

Genre Descriptions

Acro Tech

Our Acro classes are technique only classes. Dancers work toward goals, learning tricks and building strength and flexibility.

Intro to Acro: Minimum Age: 6 years, Experience: 0-1 year

Acro 2: Minimum Age: 6, Experience: 1-3 years

Acro 3: Minimum Age: 8, Experience: Teacher Recommendation

Acro 4: Minimum Age: 11, Experience: Teacher Recommendation

Acro 5: Minimum Age 14, Experience: Teacher Recommendation

Acro Choreo

The focus of this class will be to learn and perform a dance routine using Acro Dance technique. This dance will be performed at 3 dance festivals and our Spring Recital. Dancers should be committed to regular attendance and working hard with their classmates to this common goal.

Dancers in this class must also be registered in Acro Tech, with at least year prior experience. Jazz and Ballet Tech classes are also highly recommended.

Acro Choreo 1: Minimum Age: 6, Experience: 1+ Years - Must also be in Acro Tech 2 or 3

Acro Choreo 2: Teacher Recommendation. Must also be in Acro Tech 3, 4 or 5.

Ballet Tech

A ballet tech class is a structured dance session focused on developing technical skills, strength, and flexibility specific to ballet. It typically includes barre exercises, center work, and progressions designed to improve alignment, balance, and precision. The class emphasizes proper technique, coordination, and musicality, catering to dancers of various levels to enhance their overall ballet proficiency.

Ballet Tech 1-2: Minimum Age 6, Experience: 0+ years

Ballet Tech 3: Minimum Age: 11, Experience: 0+ years

Ballet Tech 4-5: Minimum Age 12, Experience 5+ years

Pointe

A pointe class is a specialized ballet class focused on developing the strength, technique, and balance required to dance en pointe. Dancers work on proper foot alignment, core engagement, and ankle stability through exercises at the barre and in center. The class emphasizes precision, control, and safety to help dancers advance their ability to perform on the tips of their toes with grace and support.

Dancers must be 13 or older and have permission from Miss Laura to participate in this class.

Ballet Choreo Class

The focus of this class will be to learn and perform a dance routine using ballet technique. This dance will be performed at 3 dance festivals and our Spring Recital. Dancers should be committed to regular attendance and working hard with their classmates to this common goal.

Ballet 1-2: Minimum Age 6, Experience: 0+ years

Ballet Choreo 3-5: Teacher Recommendation - must be registered in Ballet Tech class

Jazz Tech

A jazz tech class is designed to refine technical skills essential for jazz dance. This class focuses on building strength, agility, and coordination through a series of isolations, turns, leaps, and rhythm exercises.

Participants work on developing sharp, precise movements, dynamic musicality, and expressive technique, helping dancers enhance their overall performance and versatility in jazz dance styles.

Minimum Age: 12, Experience: 1+ years

Jazz Choreo

The focus of this class will be to learn and perform a dance routine using jazz technique. This dance will be performed at 3 dance festivals and our Spring Recital. Dancers should be committed to regular attendance and working hard with their classmates to this common goal.

Jazz 1: Minimum Age: 6, Experience 0+ years

Jazz 2: Minimum Age: 8, Experience 1+ years

Jazz 3: Minimum Age: 10, Experience: Teacher Recommendation

Jazz Choreo 4: Minimum Age: 12, Experience: Teacher Recommendation, Jazz Tech Required

Jazz Choreo 5: Minimum Age: 14, Experience: Teacher Recommendation, Jazz Tech Required

Stretch & Strength

A stretch and strength class combines targeted stretching exercises with muscle-building movements to enhance flexibility, improve posture, and increase overall strength. The class typically includes dynamic stretches, static holds, and strength training exercises using body weight, resistance bands, or light weights. Designed to promote muscle balance, reduce injury risk, and boost physical performance, this class offers a balanced approach to achieving greater mobility and muscular endurance.

Minimum Age: 10

Lyrical

The focus of this class will be to learn and perform a dance routine in the lyrical genre. Lyrical dance is an expressive, typically slow dance style that combines ballet and jazz technique to interpret the lyrics of the chosen song.

This dance will be performed at 3 dance festivals and our Spring Recital. Dancers should be committed to regular attendance and working hard with their classmates to this common goal.

Dancers must be enrolled in Ballet Tech and Jazz Tech classes in order to participate in this class.

Lyrical 1: Minimum Age: 8, Experience: 0+

Lyrical 2: Minimum Age: 10, Experience: 0+ Must be in Jazz 3 or higher & Ballet Tech 3 or higher

Lyrical 3: Minimum Age: 12, Experience: Teacher Recommendation

Contemporary

The focus of this class will be to learn and perform a dance routine in the Contemporary genre. Contemporary dance is an expressive, dance style that combines ballet, jazz and modern techniques to convey a theme, feeling or story.

This dance will be performed at 3 dance festivals and our Spring Recital. Dancers should be committed to regular attendance and working hard with their classmates to this common goal.

Dancers must be enrolled in Ballet Tech and Jazz Tech classes in order to participate in this class.

Minimum Age: 12, Experience: Teacher Recommendation

Modern

A modern dance class emphasizes expressive movement, freedom of exploration, and personal interpretation. Dancers work on developing fluidity, dynamics, and technical precision through exercises that focus on alignment, breath, core strength, grounding, and contractions with movement extending from the spine. The class often incorporates improvisation and creative movement, encouraging individuality and emotional expression while exploring contemporary dance techniques and stylistic choices.

Tap

A tap class focuses on developing rhythm, timing, and musicality through intricate footwork and percussive sounds. Dancers learn tap steps, combinations, and improvisational techniques, enhancing coordination, speed, and precision. This energetic class encourages creativity and self-expression while building a strong sense of groove and timing, making it fun and dynamic for dancers of all levels.

This dance will be performed at 3 dance festivals and our Spring Recital. Dancers should be committed to regular attendance and working hard with their classmates to this common goal

Hip Hop

A hip hop class is an energetic and expressive dance session that emphasizes rhythm, style, and improvisation. Dancers learn foundational hip hop moves, footwork, and dynamic body isolations while exploring personal expression and musical interpretation. The class encourages creativity, attitude, and confidence, fostering a fun, high-energy environment for dancers of all levels to develop their groove and performance skills.

This dance will be performed at 3 dance festivals and our Spring Recital. Dancers should be committed to regular attendance and working hard with their classmates to this common goal

Hip Hop 1: Minimum Age: 6, Experience 0+ years

Hip Hop 2: Minimum Age: 8, Experience 1+ years

Hip Hop 3: Minimum Age: 11, Experience: Teacher Recommendation

Hip Hop 4-5: Minimum Age: 13, Experience: Teacher Recommendation