round offs, handstands, bridges, headstands, front/back limbers, walkovers, front and back extension rolls, and straddle ups. As well as continuing to work on flexibility.

Acro II: Skills required to enroll are front and back walkovers, R/L cartwheels, round offs, toe touches, handstands, and handstand forward roll. This class will focus on learning proper execution of the following: front and back walkovers, front and back handsprings, back tucks, linking skills together, as well as tinsicas, valdez, and aerial cartwheels.

Acro III: Skills required to enroll: R/L cartwheels, round offs, toe touches, handstands, handstand forward roll, back extension rolls, front and back walkovers, front and back hand springs, (spotted) back tucks, linking skills together, tinsicas, valdez, and aerial cartwheels.

Level IV Jazz, Level IV Ballet & Open Classes: Ages 13+. Dancers must have at least six years of Jazz experience (Jazz IV- Instructor Approval) and six years of Ballet experience (Ballet IV- Invitation only). You must be taking a second ballet class and a second jazz class consecutively, as the emphasis will be mostly on Choreography. Character Shoes & Tennis Shoes should be brought weekly for different styles of dance. We will focus on several different styles of dance, improvisation, choreography composition, Broadway styles, and street/jazz/hip hop styles. Dancers should be highly trained and be able to train in a quickly paced class, as well as be able to attend most every class.

Adult Classes: Any age over 18. Adult Tap II should have at least three years of tap training and be able to complete buck and/or rhythm time steps and have a basic knowledge of all tap vocabulary. Adult Jazz/Hip Hop will focus on developing memorization of choreography in both genres as well as some cardio/conditioning and stretching.