

Class Descriptions



Ballet develops discipline, technique and structure that is essential to all forms of dance as well as proper posture, placement and alignment. Ballet is danced to classical music.



Lyrical combines the technical elements of ballet with emotion. Dancers are taught to express themselves through movement by interpreting the lyrics of a song. Lyrical dances often tell a story through fluid and smooth movement.
 •Dual Enrollment-Ballet



Tap develops a strong sense of rhythm, coordination, and agility using specialized tap shoes to create music.



Musical Theatre is a highly stylized form of dance that uses music, props, movement, comedy and acting to support its form. If you like watching Broadway shows, you will love musical theatre!
 •Dual Enrollment-Jazz



Jazz is stylized dancing that is energetic and FUN. It focuses on developing proper technique, flexibility, leaps, jumps and turns to high energy music.



Contemporary dance is a style of expressive dance that combines modern, jazz, lyrical and ballet. Dancers strive to connect the mind and body through fluid dance movements.
 •Dual Enrollment-Ballet



Hip Hop is a freestyle form of dance that stems from the roots of jazz, but incorporates modern urban movement performed to popular hip hop music.



Pointe is ballet performed on pointe shoes. Dancers must have completed extensive work in ballet and demi-pointe to enroll in this class.
 •Dual Enrollment-Ballet
 •Recommendation by ballet teacher required.



Acro focuses on flexibility, balance, strength, coordination and discipline. Students begin with basic stunts such as bridges and forward rolls and move to more advanced skills such as handstands, cartwheels, front walkovers, aerials and more!
 •Dual Enrollment-Jazz