

## **BALLET**

Ballet is the foundation of all dance forms and helps provide the technique and knowledge that can carry dancers across many different styles. Flexibility, balance, proper alignment, strength, and technique are taught alongside a foundation of French terminology. Musicality, phrasing, discipline, history, poise, and general knowledge are all covered at an age and skill appropriate level in every ballet class at The Community House.

## **JAZZ**

Jazz provides an energetic exploration of style and presentation that is performed to more dynamic popular music. Technique, strength, flexibility, and balance are taught at a fast and intense pace to execute jumps, turns, and other stylized movements and transitions. Similar in terminology to ballet, jazz also employs isolations and more aerobically intense execution.

## **CONTEMPORARY**

A creative dance form, contemporary dance borrows elements from many forms of dance, including ballet, jazz, and modern. Contemporary stresses versatility, improvisation, and dancer's ability to infuse emotion into their dancing. Emphasis is placed on exploring story and creating diverse shapes, and dancers enjoy the opportunity to dance using a variety of styles in terms of both technique and music.

## **TAP**

Tap is one of the oldest and most beloved forms of American dancing; distinguished by percussive footwork and energetic style. Students learn rhythms, timing, and leg/foot coordination done to a wide variety of music. Dancers will also be taught a wide variety of tap styles.

## **POINTE**

Students move to pointe only with instructor approval. Classes will focus on the strength and flexibility in dancer's feet and ankles to ensure that they are progressing at a safe rate for their individual development. Class work will include warm ups, theraband exercises, barre, and center work as is applicable to student's progress.

## **MUSICAL THEATRE**

Musical Theatre is a theatrical dance style that includes jazz and Broadway dance technique and acting to songs from musicals. This dance style usually consists of a story being told or a character being formed and helps dancers perfect their performance style.

## **HIP HOP**

Hip Hop is a free form, energetic, vibrant style of dance that exposes dancers to a wide range of movements and style. Classes incorporate variations of jazz, popping, locking, krumping, as well as help students build strength, flexibility, endurance, and balance. It's a high energy, fun, intense form of dance that is sure to put smiles on everyone's faces!

## **COMBO CLASSES**

Our combo classes are a great way to let kids discover two different styles of dance! Classes will split the time evenly between styles and infuse them when applicable.