

RECITAL Class Descriptions 2025-26



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A b i l i t y B a s e d L e v e l i n g

In past seasons, class schedules and groupings were determined primarily by grade level.

While this helped with organizing classes by age, it didn't always ensure that dancers were placed where they could grow most effectively.

This year, we've shifted to **ability-based leveling** to better serve all of our dancers.

Here's why:

More Personalized Growth:

- Students develop skills at different rates.
- Ability-based leveling allows us to place dancers where they'll be challenged appropriately—without being overwhelmed or held back.

More Effective Instruction:

- Teaching becomes more focused and efficient when students in a class share similar technical foundations and readiness for specific skills.

Stronger Class Cohesion:

- Classes based on ability foster better teamwork, confidence, and camaraderie, as students are working toward similar goals at a similar pace.

Improved Performance Outcomes:

- When dancers are in the right level, their confidence and technical ability tend to grow faster—leading to stronger performances and a more fulfilling season.

Better Preparation for Recitals:

- Especially for advanced tracks, ability-based groups allow us to tailor choreography and training that matches the group's readiness.

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Dance Class Descriptions

BALLET CLASSES

Pre-Ballet
(ages 3/4
& 4/5)

Basic ballet skills, terminology, rhythm, and coordination are taught, practiced, and developed through creative movement, music, and mime in a supportive and supervised environment.

Footwear - Pink Ballet Slippers

Ballet
Ages 5/6

An organized and traditional style of dance. Students will learn all the positions of the feet and arms, as well as other basic skills. Ballet is a technical style of dance that helps students learn control and grace needed to execute technical elements of all dance styles.

Footwear - Pink Ballet Slippers

Ballet
Ages 7-18

Please Check the Class Descriptions for our Sleeping Beauty Production!

Pointe Prep
Ages 9-18

Please Check the Class Descriptions for our Non-Performative Classes!

Pointe
Ages 11-18

Our Pointe classes are designed for our most technically proficient dancers who wish to take their ballet dancing to the next level. Because of the challenging nature of Pointe dancing, students must demonstrate a thorough understanding of proper body alignment and clean ballet technique in order to begin dancing en pointe. Our pointe classes are held separately from the student's ballet class, and the students will work on developing their technique and alignment en pointe while learning classical ballet variations and movements that are specific to pointe. This class will have a recital piece. Must be approved by Teacher to join this class.

Footwear - Pointe Shoes

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Dance Class Descriptions

COMBO CLASSES

Ballet/Tap
Ages 4-6

During Ballet, students will learn all the positions of the feet and arms, as well as other basic skills. During Tap, teachers will teach rhythm, coordination, basic tap terminology and choreography. This class is great for the dancer who wants to learn two different styles of dance!
Footwear - Pink Ballet Slippers and Tan Tap Shoes

Tap/Jazz
Ages 5/6

This combo class will teach two different styles of dance. During Tap, teachers will teach rhythm, coordination, basic tap terminology and choreography. In Jazz, students will explore the rhythm and accents of music using movement that explores range of motion throughout the body (isolations). Students also learn basic technical skills, such as kicks, turns, leaps, and flexibility.
Footwear - Tan Tap Shoes & Tan Jazz Shoes

Tap I/Jazz I
Foundations
Ages 7-9

During Tap, teachers will teach rhythm, coordination, basic tap terminology and choreography.
Focus: posture, basic rhythm, simple tap steps, classroom etiquette
In Jazz, students will explore the rhythm and accents of music using movement that explores range of motion throughout the body (isolations). Students also learn basic technical skills, such as kicks, turns, leaps, and flexibility.
Focus: posture, basic jazz steps, rhythm, simple turns, classroom etiquette
Footwear - Tan Tap Shoes & Tan Jazz Shoes

Tap II/Jazz II
Primary
Technique
Ages 8-10

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Dance Class Descriptions

COMBO CLASSES

Tap/
Jazz/
Hip Hop/
Tumbling
Ages 4/5

During Tap, teachers will teach rhythm, coordination, basic tap terminology and choreography. In Jazz, students will explore the rhythm and accents of music using movement that explores range of motion throughout the body (isolations). Students also learn basic technical skills, such as kicks, turns, leaps, and flexibility. The cultural revolution that is hip-hop spawned entirely new forms of dance. Hip Hop is a fast paced, high energy style class full of fun and "cool" moves, set to modern day upbeat music. Students will focus on following teacher instruction, taking turns, and activity participation through age-appropriate warm-ups, stretching, obstacle courses, games, and tumbling activities. Skills to learn: tuck, pike, straddle, candle stick, forward roll, log roll, donkey kick, crab walk, bear walk, introduction to bridges, handstands, and cartwheels.

Footwear - Tan Jazz Shoes (we will provide Tap Shoes; barefoot for hip hop and tumbling.)

Ballet/
Tap/
Jazz/
Hip Hop
Ages 6-8

Basic ballet skills, terminology, rhythm, and coordination are taught, practiced, and developed through creative movement, music, and mime in a supportive and supervised environment. During Tap, teachers will teach rhythm, coordination, basic tap terminology and choreography. In Jazz, students will explore the rhythm and accents of music using movement that explores range of motion throughout the body (isolations). Students also learn basic technical skills, such as kicks, turns, leaps, and flexibility. The cultural revolution that is hip-hop spawned entirely new forms of dance. Hip Hop is a fast paced, high energy style class full of fun and "cool" moves, set to modern day upbeat music.

Footwear - Pink Ballet Slippers, Tan Jazz Shoes (we will provide Tap Shoes; barefoot for hip hop and tumbling.)

Creative
Movement/
Hip Hop
Ages 5/6

Creative Dance will focus on learning the Elements of Dance including; Body, Motion, Energy, Space and Time. Students will be guided in the creation process of choreography, developed as a result of decisions and choices they make during fun exploration of movement. The cultural revolution that is hip-hop spawned entirely new forms of dance. Hip Hop is a fast paced, high energy style class full of fun and "cool" moves, set to modern day upbeat music.

Footwear - Barefoot

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Dance Class Descriptions

TAP CLASSES

Tap III/IV
Beginner/
Intermediate I
Ages 9-13+

This class teaches rhythm, coordination, basic tap terminology and choreography. Tap class will teach individual tap steps while learning to build combinations of steps together. Tap is very percussive and is great way to learn about musicality and counting music. Tap is wonderful for those who wish to make their own music.

Focus: full tap barre, center work, basic tap jumps, introduction to phrasing and simple riffs, stronger rhythm, more complex combinations, basic improv, introductory syncopation

Footwear - Tan Tap Shoes

Tap V
Intermediate II
Pre-Advanced
Ages 11-14+

This class teaches rhythm, coordination, basic tap terminology and choreography. Tap class will teach individual tap steps while learning to build combinations of steps together. Tap is very percussive and is great way to learn about musicality and counting music. Tap is wonderful for those who wish to make their own music. We also incorporate Kickline, or Kick for short, style into our Tap classes! Kick is a precision-based dance style made most famous by the Radio City Rockettes whose signature move is an eye-high leg kick performed in perfect unison in a chorus line.

Focus: developing musicality, speed, coordination, beginning of stylized tap work

Footwear - Tan Tap Shoes

Tap VI/VII
Advanced I/II
Ages 13-17+

Tap is very percussive and is great way to learn about musicality and counting music. Tap is wonderful for those who wish to make their own music. We also incorporate Kickline, or Kick for short, style into our Tap classes! Kick is a precision-based dance style made most famous by the Radio City Rockettes whose signature move is an eye-high leg kick performed in perfect unison in a chorus line.

Focus: advanced riffs, intricate combinations, improvisation, rhythmic complexity, stage presence, performance-ready routines, variation work, styling, advanced rhythmic techniques, stage presentation

Footwear - Tan Tap Shoes

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Dance Class Descriptions

JAZZ CLASSES

Jazz III/IV
Beginner/
Intermediate I
Ages 9-13+

Jazz dance combines techniques of classical ballet and modern dance with the current forms of popular dance. Jazz also has its own movement vocabulary ranging from the isolation of certain body parts to the movement of the entire body with the accents of musical rhythms.

Focus: full barre, center work, basic leaps and turns, introductory style and expression, stronger technique, more complex combinations, basic improvisation, stylistic accents

Footwear - Tan Jazz Shoes

Jazz V
Intermediate II
Pre-Advanced
Ages 11-14+

Jazz dance combines techniques of classical ballet and modern dance with the current forms of popular dance. Jazz also has its own movement vocabulary ranging from the isolation of certain body parts to the movement of the entire body with the accents of musical rhythms. Jazz dance can take on many different characteristics and styles, including Street Jazz, Percussive, Broadway, Contemporary and Lyrical. Jazz classes can be patterned in any of these styles or a combination of them. Emphasis is on the importance of energy, rhythmical accuracy, and style.

Focus: advanced movements, syncopation, speed, stylistic nuances, musical phrasing

Footwear - Tan Jazz Shoes

Jazz VI/VII
Advanced I/II
Ages 13-17+

Jazz dance can take on many different characteristics and styles, including Street Jazz, Percussive, Broadway, Contemporary and Lyrical. Jazz classes can be patterned in any of these styles or a combination of them. Emphasis is on the importance of energy, rhythmical accuracy, and style.

Focus: technical precision, advanced turns and leaps, performance quality, interpretive expression, show routines, variation work, stage presence, stylized movement, advanced improvisation

Footwear - Tan Jazz Shoes

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Dance Class Descriptions

LYRICAL & CONTEMPORARY CLASSES

Lyrical I Foundations Ages 7-9

This level teaches a combination of skills and terminology used in beginner ballet and jazz classes. Grace and fluidity of movement are prioritized, in addition to proper body alignment, center of balance, and beginning turns, jumps, and floor work.

Focus: expressive movement basics, musicality, body awareness, improvisation fundamentals

Footwear - Barefoot

Lyrical II Primary Technique Ages 8-10

This level teaches a combination of skills and terminology used in beginner ballet and jazz classes. Grace and fluidity of movement are prioritized, in addition to proper body alignment, center of balance, and beginning turns, jumps, and floor work.

Focus: proper alignment, basic expressive repertory, developing fluidity, foundational floor work

Footwear - Barefoot

Lyrical III Beginner/ Intermediate Ages 9-11+

This level teaches a combination of skills and terminology used in beginner ballet and jazz classes. Grace and fluidity of movement are prioritized, in addition to proper body alignment, center of balance, and beginning turns, jumps, and floor work.

Focus: full expressive phrase work, basic partnering concepts, exploring emotion and storytelling

Footwear - Barefoot

Contemp IV Intermediate I Ages 10-13

Contemporary blends creative dance and artistry with athletic technique found in Jazz or Ballet. Classes integrate various traditional disciplines of modern dance foundations with current contemporary styles and fusion forms.

Focus: strengthening emotional delivery, fluid movement, advanced phrasing, musical interpretation

Footwear - Barefoot

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Dance Class Descriptions

LYRICAL & CONTEMPORARY CLASSES

Contemp V
Intermediate II
Pre-Advanced
Ages 11-14+

Contemporary blends creative dance and artistry with athletic technique found in Jazz or Ballet. Classes integrate various traditional disciplines of modern dance foundations with current contemporary styles and fusion forms. These classes are for dancers who like creative challenges, connecting dance to other mediums, and physical challenges that require persistence and practice.
Focus: developing personal style, complex sequences, dynamic movement, partnering basics
Footwear - Barefoot

Contemp VI
Advanced I
Ages 13-16+

Please Check the Class Descriptions for our Sleeping Beauty Production!

HIP HOP CLASSES

Hip Hop I
Foundations
Ages 7-9

The cultural revolution that is hip-hop spawned entirely new forms of dance. Hip Hop is a fast paced, high energy style class full of fun and "cool" moves, set to modern day upbeat music.
Focus: basic grooves, rhythm, simple moves, classroom etiquette, body awareness
Footwear - Gloss Boss Hip Hop Sneakers. Should only be worn in the STUDIO - Dancers can still wear Black Pastry Pop Tart Sneakers

Hip Hop II
Primary
Technique
Ages 8-10

The cultural revolution that is hip-hop spawned entirely new forms of dance. Hip Hop is a fast paced, high energy style class full of fun and "cool" moves, set to modern day upbeat music.
Focus: proper posture, foundational moves (e.g., bounce, groove), basic isolations, simple combinations
Footwear - Gloss Boss Hip Hop Sneakers. Should only be worn in the STUDIO - Dancers can still wear Black Pastry Pop Tart Sneakers

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Dance Class Descriptions

HIP HOP CLASSES

Hip Hop III
Beginner/
Intermediate
Ages 9-11+

The cultural revolution that is hip-hop spawned entirely new forms of dance. Hip Hop is a fast paced, high energy style class full of fun and "cool" moves, set to modern day upbeat music.

Focus: full body movement, simple choreography, rhythm, developing personal style and confidence

Footwear - Gloss Boss Hip Hop Sneakers. Should only be worn in the STUDIO - Dancers can still wear Black Pastry Pop Tart Sneakers

Hip Hop IV
Intermediate I
Ages 10-13

An intermediate/advanced choreographed dance class focusing on stylized Hip Hop.

Focus: complex grooves, advanced isolations, dynamic movements, introductory freestyling

Footwear - Gloss Boss Hip Hop Sneakers. Should only be worn in the STUDIO - Dancers can still wear Black Pastry Pop Tart Sneakers

Hip Hop V
Intermediate II
Pre-Advanced
Ages 11-14+

A dynamic, fast-paced dance extravaganza that will have you dancing like a pop-star & taking your Hip Hop style to the next level. As seen on TV and music videos, Hip Hop is a blend of today's high energy "Street Style" Movement.

Focus: technical control, more intricate routines, stylized expression, beginning partner work

Footwear - Gloss Boss Hip Hop Sneakers. Should only be worn in the STUDIO - Dancers can still wear Black Pastry Pop Tart Sneakers

Hip Hop VI
Advanced I
Ages 11-14+

A dynamic, fast-paced dance extravaganza that will have you dancing like a pop-star & taking your Hip Hop style to the next level. As seen on TV and music videos, Hip Hop is a blend of today's high energy "Street Style" Movement.

Focus: high-level choreography, advanced footwork, improvisation skills, stage presence, performance quality

Footwear - Gloss Boss Hip Hop Sneakers. Should only be worn in the STUDIO - Dancers can still wear Black Pastry Pop Tart Sneakers

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Dance Class Descriptions

HIP HOP ALL BOYS

Hip Hop
(All Boys)
Ages 7-10
&
Ages 10-13

This high-energy class is designed just for boys, focusing on the fundamentals of hip hop in a fun and supportive environment. Dancers will build confidence while learning age-appropriate choreography, footwork, and freestyle skills. With an emphasis on rhythm, style, and performance, this class is perfect for boys of all experience levels looking to explore hip hop and develop their own unique groove.

Footwear - Gloss Boss Hip Hop Sneakers. Should only be worn in the STUDIO - Dancers can still wear Black Pastry Pop Tart Sneakers

ACRO JAZZ CLASSES

Acro Jazz
Ages 5/6

In combination with dancers learning Jazz technique and skills, beginning and advancing Acro students will focus on safety, flexibility, strength, beginning and finishing positions, and proper body, foot, and leg positions. Skills include splits, bridges, forward rolls, handstands, cartwheels, and round-offs.

Footwear -Barefoot

Acro Jazz I
Foundations
Ages 7-9

In combination with dancers learning Jazz technique and skills, beginning and advancing Acro students will focus on safety, flexibility, strength, beginning and finishing positions, and proper body, foot, and leg positions. Skills include splits, bridges, forward rolls, handstands, cartwheels, and round-offs.

basic strength and flexibility, fundamental acro moves (rolls, balance, cartwheel prep), rhythm, and jazz basics

Footwear -Barefoot

Acro Jazz II
Primary
Technique
Ages 8-10

In combination with dancers learning Jazz technique and skills, beginning and advancing Acro students will focus on safety, flexibility, strength, beginning and finishing positions, and proper body, foot, and leg positions. Skills include splits, bridges, forward rolls, handstands, cartwheels, and round-offs.

Focus: proper alignment, introductory flips and balances, basic vaults, coordinated jazz and acro movement

Footwear -Barefoot

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Dance Class Descriptions

ACRO JAZZ CLASSES

Acro Jazz III
Beginner/
Intermediate
Ages 9-11+

In combination with dancers learning Jazz technique and skills, beginning and advancing Acro students will focus on safety, flexibility, strength, beginning and finishing positions, and proper body, foot, and leg positions. Skills include splits, bridges, forward rolls, handstands, cartwheels, and round-offs.

Focus: building basic acro skills (handsprings, backbends), safe technique, integrating acro with jazz choreography

Footwear -Barefoot

Acro Jazz IV
Intermediate I
Ages 10-13

In combination with dancers learning Jazz technique and skills, beginning and advancing Acro students will focus on safety, flexibility, strength, beginning and finishing positions, and proper body, foot, and leg positions. Skills include splits, bridges, forward rolls, handstands, cartwheels, and round-offs.

Focus: complex balances, simple flips, strength conditioning, fluid transitions, rhythm and musicality

Footwear -Barefoot

Acro Jazz V/VI
Intermediate II
Advanced I
Ages 11-14+

Please Check the Class Descriptions for our Sleeping Beauty Production!

MUSICAL THEATER CLASSES

Musical
Theater I
Foundations
Primary
Technique
Ages 7-10

Musical Theater combines music, acting, and dance in upbeat classes that teach Broadway-style choreography, stage presence, and acting. Dancers learn song-and-dance numbers from classic and modern productions while sharpening performance skills like facial expression, audience connection, and energy.

Focus: basic stage movement, storytelling through dance, coordination, classroom etiquette, basic acting through movement, simple choreography, expressive dance, stage awareness

Footwear - Tan Jazz Shoes

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Dance Class Descriptions

MUSICAL THEATER CLASSES

**Musical
Theater II
Beginner
Intermediate
Ages 9-11+**

Musical Theater combines music, acting, and dance in upbeat classes that teach Broadway-style choreography, stage presence, and acting. Dancers learn song-and-dance numbers from classic and modern productions while sharpening performance skills like facial expression, audience connection, and energy.

Focus: full dance routines with storytelling elements, character embodiment, confident stage presence

Footwear - Tan Jazz Shoes

**Musical
Theater III
Intermediate
I/II
Pre-Advanced
Ages 10-13+**

Musical Theater is a form of theatrical performance that combines music, acting, and dancing. These upbeat classes teach Broadway-style choreography, show-stopping stage presence, and acting, with a focus on learning song-and-dance numbers from a variety of musical productions, past and present. This class will help sharpen dancers PERFORMANCE skills which include facial expression, connections with the audience and overall performance energy.

Focus: developing character through dance, more complex routines, staging, dance acting techniques, advanced choreography, integrating acting with movement, scene work, group staging, emotional connectivity

Footwear - Tan Jazz Shoes

**Musical
Theater IV
Advanced I
Ages 13-16+**

Musical Theater is a form of theatrical performance that combines music, acting, and dancing. These upbeat classes teach Broadway-style choreography, show-stopping stage presence, and acting, with a focus on learning song-and-dance numbers from a variety of musical productions, past and present. This class will help sharpen dancers PERFORMANCE skills which include facial expression, connections with the audience and overall performance energy.

Focus: mastering character-driven movement, intricate choreography, nuanced staging, stage endurance

Footwear - Tan Jazz Shoes