

Programs

Classes currently offered

Ballet

Beginner Ballet: A ballet class for younger children focusing on musical awareness, development of locomotor skills, basic ballet positions and development of special awareness.

Ballet One and Two: Beginning studies of classical ballet. The focus now is on body placement, strength and flexibility.

Hip Hop Dance

Students will learn the most up to date funky dance moves. Jazz technique is still incorporated into this class to give the dancers a solid background. This class is great for all students who just really want to move and groove.

Classes are appropriate for all experience and fitness levels.

Pointe

Students are invited to take pointe when their strength and technical achievement reaches a level where the additional challenge would benefit their classical ballet training. Pointe is for serious students who are willing to practice daily, and enjoys that special effort that makes pointe a very exciting dance form.

Lyrical

This style of dance combines ballet, jazz and modern movements. The students learn expressive dance. This is a class where students can learn the same quality of movement that would come from a ballet class, but allows them to become more expressive to the audience. Lyrical will make the dancers stronger technically and helps to improve their performance quality.

Tap

Learning the intricacy of rhythm and the executing of tap sounds. Tap uses the feet as though they are a percussive instrument. As students develop into a higher level we start to introduce rhythmic tap.

Modern also called "free dance"

A style of theatrical dancing that is not as restricted as classical ballet; movements are expressive feelings that features an individual's movement language.

Ballroom

A ballroom dance is a couple dance, not a solo dance. A formal kind of social dancing, in which couples dance to music with a strict rhythm. One thing that can be said of ballroom dance is that no one can really agree on a specific definition. Yes, there are those who try to confine it to several specific steps and patterns, but for the true ballroom connoisseur, the beauty of ballroom lies in its constant change and development. The Waltz, Fox Trot, Tango and Two-Step are some of the dances you'll learn from us.

Fitness Classes

Balance Fitness by Becca Cleary

BA Certified Fitness Instructor and Reiki Master. Choose from Step, Toning, Jazzercise, Yoga, Stability Ball and more!

Every Class is appropriate for all experience and fitness levels. Enroll in a class at the same time your child is dancing!

Salsa

Salsa is danced by stepping on 3 consecutive beats of music and then pausing for 1 beat, then repeating. The step timing can be thought of as step, step, step, pause; step, step, step, pause. Dance teachers count the step timing as quick, quick, slow; quick, quick, slow. Each quick consumes one beat of music, each slow consumes two beats of music. Depending on how you hear and feel the music, you may start the dance on any beat of the measure you wish. Most beginners start the dance on the first beat of the measure. It is a mix of many Latin and Afro-Caribbean dances, but it most closely resembles Mambo. Both Salsa and Mambo are danced six steps over eight counts of music. In Salsa turning is emphasized. Some call Salsa the "Street Mambo."

Scottish Highland by Lezlie Webster

Nowadays, Highland dancing, which can be seen at nearly every modern day Highland games event, is a highly competitive and technical dance form which requires many hours of practice and training over a period of several years to perfect. In terms of its technical requirements and the training required for its performance, Highland dancing has much in common with ballet. In Highland dancing, in contrast to, say, ballroom dancing, the dancers dance on the balls of the feet. In many ways, Highland dancing evolved from solo step dancing but while some forms of step dancing are purely percussive in nature, Highland dancing involves not only a combination of steps but also some integral upper body, arm, and hand movements.