

# 2024-2025 Dance & Gymnastics Program

## Course Descriptions

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

### **KINDERDANCE** (Age 4 by October 1<sup>st</sup>)

Fun introduction to Dance

### **COMBO BALLET/TAP** (Ages 4 & 5)

Introduces and incorporates the styles of both Ballet & Tap - **Ballet AND Tap shoes required**

### **PRE-BALLET** (Ages 5 & 6)

Introduction to Ballet

### **BALLET I** (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 – 9-11 years old*

### **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*

### **JAZZ VARIATIONS**

Exciting, high-energy routines of various levels

**\*\*AUDITION ONLY, and MUST be registered in Jazz V or higher**

### **JUNIOR KICKLINE** – Ages 10+

**\*\*No extra fee for this class, but MUST be registered in Tap IV or higher, OR Jazz III or higher**

### **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 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.

**\*JAZZ VARIATIONS:** must be registered in Jazz V or higher. There is no extra fee for Jazz Variations.

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