



Dance Class Descriptions

POINTE PREP CLASSES

Pointe
Prep
Ages 12-17
Ages 9-12

Must be enrolled in a Ballet Class to take Pointe Prep. Our Pointe Prep class's goal is helping students articulate quarter, half, three-quarter and full pointe. This strengthens the metatarsals and stabilizes the ankles so dancers relevé straight up and down in their shoes, instead of moving through a dangerous sickled or winged foot. In center, we break down piqué turns, pas de bourrée en tournant and chaîné turns. This gives the teacher an opportunity to identify problems before students advance. Ballet Technique classes are the foundation for training and focus on developing a solid ballet technique with emphasis on understanding correct body placement, proper use of turn out, coordination of the upper body (epaulement), and use of arms (port de bras).

Footwear - Pink Ballet Slippers

TUMBLE CLASSES

Tumble
Ages 3-6
Ages 7-9

Tumble is our non-performative gymnastics class for dancers who would like to perfect their Tumbling skills. This is additional time outside of their Recital track class to receive teacher directed instruction. Skills to perfect and learn: bridges, handstands, cartwheels, walkovers, handsprings, and much more.

Footwear - Barefoot

More Classes in older age ranges to be added soon! :)