

## 2018-2019 CLASSES OFFERED:

Intro to Ballet ~ ages 3+

Ballet ~ ages 4+

Mini Tap ~ ages 3+

Tap ~ ages 5+

Mini Jazz ~ ages 5+ (must also be enrolled in a ballet class)

Intro to Jazz ~ ages 6+ (must also be enrolled in a ballet class)

Jazz ~ ages 9+

Hip Hop ~ ages 7+

Pom ~ ages 7+

Modern ~ ages 8+

Lyrical ~ ages 8+

Contemporary ~ ages 9+

Musical Theatre Jazz ~ ages 6+

Leaps/Turns/Extensions ~ ages 8+

Pre-Pointe ~ ages 10+ (with Instructor approval). Two ballet classes a week are recommended for at least 1 year for anyone wishing to take pointe at age 12 or above (this is to develop technique and strengthen muscles required for pointe).

Pointe ~ ages 12+ (pointe will only be taught at my discretion and with the consent of a podiatrist/orthopedist, the dancer must take at least two ballet classes per week). The dancer must be physically strong and have a good understanding and presence of ballet technique.

Company\*T ~ ages 7+ (by audition only). Please email for detailed information.

## 8 WEEK CLASS sessions

Adult Barre

Adult Tap

Adult Jazz

Dance with Me ~ ages 2-3

Tumble Time Tots ~ ages 3+

Acro/Tumbling ~ ages 5+ through Teen

Adult Exercise - Yoga