

## **ACRO**

### **Tiny Ninja Warriors**

The Tiny Ninja class is for children who are 2-4 years old. This 45 minute co-ed class is a great opportunity for children to get some energy out while working on dynamic movements and developing body and spatial awareness. The class will incorporate a series of obstacle courses that will challenge children's coordination, balance, strength, and determination along with basic tumbling (gymnastics) and hip hop dancing.

### **Tiny Tumblers**

This 45 minute class offers young children an introduction to the fundamentals of tumbling that will provide the building blocks necessary for their potential development in dance and overall fitness. By learning the benefits of flexibility, balance, strength, and body control inherent in all aspects of tumbling, your child will be better equipped to safely enjoy and excel in all of his or her future athletic endeavors. Recommended age 3-5.

#### **Level I**

An introduction to the fundamentals of tumbling that will provide the building blocks necessary for their potential development in dance and overall fitness. By learning the benefits of flexibility, balance, strength, and body control inherent in all aspects of tumbling, including cartwheels, front and back rolls, back bends, handstands, and introductions to walkovers and skills to move up to Level II. Recommended for ages 6-9.

#### **Level II**

Required skills for enrollment include backwards roll, standing down to bridge, bridge to standing, bridge kick-over to standing, front limber, one-handed cartwheel, able to walk on feet in bridge, both right and left side cartwheels. Recommended for ages 10-12.

#### **Level III**

Required skills for enrollment include both front and back walkovers, can hold handstand for 10+ seconds unassisted and 40+ seconds on wall/support, able to hold bridge for 40+ seconds, acro Arabian, handstand to chest roll out. Recommended for ages 13-18.

#### **Acro Skills Conditioning and Contortion Level I**

To improve overall strength to help with dance skills such as leaps, jumps and more. Dancers will learn proper stretching techniques, conditioning exercises and incorporate strengthening movements to help build proper muscle strength, flexibility, and coordination needed for acro and dance. In addition basic contortion and more flexibility based acro skills will be introduced such as chin stands, elbow stands, scorpions, and all things bendy. Recommended ages 8-11.

#### **Acro Skills Conditioning and Contortion Level II**

To improve overall strength to help with dance skills such as leaps, jumps and more. Use more intense stretching techniques, conditioning exercises and strengthening movements than Level I. To continue to push and strengthen your dancer as they continue to grow into more advanced contortion movements and skills. Recommended ages 12-18.

## **BALLET**

### **Level I**

For beginner dancers ready to learn the basics of ballet (recommended for ages 7+). Students will build off of the five positions, master plié variations and tendus, among other level-appropriate skills. Dancers will use both barre and centre floor. Dancers will work to master level I curriculum to move on to level II with the instructor's recommendation.

## **Level II**

This class will take the skills learned in level I and build upon them to strengthen the dancer's precision and ability. Students will advance on to more difficult skills and utilize both barre and centre floor work to improve their technique. Dancers must show proficiency and receive recommendations to progress to this level.

## **Level III**

For advanced ballet dancers looking to challenge their previous knowledge and training. Students will learn more difficult combinations and skills, while developing finesse and classic style. Dancers must master all level I and II skills and technique to enroll in this level with the instructor's recommendation.

## **JAZZ**

### **Jazzy Hip Hop**

Beginner class to introduce basic jazz skills like jazz walk, chaine turns, single pirouettes, jetes and kicks. While incorporating basic hip hop skills to build dancers' style and confidence while working on musicality and the ability to pick up choreography and connect steps and skills together with fun, upbeat music. Recommended for ages 7-9.

### **Level I**

Introduction of basic skills like jazz walk, chaine turns, single pirouettes, jetes and kicks. Builds dancers' style and confidence while working on musicality and the ability to pick up choreography and connect steps and skills together with fun, upbeat music. Recommended for ages 7-9.

### **Level II**

This intermediate level is for dancers who have learned the basic technical skills already, and wish to perfect those as well as work on new progressions. Dancers will learn the proper technique for more difficult skills, such as calypsos, center leaps, double pirouettes, may begin working on turns in second and skill progressions across the floor. Students should master level I skills to progress to level II. Recommended for ages 10-12.

### **Level III**

For advanced dancers with previous technical training. This class will build off of prior knowledge and ability to develop precision and accuracy in technical skills. Students will work on proper alignment, strength, flexibility, understanding of body awareness and mobility to help improve their execution of leaps, turns, jumps and other dance skills/tricks. Class will incorporate drills, exercises, across the floor combinations, floor work and more to really train and develop further in technical skills and ability. Recommended for ages 13-18.

## **HIP HOP**

### **Level I/II**

Great for beginner/ intermediate level dancers looking for a fun, upbeat class. Hip hop dancing is very dynamic and helps the dancers improve flexibility, develop body balance, and coordination. Recommend for ages 8-11.

### **Level II**

Great for intermediate level dancers looking for a fun, upbeat class. The dancing represents body movements that go with the beat and rhythm of hip hop music. Incorporates more intricate choreography and movement with faster-paced routines and music. Recommend for ages 10-12.

### **Level II/III**

Great for intermediate but not quite advanced dancers. Incorporates more intricate choreography and movement with faster-paced routines and music. Recommended age 12-18.

### **Level III**

This class blends the foundations of hip hop dance (popping, locking, etc.) with commercial style and dynamics of movement to create challenging choreography that encompasses how the style has evolved. This class moves at a faster pace than Levels I and II, so mastery of basic hip hop skills is required and ability to learn choreography quickly. Recommended for ages 13-18.

### **Hip Hop Floor Tricks and Breakin'**

This is an acro and hip hop class specifically designed to work on tricks and basic skills used in hip hop dances. Such as K kicks, headstands, kip ups, popping, locking, and basic break dancing. Recommended age 10-14 with previous acro experience.

### **Hip Hop Grooves for Kids and Adults**

Hip hop encompasses a wide range of street styles including breaking, locking and popping. This class for young beginners to intermediate specifically focuses on developing rhythm and coordination while encouraging individual style. Provides a variety of old and new urban, street and pop dance styles.

## **CONTEMPORARY**

### **Level II**

Contemporary combines ballet and modern techniques with musical and emotional expression with a strong focus on modern techniques. Introduction to the use of breath with movement and concepts such as using contractions and suspensions in choreography. Students will work on the ability to pick up stylized choreography and movements at a slower pace than Level III. Recommended for dancers ages 10-12 with previous ballet experience.

### **Level III**

Contemporary combines ballet and modern techniques with musical and emotional expression with a strong focus on modern techniques (contractions and release, off-center balances and suspension) as well as musicality and self-expression. Students will work on the ability to pick up stylized choreography and movements quickly. Recommended for dancers age 13-18 with previous ballet experience.

## **TAP**

### **Level I**

This class is designed for those with little to no experience with tap dance. The core of the class will focus on the development of basic technical skills (shuffles, paradiddles, flaps, pickups, cramp-rolls, etc.), as well as the ear, or ability to understand music. Recommended ages 8-11.

### **Level II**

This course will be fast-paced and exciting. It is designed for those with prior experience in tap, and will focus on further developing both technical skills and the ear. Recommended ages 12-18.

## **AERIAL**

### **Hoop (Lyra)**

This is a beginner class, no experience necessary. This class uses a lyra, also known as an aerial hoop, to help you develop a new set of skills and strengths. This class is designed for the lyra novice student who wants to learn proper form, great technique, various mounts, and different shapes.

\*Please wear leggings or tights, tight fitting top, and socks are optional.

### **Silks**

Aerial silks, also known as aerial tissue, is a fabric that separates into two pieces and suspends from a point on the ceiling....As a beginner aerialist, your goal is to develop your "aerial muscles"! You will be introduced to basic hangs, knots, climbs, and a variety of skills and poses. The focus is on tapping into your upper body, core, and grip strength.