



Class Descriptions

Creative Movement:

For 3 1/2 year-olds, this class involves yoga, large muscle movements, and basic rhythms. The class is 30-minutes long, meeting once a week for 8 weeks. Children should wear comfortable clothing that they can move in and have bare feet. Hair should be tied or pinned back from the face.

Princess Ballet:

For 4 year-olds, this presents basic ballet skills with large muscle movements. The class is 45-minutes long, meeting once a week for 8 weeks. Children should wear a black leotard, pink tights, pink ballet shoes (canvas or leather). Their hair should be in a bun. No jewelry. No gum.

Ballet:

Based on the Russian school, 5 year-olds and up, the children progress at their own speed. This hour-long class includes a full barre, centre floor, and locomotive exercises complete the class. Students should wear a black leotard, pink tights, pink ballet shoes (canvas or leather). Hair should be in a bun. No jewelry. No gum.

Modern:

Based on the technique of Jose Limon, the class accepts students age 8 and above. Students may wear and color of leotard and tights with bare feet. Hair should be in a bun or pulled back from the face. No jewelry. No gum.

Jazz/Musical Theater:

This class revolves around Broadway-style dancing and is for students 8 and above. Classes include warm-ups, locomotive exercises, and centre floor. Any color leotard and tights are allowed (jazz pants/shorts are optional) with black jazz shoes. Hair should be in a bun or pulled back from the face. No jewelry. No gum.

Hip Hop:

Taught by a middle school dance team coach for students 8 and above, this class is high energy. Students should wear a leotard of any color, athletic shorts, and jazz shoes. Hair should be pulled back from the face. No jewelry. No gum.

Belly Dancing:

This class is based on American Tribal Belly Dancing. Students under the age of 18 must have parental permission. Students should wear comfortable clothes (ex: belly dance or yoga pants) with bare feet. A hip scarf or something to wrap around the waist is preferable.

Tap Dance:

Designed to develop rhythm, style and sound. Students will learn a variety of tap styles. Exercises focus on building flexibility of the knee and ankles, coordination, and speed of movement.