



CLASS DESCRIPTIONS

Creative Dance (ages 3-5)

A fun and active class where children explore movement, music, rhythm, and dance. Emphasis is placed on developing coordination, muscle strength, flexibility, balance, and body control. Students will be introduced to games, rhythm exercises, and movements set to all kinds of music, including classical. A wonderful class for both boys and girls in which their kinesthetic intelligence will expand by leaps and bounds!

Pre-Ballet (ages 4-6)

A continuation of Creative Movement combined with an introduction to ballet. placed on coordination, rhythms, and the development of confidence. Students also learn basic ballet positions, steps, and vocabulary.

Ballet (ages 6-adult)

Class levels are designed so that students can progress through the ballet curriculum safely with age-appropriate challenges. Each class includes a traditional warm-up at the barre, followed by a center progression through adagio, petite allegro, and grande allegro exercises. Pirouette and other complex turns are introduced in intermediate and advanced levels. Emphasis is placed on working safely within the ballet vernacular, knowledge and application of proper vocabulary and terminology, efficient and correct placement and body alignment, musicality, and artistic expression.

Pointe (with experience)

Instructor approval is required for this class to ensure safety. Pointe class is designed for students with previous ballet training. Students will utilize previously learned ballet technique while building strength for pointework in pointe shoes. Each class includes barre exercises, center floor work and across the floor combinations. These exercises focus on strengthening the feet and ankles to support dancer progress *en pointe*.

Jazz/Hip Hop (ages 5-teen)

Students will be taught basic jazz technique, skills and steps, plus body isolations, combinations, and turns. Hip Hop incorporates looser and less structured steps than jazz, but is a great class for anyone with a passion to move. Basic steps and moves to this popular dance form are taught to popular music.

Lyrical (Ballet ¾ or higher)

Lyrical dance is a form focused on personal expression and fluid, abstract storytelling. Students will explore self-awareness, weight sharing, and conditioning through a combination of Ballet, Jazz, and Modern dance techniques. They will learn emotive communication and performance skills in a safe, team-building atmosphere supporting healthy movement and artistic practices. This class is designed for students ages 9 to adult who have previous dance experience.

Pilates (teen-adult)

This class will utilize the movement repertoire of Joseph Pilates. Students will learn and execute mindful exercises aimed at the 10 Principles of Pilates: awareness, balance, breath, concentration, center, control, efficiency, flow, precision, and harmony. This class will work on developing core strength, functional flexibility, and mind-body coordination essential for supporting dance conditioning, athletic development, and everyday functional movement. This class is designed for all ages, no previous experience required. Students are asked to bring their own mats (or an alternative such as a towel); other equipment may be recommended (i.e. Thera-bands, Pilates Rings).

Motion Fever Performance Troupe (various ages)

Being a member of the dance team is an excellent way to gain extra performance experience, as well as further develop technique in a supportive team atmosphere. Various pieces will be learned throughout the year and performed at community events such as the Farmer's Market, Champagne Benefit, Light Up the Night, retirement homes, and other seasonal events. Students must be enrolled in Jazz/Hip Hop 4 and Jazz/Hip Hop 5 to support team progression. The team does not participate in competitions.