

CLASS DESCRIPTIONS

DANCE

COMBO Classes:

(Ballet, Tap, Jazz, and Hip Hop) Introduction class within the basic art form of dance utilizing games and songs to teach movement in a fun and exciting way.

Classic Ballet I, II, III, & IV:

Classed offered in basic, beginner, intermediate and advanced levels. This class is for students interested in developing the fundamental framework of ballet. Ballet is generally performed to classical music and most of the classics tell a story. Ballet is the foundation of practically every other form of performance dance. All dancers benefit from studying ballet for the poise, grace, balance, control and discipline.

Jazz I, II, III & Musical Theater:

Jazz dance is a fusion of styles such as ballet, modern, and free style. Jazz dancers should be dramatic, strong, supple, disciplined, quick and versatile with energy and vitality. The feeling of freedom in movement is inherent in Jazz dance. Facial expression, strong head and/or eye focus, artistic use of isolation in movements are dominant features that create the style. Musical Theater is a Broadway and theatre style jazz class that incorporates dance, drama and singing/lip singing.

Hip Hop:

Classed offered in beginner, intermediate and advanced levels. This class consists of incorporating all of the fundamental elements of hip-hop. Within this style we include isolations, locking, waving, breaking, gliding, popping, and combinations of the rhythmic movements felt in hip hop.

Modern:

Classed offered in beginner, intermediate and advanced levels. This class includes a series of warm up, standing, and traveling exercised based on the principals of the classic modern dance techniques. An in-depth study of the principals and various modern techniques increase range of motion, core strength, endurance, agility, coordination, rhythm and the awareness of the body in space.

Tap I & II & III & IV:

Classed offered in beginner, intermediate and advanced levels. Tap dance is composed of rhythmical sounds made by movements of the feet. It originated from African culture (deprived of using their drums, they used their feet to beat out rhythms). Tap dancing is beneficial in developing rhythm, timing and phrasing. Ballet, Jazz, Irish and Modern are extremely useful to tap dancers.

DRAMA

Drama/Acting Classes:

An additional Broadway and theatre focused course that mainly focuses on conveying characters and expressing emotion in front of an audience. This class employs various techniques such as practicing improvisation, script learning, monologues, and theatre games to build upon expression and the fundamental principles of acting.

MUSIC

Music:

We are currently offering private and group piano lessons! Lessons includes learning music theory, reading music, and technique.

FITNESS AND SPECIALTY

African:

Classed offered in beginner, intermediate and advanced levels. A form of dance bringing together body, mind and spirit in an energetic union of music and dance and oral tradition of the people of West Africa.

Liturgical:

A style of dance used as an expression of worship. This class is designed to build skillful dancers who function within dance ministries or anyone who desires to dance for God with their spirit at the forefront.

Yoga:

An ancient art based on a harmonizing system of development for the body, mind, and spirit. The term “yoga” comes from the Sanskrit word meaning “union”. Yoga combines physical exercises, mental meditation and breathing techniques to strengthen the muscles and relieve stress. The practice of yoga makes the body strong and flexible, it also improves the functioning of the respiratory, circulatory, digestive and hormonal systems.

Zumba:

A fun feeling dance workout that combines a motivating fusion of Latin and international music with unique moves and dynamic elements of fitness to complete cardio, muscle conditioning, balance and flexibility. Adult Zumba Fitness and Zumba Gold (65+ years) offered.