

2025-2026 Dance & Gymnastics Program Course Descriptions

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

KINDERDANCE (Ages 4-6)

Fun introduction to Dance

***Must be age 4 by October 1st*

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 (Ages 6 & up)

I – 6 years old II – 7 years old III – 8 years old

IV – 9 years old V – 10 years old

Junior Intermediate – Ages 11+

Intermediate – Ages 12+

Advanced – AUDITION ONLY

POINTE (*AUDITION ONLY*)

Classical Ballet training, balancing on the tips of the toes

***No extra fee for this class, but MUST be at least 12 years old, and registered in a Ballet class*

POINTE PREPARATIONS

***MUST be enrolled in a Ballet class*

A **free, non-recital class** available to students ages 10 and up, who are interested in learning about the Pointe audition process and skills needed. **This class is also for returning students already enrolled in Pointe, who would like extra practice time and education**

TAP FOR TEENS

For pre-teen & teenage beginners, as well as returning Tap dancers over the age of 12

TAP (Ages 6 & up)

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 – Ages 14+

Advanced – AUDITION ONLY

LYRICAL

Movement & emotions inspired through song lyrics

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

KICKLINE – Ages 14+ (*AUDITION ONLY*)

Upbeat routines with synchronized kicking

***No extra fee for this class, but MUST be registered in Intermediate or Advanced Jazz (or teacher placement)*

JUNIOR KICKLINE – Ages 10+

***No extra fee for this class, but MUST be registered in Jazz IV or higher (or teacher placement)*

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 – Ages 12+

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+ (or teacher placement)

***MUST be registered in a JAZZ class*

ADVANCED HIP HOP

Ages 14+ (or teacher placement)

***AUDITION ONLY, and no extra fee for this class, but MUST be registered in a JAZZ class*

GYMNASTICS (Ages 5 & up)

Routines & exercises on Gymnastics equipment & mats

***Pre-Gymnastics is for ages 5 & 6*

***Gymnastics is for ages 7+*

ACROBATICS (Ages 6 & up)

NO Gymnastics equipment involved - tricks, stunts, and dance routines on mats only

Acro Foundations – *Ages 6-8*

Rising Acro – *Ages 9+*

Advanced Acro – *Teacher placement only*

Elite Acro – *Audition only*