

Ballet & Pointe

Ballet focuses on back and core development, arm gracefulness, strength, flexibility, and the endurance for complex movements. Ballet teaches movements that flow from form and that reflect human emotion. Classes follow a traditional format including barre exercises, center floor work and across the floor combinations. Classes also include science-based strength training.

Contemporary

Contemporary dance is an exploration of emotions and feelings that includes elements of ballet, jazz, and modern. This class emphasizes full body expressive movement, improvisation, stretch and strengthening, rhythm and stylization as well as expressive and technical choreography.

Hip Hop

Hip hop encompasses a wide range of street styles including break dancing, tutting, and locking and popping. This class focuses on developing rhythm and coordination while encouraging individual style. The class consists of strengthening exercise circuits, across the floor movement, and original combinations.

Our Classes

YOUTH DANCE



Jazz

Jazz dance is an exploration of style and presentation. Classes emphasize musicality and body alignment, conditioning, stretch and strengthening, rhythm and stylization as well as fun and innovative choreography. The class consists of a cardio warm up, across the floor movements and conditioning, and original and traditional jazz combinations.

Lyrical

Lyrical dance combines elements of ballet, jazz, acrobatics, and modern dance. This class focuses on expression and interpretation through dance. Dancers will learn to use their movements to convey the emotions and meaning of the music's lyrics.