



## CLASS DESCRIPTIONS

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- Creative Dance** 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** A continuation of Creative Dance combined with an introduction to ballet. Emphasis is placed on coordination, rhythms, and the development of confidence. Students learn basic ballet positions, steps, and vocabulary.
- Ballet/Jazz Combo** This class is a combination of ballet and jazz exploration at an introductory level. Emphasis is placed on coordination, rhythms, and the development of confidence. Students also learn basic ballet and jazz positions, steps, and vocabulary. It is an excellent class for the dancer who enjoys a mixture of dance genres.
- Ballet** 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.
- Pre-pointe** *Instructor approval is required for this class to ensure safety.* Pre-pointe is designed for students with previous ballet training seeking to one-day progress to dancing *en pointe*. Students will utilize previously learned ballet technique to build strength and stability in preparation for pointe work. Students will learn proper pointe alignment, articulation, weight distribution, balance, toe care, and other pertinent details to support their study. This class is barre-focused.
- Pointe** *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 fwork and across the floor combinations. These exercises focus on strengthening the feet and ankles to support dancer development *en pointe*.
- Jazz/Hip Hop** Students will be taught basic jazz and hip-hop technique, skills and steps, plus body isolations, combinations, leaps and turns. This class would be great for anyone with a passion to move. Class is accompanied by more contemporary, popular music.

**Hip-Hop & Breaking** In this class, we will focus on developing and exploring the multi-faceted realm of Hip Hop dance. We will trace the movement culture from its start in breaking, popping, and locking to its current form of integrated styles and healthy techniques. We will develop proper alignment, coordination, strength, flexibility, endurance, and dynamic balance as well as self-expression through this versatile form.

**Musical Theatre Jazz** (fall semester) Musical Theatre Jazz provides students with an opportunity to explore the styles and themes used in musical theatre. This fun and energetic class is designed to support intermediate students who want to broaden their understanding of jazz through the incorporation of personality and storytelling. Students will be trying on movement used in Broadway productions, and learning about how different styles of dance can support a variety of storylines and characters.

**Lyrical** 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 with previous dance experience.

**Mixed-Ability/ Integrated Dance** This class combines students with all different abilities and every kind of mobility. It is open to all skill levels, and dancers will explore foundational movement concepts such as rhythm, shape, energy, etc. Choreography and movement will celebrate individuality, relationships, and creative expression through movement and play. Studio Lab 212 is wheelchair accessible.

**Pilates** 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).

**Beginning Adult/Teen Ballet** This class will focus on healthy practices in ballet training with sensitivity towards joint impact, while encouraging longevity in dance study. Students will explore proper alignment, improve balance and coordination, and safely condition the body for core strength, flexibility, posture, and endurance through the classical ballet vernacular. This is an excellent class for any dancer seeking to learn ballet technique for the first time, or, wishing to brush up on previously learned skills.

**Beginning Adult/Teen Jazz/Hip Hop** In this class, students focus on honing jazz techniques to explore overall health, proper alignment, and improving coordination, core strength, flexibility, and endurance. We will use a spectrum of traditional to contemporary techniques to explore the diverse and expressive realm of Jazz dance. This is an excellent class for any dancer seeking to learn jazz technique for the first time, or wishing to brush up on previously learned skills.

**Motion Fever Performance Troupe** 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/or Jazz/Hip Hop 5 to support safety in practice and team technical progression. The team does not participate in competitions.