

Class Descriptions

Pre-School	Ballet	Combo	Combo
18 months/3 years		<p>Song&Dance Mommy&Me: 18months -3 years Parents learn alongside their little one, singing and dancing together. Dancers will grow and progress through song, music and movement, and be ready for the next stage of dance classes In no time. Mommy&Me classes: a ratio of 1 parent to 1 dancer ONLY.</p>	
3-4 years	<p>Tiny Tots Ballet: 3/4 years "Good toes, naughty toes", "Plies", "Princess walks", "Butterflies", "Jumping bunnies", Leaping horses".....it's all so exciting! Little dancers can learn so much, including musicality, good posture, and vital social skills before school.</p>	<p>Ballet/Tap: 3/4 years It's amazing the progress your little one will make by taking this beginner class. Dancers learn the ballet basics, explore what their body can do while enjoy the music and having fun. Then we put our tap shoes on and learn the kinds of rhythms and sounds our feet can make. Tap shoes and Ballet shoes are required to participate.</p>	<p>Musical Tots: 3/4 years This class gives those little balls of energy chance to make some real sounds with their feet and voices! A combination class of Ballet, Tap and Song&Dance means the list of learning possibly is endless! Tap shoes and Ballet shoes are required to participate.</p>

Elementary Age	Ballet	Jazz	Tap	Lyrical	Musical Theater/Hip Hop	Acro Dance
4-5 years	<p>Pre-Ballet: 4/5 years Learn essential ballet basics combined with the magic of stories and role-play, the enchanted world of ballet will come to life. Traditional ballet technique will be learned in conjunction with having fun.</p>	<p>Pre- Jazz: 4/5 years Learn basic essential jazz movements combined with fun upbeat music! Foundation jazz techniques while providing a great energetic full body work-out, along with stretches and other important skills!</p>	<p>Pre- Tap: 4/5 years Gain the fundamental basics of tap, while learning about the foundations of music...rhythm! Turn those little feet into big sounds, and play your instrument with style!</p>			
6-7 years	<p>Junior Ballet: 6/7 years Build on the ballet basics as you start to control your body's movement. Work on extension and strength as well as start to learn the correct way to more technical steps like pirouettes and jumps. Ballet is beautiful and fun but at the same time requires discipline and strength.</p>	<p>Junior Jazz: 6/7 years We always start Jazz with a full body warm-up, isolations and co-ordination steps. Then stretch time! Progression steps, turns, leaps... across the floor. Your body has a great work-out, you feel full of energy not to mention danced along to your favorite tunes!</p>	<p>Junior Tap: 6/7 years Tap with confidence, build on basic tap steps to create more sounds and keep those feet learning new rhythms. Learn and understand important music theory on top of becoming a great tap dancer.</p>	<p>Junior Lyrical: 6/7 years This beginner Lyrical class will introduce the main aspects of lyrical, in a way our younger dancers can understand. Fun with free movement, improvisation, and learning how to dance from your heart.</p>	<p>Musical Theater: 6-8 years Do you love singing, dancing and acting? This class will begin with a dance and voice warm up and then explore all styles of Musical Theater. From family favorites to your very own improvisational skits - you will do it all.</p>	<p>Acro/Dance Level 1: 6-8 years "Tumbling Tots" Acrobatics for beginners. Will learn forward rolls, cartwheels, etc. Dancers will also work on flexibility and body strength.</p>
8-10 years	<p>Foundation Intermediate Ballet: 8-10 years This class is a step between Junior Ballet and Intermediate Ballet. It reinforces and expands on the fundamentals to prepare the dancers for a more intensive ballet class that intermediate level offers.</p>	<p>Foundation Intermediate Jazz: 8-10 years A stepping stone between Junior and Intermediate classes, this class will strengthen the fundamentals of jazz while adding in new steps to prepare them for the Intermediate level.</p>	<p>Foundation Inter Tap: 8-10 years Continuing to learn new steps, as you progress to the more advanced Intermediate level, as well as get more control and speed with the steps you know. Always having fun and getting into the music's rhythm.</p>	<p>Foundation Inter Lyrical: 8-11 years This Lyrical class will teach you how to let go of your body and be free, but at the same time keep control and technique. Pour your heart out and fill your dance with emotion.</p>	<p>Hip Hoppers: 8-11 years "Hip Hoppers" Straight from the west coast, hip hop is a fun and energetic way to keep your energy flowing while getting your "groove on" to upbeat songs. Dance Works Black Sneakers are required for this class.</p>	<p>Acro/Dance Level 2: 8-12 years "Intro to Acrobatics" Dancers must have Front Limber and Back Bend from standing. Will work on flexibility and strength, work up to Walkovers, Aerials etc.</p>

Class Descriptions

Middle/High School Age	Ballet	Jazz	Tap	Musical Theater
11-18 years	<p>Intermediate Ballet: 11+ years Each week we will complete a full ballet class, with barre technique and center work that will exercise both our bodies and minds. Plies, adage, pirouettes, petite allegros, grand allegros and much more.</p>	<p>Intermediate Jazz: 11+ years This class works on leading dancers towards switch leaps, turns, and progressions. Class will leave you full of energy after learning combinations and choreography, giving you a great workout for your whole body!</p>	<p>Intermediate Tap: 11+years This tap class will have a complete warm up and work on many levels of complex tapping, rhythm and choreography. Time step, riffs, paddling, not to forget improvisation, great to advance in all aspects of dance.</p>	<p>Musical Theater: 9-12years This class will be everything you need to prepare you for life on Broadway! From building your resume, to preparing audition songs and monologues while fine tuning your acting, singing, and dancing skills!</p>
	Lyrical	Hip Hop	Acro/Dance	
	<p>Intermediate Lyrical: 11+ years Dance your heart out to inspirational music, go crazy with new steps and tricks! The Lyrical class is for engaged dancers, with strong basic ballet training. This class will improve your flexibility, turns, leaps, and at the same time solidify your love of dance.</p>	<p>Hip Hop Jump: 12-18 years "Hip Hop Jump" is an advanced Hip Hop class, for a mature dancers who is ready for energetic class, and ready learn new steps and tricks. Dance Works Black Sneakers are required for this class.</p>	<p>Acro/Dance Level 3: 8-18 years "Advanced Level Acrobatics" Dancers must have Front or Back Walkover and Aerial. Dancers will strengthen bodies, work on flexibility and advanced acrobatics. Dancers must be approved to be in the class.</p>	

High School Age	Ballet	Jazz	Tap	Lyrical
13-18 years	<p>Advanced Ballet**: 13+ years This class is by invitation only. This class is for devoted disciplined dancers only. Advanced Ballet is a traditional 1 ½ hour ballet class with complete barre work and challenging center work. Pointe or Pre-Pointe follows.</p>	<p>Advanced Jazz**: 13+ years Strong and complex warm ups followed by floor combinations and tasking choreography. This class is upbeat, high tempo and a great work out for the body and brain. At least 2 years of dance experience needed for this class.</p>	<p>Advanced Tap**: 12+ years This class starts with a strong warm up followed by many levels of complex tapping, rhythm, exercises, and choreography. Advancing all known tap steps to a different level by playing with rhythm and syncopation.</p>	<p>Advanced Lyrical**: 13+ years The strong technique and training provided by this class will push you to recreate your dancing with strong emotional commitment and expression. Make your body flow from step to step while pushing the limits of your balance comfort zone.</p>
<p>** Advanced Level Classes – Ballet Class is a requirement to take any advanced level class.</p>	Hip Hop	Acro/Dance	Contemporary	Specialty
	<p>Hip Hop Jump: 12-18 years "Hip Hop Jump" is an advanced Hip Hop class, for mature dancers who are ready for energetic class, and ready learn new steps and tricks. Clean Sneakers are required for this class.</p>	<p>Acro/Dance Level 3: 8-12 years "Advanced Level Acrobatics" Dancers must have Front or Back Walkover and Aerial. Dancers will strengthen bodies, work on flexibility and advanced acrobatics. Dancers must be approved to be in the class.</p>	<p>Contemporary**: 12+ years This class incorporates strong ballet technique with modern and jazz to create an expressive form of dance that strengthens your inspiration. Dancers MUST take a ballet class to allow them to take contemporary.</p>	<p>Pointe**: 12+ years No dancer at Dance Works will go en Pointe prematurely. Every individual case is evaluated by Miss Emma and each dancer will go en Pointe with the strength and ability that is required.</p>

Class Descriptions

Adult Age	Ballet	Fusion (Jazz, Lyrical, Ballet, Stretching)	Tap
18+ years	<p>Adult Ballet Barre Fitness: 18+ years Taking traditional ballet barre and adding a twist to incorporate a fun and different style workout while strengthening, stretching, and creating long lean muscles! This class will also encourage you to take your passion for dance into the center and feel free as you glide across the studio.</p>	<p>Adult Dance Fusion: 16+ years If you have danced before or you are a total beginner and would like to learn grace, good posture and co-ordination or just enjoy dancing for fitness and pleasure - this is the class for you. Each class will be slightly different to incorporate many aspects of dance; ballet, jazz, lyrical, contemporary.... celebrating creative movement and freedom of dance.</p>	<p>Adult Tap: 18+ years (Daytime & Evening) Want to glide through the air like Fred Astaire & Ginger Rogers, and get a work out at the same time? Tap dancing builds rhythm, balance, posture and grace while having fun and singing with your feet.</p>

Specialty Classes			
	<p>HomeSchool Program: for all ages (HS - Pre-Ballet, Jr. Ballet, Foundation Intermediate Ballet & Intermediate Ballet Classes) Convenient day time ballet classes, for our Homeschool families. Your dancers will still receive the traditional Ballet training, along with their friends during the day. Work the Ballet class into your weekly schooling schedule, to enhance their learning at home, as well as enjoying the many benefits of Ballet training. A better time to dance for everyone!</p>	<p>Progressive Ballet: (Invitational Only) Miss Emma knows it is important to nurture natural dancing talent in the right way. Teaching the correct skills and technique, is always required to develop the precise muscles for the right movements. Ballet is a lot about muscle memory, repeating the exercises correctly enables the muscles to grow and strengthen in the correct way. This can, of course, be achieved more effectively by having more weekly classes in the dance studio. This scheduled class will be created accordingly.</p>	<p>Plus: (Invitational Only) Dancers who have been invited to a "Plus" level class will experience a slightly stricter, more focused environment. These are dancers who have been dancing for a number of year and are showing more focus with technique and dedication to dance. Dancers MUST take Ballet to be permitted in any "Plus" class. If your dancer is a more recreational dancer, only just started dancing – these classes are not for them.</p>
	<p>Pop-up Classes: these fun drop-in classes will be held on the 2nd Friday of the month. A variety of classes offered from month to month for all ages, new and experienced dancers!! Find out what is happening on the next Pop-up Friday in our newsletter!</p>	<p>Pre-Pointe: 10-16 years (Invitational Only) Pre-Pointe is by invitation only. To take this class you must be either taking the Intermediate Ballet or Advanced Ballet class. This class is in preparation for Pointe Work and will be scheduled accordingly.</p>	<p>Pointe**: 12+ years No dancer at Dance Works will go en Pointe prematurely. Every individual case is evaluated by Miss Emma and each dancer will go en Pointe with the strength and ability that is required.</p>

