



## **Classes**

**Not everyone is born to be a professional dancer, collegiate gymnast or NCA cheerleader, but training in these various disciplines can benefit all.**

**It establishes body awareness, coordination, strength, flexibility, endurance, agility and overall physical development.**

**In the same token a child grows mentally strong through discipline, self-esteem, social participation, cooperation and leadership skills. Our goal is to offer a quality education to each and every student and to guide him or her to be the best that they can be.**

**When choosing a class it may be a bit bewildering as to which type is best for you or your child. Please browse through a brief outline of the variety of disciplines offered.**

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### **BALLET:**

A classical art of dance which provides the basics for correct body placement and alignment as it develops grace, elegance, poise, muscle toning, technique, discipline, flexibility, stamina and endurance. This is the true "backbone" of all dance training.

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### **CECCHETTI METHOD:**

This is an Italian graded classical ballet system dedicated to maintaining the high standards and methods of ballet training established by Cav. Enrico Cecchetti. His teachings are in sequential grades that are carefully measured as to degree of difficulty and physical development and provides a system of accredited examinations to test the student's proficiency within these grades. Examiners from the National Cecchetti office are sent to our studio to test our students periodically. Age eight is the earliest that testing may begin.

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### **POINTE:**

This is Classical ballet performed in the hard shoe known as a pointe shoe. The general rule of thumb before the student can take pointe is that the student has had previous ballet training and has developed a proper turn out and good body placement, has sufficient strength in feet, legs, spine and abdomen for good support, has successfully passed her or his second Cecchetti exam and is at least 11 years old..

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### **TAP:**

This art form of dance creates rhythmic sounds with the feet. It develops a wonderful sense of timing and rhythm and emphasizes leg/foot coordination. Many styles are presented varying from classic soft shoes to the shuffle style of the Irish step dancers and the rhythmic patterns of the hoofers.

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### **JAZZ:**

This is a rhythmic stylized form of movement conceived in America and inspired by all kinds of music and cultures. It is the blending of characteristics from African lineage based dance, the elegance of European style, the impact of musical trends past and present, and the current social and cultural influences, all making up the energy of jazz. Many different styles are explored such as, lyrical, classical, Latin, musical theater and hip hop just to name a few.

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### **HIP HOP:**

A break off of African dance that has a very loose grounded style. It has a strong rhythm base with many controlled isolated movements. Much of this style is seen on MTV videos.

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### **KINDERDANCE:**

A combination of ballet and tap basics broken down for the tiny tots: ages 3 to 5. There is focus on basic listening and directional skills, motor movement, mental and physical development and rhythm awareness. These skills are being presented in a fun learning atmosphere where creative movement and kinesthetic development are woven together.

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### **GYMNASTICS:**

This is a program that includes floor exercise (basic tumbling such as forward rolls, cartwheels etc.), balance beam, uneven bars, vault and mini tramp in the class structure. It develops motor skills, flexibility, strength, agility, endurance and coordination as the specific skills are carefully developed with correct progressions and important skill breakdowns. Each student is individually charted to insure proper sequence in learning, developing the right technical execution and provide a safe progression of skills.

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### **TUMBLING:**

This is a concentrated study of strictly floor exercise tricks and the development of tumbling skills. These classes are all held on the spring floor.

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### **KINDERGISE:**

A combination of basic motor skills with music and creative expression and a complete introduction gymnastics program for the tiny tots: ages 3 to 5. Individual charting begins at this early development stage to ensure proper progression and safety.

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### **MOMMY & ME:**

This is a concentrated study of strictly floor exercise tricks and the development of tumbling skills. These classes are all held on the spring floor.

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### **PILATES:**

This method of body conditioning is a unique system of stretching and strengthening exercises developed over ninety years ago by Joseph H. Pilates. It strengthens and tones muscles, improves posture, provides flexibility and balance, unites body and mind and creates a more streamlined shape. There are mat classes and private instruction offered on the reformer. These classes will not begin until October.

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**For more information about our classes, registration deadlines and fees, please contact us.**