



Class Descriptions

TINY STARS (BALLET/TAP) COMBO CLASS

Our Tiny Stars combo classes are designed for dancers (**ages 2–4**), who have never dance before and/or may need more attention for working on basic motor skills and focus. This is also a good class for dancers who may be shy and need additional coaching/mentoring. These classes start with learning ballet positions and basic steps during the first 20-25 min. Class resumes for tap to start learning the beginning tap steps and basic timing skills.

TINY STARS FAIRYTALE PRINCESS

Our Tiny Stars Fairytale Ballet class is a magical, foundational dance program for young children (ages 2-4) that blends beginner ballet technique with imaginative storytelling, dress-up, and creative movement. Students twirl in tutus to their favorite fairytale music while building confidence, coordination, and rhythm

TINY TYKES (BALLET/TAP) COMBO CLASS

Our Tiny Tykes combo classes are designed for dancers (**ages 3– 5**), who are not quite ready for a full hour of one dance style. These classes start with learning ballet positions and basic steps during the first 20-25 min. Class resumes for tap to start learning the beginning tap steps and basic timing skills.

TINY TYKES (BALLET/JAZZ) COMBO CLASS

Our Tiny Tykes combo classes are designed for dancers (**ages 3– 5**), who are not quite ready for a full hour of one dance style. These classes start with learning ballet positions and basic steps during the first 20-25 min. Class resumes for jazz to start learning the beginning jazz steps and basic timing skills.

KINDER KIDZ (BALLET/TAP) COMBO CLASS

Our combo Kinder Kidz classes are designed for dancers (**ages 4–6**), who have completed 1 year in the Tiny Tykes program and/or are more mature in their focus. These classes start with introducing additional ballet technique, simple barre work and progressions across the floor. The Tap portion of this class focuses on increasing the knowledge of tap steps and improving timing and execution.

INTRO TO DANCE

Our Intro to Dance class offers a welcoming, pressure-free environment to learn the absolute basics. Perfect for total beginners, it focuses on building rhythm, basic coordination, and body awareness. Students learn fundamental movements across different styles in a fun, supportive setting in basic styles of dance such as Ballet, Jazz & Tap. Students who are 8 years old or older are recommended to take this class prior to joining a regular Jazz, Ballet or Tap class.

INTRO TO JAZZ/LYRICAL

This class is a great way for students to explore the styles of Jazz & Lyrical. Dancers will become more familiar with the technical foundation of ballet with the rhythm and stylization of jazz, and the expressive storytelling of lyrical dance.

INTRO TO CONTEMPORARY

Intro to Contemporary dance class teaches dancers the fundamental movement techniques by blending classical ballet, jazz, and modern dance styles. This is a great class for dancers who have little to no experience with the Contemporary style. Contemporary emphasizes freedom of expression, fluid transitions, and emotional storytelling rather than rigid structure.



ACRO

Acro dance is a dynamic, athletic style that seamlessly blends classical dance technique with precise acrobatic elements. Classes emphasize strength, flexibility, balancing, limbering, and tumbling. Acro focuses on smooth, graceful transitions and integrates these athletic tricks directly into artistic choreography.

BALLET

Ballet is the “backbone” of all dance training. In ballet the student will learn grace, elegance, technique, discipline, flexibility, stamina, and endurance. We strongly feel that ballet is the most important dance form that a child or adult can study.

BALLET PREPOINTE

Ballet Pre-Pointe class is a foundational, preparatory class designed to physically and mentally prepare students for pointe work. It focuses intensely on core stability, ankle mobility, foot articulation, and proper body alignment to ensure a safe, injury-free transition into pointe shoes.

POINTE

Ballet Pointe class teaches dancers to support their full body weight on the tips of their toes using specialized pointe shoes. It focuses on ankle strength, core alignment, and mastering classical variations, requiring previous ballet training and instructor approval.

CONTEMPORARY/LYRICAL

Lyrical dance combines elements of ballet and jazz training while contemporary gives this style of dance an abstract and modern twist. Dancers will gain strength and flexibility through the technical aspect of class while gaining stylization and grace by exploring movement that matches slow and emotional songs.

A Ballet or Jazz class is recommended along with lyrical/contemporary to build in technique.

HIP HOP

Hip hop dance is a range of street dance styles primarily performed to hip hop music in a high-energy class. It's the perfect style to get your body moving and grooving! Levels may vary based on the class.

HIP HOP TUMBLE

Our Hip Hop/Tumble combo class combines energetic, rhythm-based street dance with foundational acrobatic and tumbling skills. It provides a high-energy workout that helps young dancers develop coordination, spatial awareness, strength, and confidence—all set to upbeat, age-appropriate music.

JAZZ

Jazz is sharp and fluid movements to create a visually technical dance and style. It is usually done to upbeat music. The strength, flexibility, and conditioning aspect of class helps dancers to become well rounded with a variety of dance steps.



JAZZ/BALLET COMBO

A ballet/jazz combo class is a dynamic, multi-genre program that teaches the foundational elegance of ballet alongside the upbeat, rhythmic style of jazz. Students typically spend half the class on classical ballet technique and the rest on high-energy jazz moves, improving flexibility, strength, and coordination.

MUSICAL THEATRE

Our Musical Theatre class blends dance technique, acting, and storytelling! It trains performers to execute Broadway-style choreography while expressing character. Rooted primarily in jazz, ballet, and tap, students develop performance quality, stage presence, and stamina for "triple-threat" roles with more advanced levels.

JAZZ/MUSICAL THEATRE COMBO

A Jazz/Musical Theatre combo class merges traditional jazz technique with expressive Broadway-style storytelling. Students learn foundational jazz steps (like kicks, turns, and leaps) while focusing on stage presence, character work, and lip-syncing, resulting in a theatrical and highly energetic routine.

TECHNIQUE

The Technique class focuses on building a dancer's strength and flexibility to practice and master jazz technical items such as pirouettes, battements, and leaps across the floor. This class provides a great foundation and guide for other styles they may practice through the rest of the week.

FLEXIBILITY

The Technique class focuses on building a dancer's strength and flexibility to practice and master jazz technical items such as pirouettes.

TAP

Students are taught rhythms, timing, and leg/foot coordination done to various types of music. Students will receive well-rounded knowledge of all types of tap.