DANCE CLASS DESCRIPTIONS

Creative Dance
Creative Dance focuses on the joy of movement and creative spirit of young children, who learn to explore the fundamental elements of dance (body, space, time, dynamics, etc) along with some formal dance technique and creative movement imagery.

Ballet
Ballet is a classical form of dance that emphasizes grace, technique, and aesthetic beauty. Because of it's strong emphasis in technique, ballet is often considered the foundation of all other forms of dance.

Pointe
Pointe is the most advanced form of classical ballet, utilizing classical ballet technique to dance on the tips of the toes with pointe shoes. Because of the heavy technical and physical demands of pointe work, teacher permission is required to perform the advanced form of ballet, for safety and comfort reasons.

Pre-Pointe
Pre-Pointe is a preparatory class for Pointe work. Pointe requires ankle stability, core strength, and flexibility; Pre-Pointe is designed to prepare the serious Ballet student for the demands of Pointe. Strengthening exercises, advanced technique, and stretching are the focuses of the class.

Tap
Tap is a unique form of dance that focuses on the various sounds, rhythms, and beats a dancer can create with tap shoes.

Jazz
Jazz dance is traditionally done to different styles of jazz or popular music and interprets moves and steps in an energetic and fun way.

Modern Dance
Modern Dance teaches basic principles of dance movement which include body placement, coordination, flexibility and strength. Students learn and perform both traditional and contemporary modern dance vocabulary, large locomotor movement patterns through space to increase spatial awareness, stamina and incorporate the use of levels and directions. Students learn fun dance combinations to an eclectic blend of music and rhythms.

Contemporary
Contemporary is a style of expressive dance that combines elements of of different dance genres including modern, jazz and lyrical.

Lyrical
This style of dance implements ballet, modern and jazz techniques to express lyrics of songs.