



Class Descriptions

Acting and Improv: Introduce your child to the performing arts! Expand their imagination through movement, puppetry, theatre games and storytelling. Monologues and scene work will also be a part of the curriculum. Each week a different aspect of performing arts will be presented. This class is suitable for beginners and students with prior experience.

Theatre Troupe and Behind the Scenes: Students serious about the art of acting and the various aspects involved should audition for this class. The motivating questions are: What does an actor need to know or to be able to find out in order to create a most vibrant and rich performance? The purpose of this course is to fully explore the sources of dramatic action that reside in the self, in the acting partner, and in the circumstances. Classes give the full experience of acting on stage in plays, monologues, and scenes. These classes teach and stress the confidence of being on stage through public speaking, memorization, set blocking, stage make-up, improvisation, and preparing for auditions.

Argentine Tango: Learn the fundamentals of Argentine Tango, Vals, and Milonga and how to dance it comfortably and socially at the area Milongas. There is special attention to proper follower's technique for the ladies.

Pre Ballet: This class focuses on the basic dance techniques of ballet. This class enhances cognitive and social development and helps prepare students for further dance training. Appropriate for students with little or no ballet training.

Elementary Ballet: Students are introduced to basic ballet fundamentals, including terminology, positions of feet and arms, and body alignments. Students will train at the barre, center, and work across the floor. Emphasis is on staying focused and strengthening technique.

Intermediate Ballet: A more intense class for the serious dancer, this class will focus on barre, center work, and progressions that include basic turns, jumps, and leaps. Students will also learn choreography. Music and exercises become more sophisticated requiring a heightened sense of performance.

Advanced Ballet (Teacher Approval Required): Students work on more complex combinations at the barre, center and across the floor. Students will become stronger and more refined dancers. This level is a combination of study and hard work. Pre-pointe and pointe classes available at teacher's discretion.

Authentic Belly Dance (Teacher Approval Required): This course is for a more serious dancer and focuses on dance technique and choreography. Some areas of focus throughout the course include: Posture, Authentic Belly Dance Movements, Isolations, Shimmies, Undulations, Transitions, and Stage Presence.

Jazz/Contemporary (Teacher Approval Required): Students will focus on learning complex jazz techniques and exploring contemporary dance. This class is meant to advance dancers not only technically but also in regards to expression, movement, and artistic ability.

Elementary Hip Hop: Hip Hop fuses high-energy dance styles. This is an introductory class to help students learn basic hip hop choreography, styles, and rhythms. Students will groove to the beats of the latest pop/hip hop songs as they warm-up and learn an exciting dance routines.

Intermediate Hip Hop: Hip Hop dance refers to various dance styles, including street dance styles, primarily danced to Hip Hop music, which has evolved as a part of the Hip Hop culture beginning in the 1980s. Each lesson begins with approximately a fifteen minute warm-up followed by learning new hip hop dance combinations. Placement is at the teacher's discretion.

Advanced Hip Hop (Teacher Approval Required): This class is for the student that has prior experience and picks up hip hop choreography at a fast pace. This is meant to be a challenge for the more serious hip hop student. Placement is at the teacher's discretion.

Elementary Funky Tap/Hip Hop: This class exposes the students to the pop version of hip hop and the basics of tap (with a funky pop twist).

Intermediate Funky Tap: Meant for students with prior tap training, this class will focus on fast feet movements and more intricate choreography.

Elementary Tap/Jazz: Students will learn the basics in rhythm, coordination, terminology and choreography in jazz & tap.

Intermediate Tap/Jazz: Students will refine their skills while moving beyond the fundamentals in rhythm, coordination, terminology and choreography in jazz & tap.

Dynamic Flow Yoga: Find your inner strength with this great Yoga class. Music has a soulful/upbeat feel, and the atmosphere is inviting and encouraging. A great addition to one's dance classes, workout regimen, or just to de-stress.

Open Breakdance: Learn the fundamentals of footwork and freezes of bboys and bgirls. This class is for beginners and students with experience. Each student will work at his/her own pace.

Zumba Dance: Work out with this fitness dance class that combines Latin moves, a bit of jazz, a touch of hip hop, stretching and strength training. A great workout, there's no other class like it!