

Looking for a class that's not on the schedule?

Invite your friends and we can start a new class with as few as 5 students! Our classes are based on age range, as well as ability. Please call the Front Desk today for class recommendations and to schedule your FREE trial class!

Class Descriptions

COMBO (Ages 2-5yrs+) At this age, dance should be all about FUN! Our 45 minute, wildly interactive class introduces the basics of Tumbling, Ballet, and Tap. Your child will learn terminology and basic dance technique while developing coordination, building confidence, and promoting self-esteem. This class also teaches social skills and how to participate in a classroom environment.

PRE-BALLET (Ages 5yrs+) At this age, your child is ready to develop more deeply into traditional ballet technique. This hour-long class will help your dancer develop strength, balance, coordination, flexibility, and proper alignment through barre and center floor exercises, all while practicing decorum. We recommend this class as a starting point to all dancers new to Ballet technique. Many senior dancers will also take this class as a useful technique refresher.

BALLET (Levels 1-5 & Pointe) Dancers will progress through our curriculum-based program based on ability level. Our classes will explore classical ballet technique through barre and center floor exercises and progressions. After being recognized for accomplishments in technique as well as terminology-based achievements, the student will be promoted to the next level.

JAZZ (Levels 1-4) Dancers will progress through our curriculum-based program based on ability level. Our classes will explore classical jazz technique through strength building, flexibility, floor progressions, and combinations. After being recognized for accomplishments in technique as well as terminology-based achievements, the student will be promoted to the next level.

CONTEMPORARY (Ages 5+) Dancers will explore lyrical as well as more percussive styles of contemporary technique through strength building, flexibility, floor progressions, and combinations. An understanding of Ballet technique is a prerequisite in order to get the most out of this class. Dancers will learn to be expressive through movement and will also be encouraged to develop their own sense of personal style.

TAP (Levels 1-4) Dancers will progress through our curriculum-based program based on ability level. Dancers will explore Rhythmic as well as Broadway styles of Tap technique, and will gain an understanding of musicality which carries over and is beneficial to every style of dance.

Junior HIP HOP (Ages 4-8) This introductory level hip hop class works on musicality, coordination, strength, flexibility, and classroom etiquette through various games and activities designed to keep your young dancer engaged and entertained by having FUN!

BELLYDANCE (Ages 5+) Dancers will explore the tradition of Egyptian Cabaret style belly dancing, learning how to shimmy, shake, and execute isolations all while partaking in a fun, performance-driven environment. Self-expression will be encouraged through improvisation exercises.

All students will have a minimum of **3 Performance Opportunities per Year!** We perform at local shows, senior centers, the OC fair, at our Summer Recital, and Annual Holiday Show featuring full-length Winter Nutcracker, and many more. We see more CONFIDENCE in all our dancers after each successful show!