

2023-2024 Dance & Gymnastics Program

Course Descriptions

Ages listed for levels are approximate & up to teacher's assessment

KINDERDANCE (Age 4 by October 1st)

Fun introduction to Dance

COMBO BALLET/TAP (Ages 4 & 5)

Introduces and incorporates the styles of both Ballet AND Tap

****Ballet AND Tap shoes required****

PRE-BALLET (Ages 5 & 6)

Introduction to Ballet

BALLET 1P (Ages 6 & 7)

First year sequence after Pre-Ballet

BALLET (Ages 7 & up)

Classical training

II – 7 years old III – 8 years old

IV – 9 years old V – 10 years old

Intermediate – 11+ years old

Advanced – AUDITION ONLY

TAP FOR TEENS

Introduction to Tap for pre-teen & teenage BEGINNERS

TAP (Ages 6 & up)

Classical Tap dance training

I – 6 years old II – 7 years old

III – 8 years old IV – 9 years old

V – 10 years old

Intermediate – 11+ years old

Advanced – AUDITION ONLY

PRE-JAZZ (Ages 7-9)

Introduction to Jazz

JAZZ (Ages 9 & up)

Exciting, high-energy routines

I – 9 years old II – 10 years old

III – 11 years old IV – 12 years old

V – 13 years old

Intermediate – 14+ years old

Advanced – AUDITION ONLY

LYRICAL

Movement & emotions inspired through song lyrics

****MUST be registered in Ballet V or higher, OR Jazz IV or higher****

MODERN (Ages 7 & up)

Flowy, expressive movement

I – 7 years old II – 8 years old

III – 9 years old IV – 10 years old

V – 11 years old

Intermediate – 12+ years old

Advanced – AUDITION ONLY

PRE-HIP HOP – Ages 5 & 6

JUNIOR HIP HOP – Ages 7-9

TEEN HIP HOP – Ages 10-13

INTERMEDIATE HIP HOP – Ages 13-15

****MUST be registered in a JAZZ class**

ADVANCED HIP HOP – Ages 15+

****MUST be registered in a JAZZ class**

PRE-GYMNASTICS (Ages 5 & 6)

Exercises and routines on mats & Gymnastics equipment

GYMNASTICS (Ages 7 & up)

Exercises and routines on mats & Gymnastics equipment

ACROBATICS (Ages 6 & up)

Exercises and routines on mats only
– NO Gymnastics equipment involved

THE FOLLOWING CLASSES ARE BY AUDITION ONLY:

***POINTE: must be registered in Ballet Int/Adv.**

There is no extra fee for Pointe.

***KICKLINE: must be registered in Jazz Int/Adv.**

There is no extra fee for Kickline.

***ALL ADVANCED CLASSES** except for Adv Acro

For more information, including inquiries about student teaching, please email Deanna Sichel, Program Director:
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