

PROJECT **3** DANCE

## Class Descriptions

Our classes are skill-focused, emphasizing skill over age. This means that a dancer's proficiency determines their team placement, ensuring that each member is surrounded by peers who share similar skill levels. The ages listed below are approximations.

### INTRO TO DANCE

Ages 3-5

This exciting class is perfect for young dancers eager to explore the magical world of movement and music. Your little dancer will be guided through the basics of ballet and tap, fostering creativity, coordination, and confidence along the way.

### INTRO II

Ages 5-7

This class is perfect for young dancers ready to take their skills to the next level. Building on the fundamentals learned in Intro to Dance, our students will explore more advanced techniques and choreography in a fun, energetic environment.

### CONDITIONING

Junior: Ages 9-13  
Teen: Ages 14-19

Taught by a Certified Personal Trainer and former competitive dancer, this class is all about building strength, flexibility, and endurance to help our dancers not only improve their technique but also boost their overall fitness and confidence.

### BALLET

Junior: Ages 9-13  
Teen: Ages 14-19

This class focuses on developing strength, flexibility, and precision through classical ballet training. Dancers will work on barre exercises, center work, and across-the-floor combinations, emphasizing proper alignment, posture, and graceful movement.

## JAZZ

Junior: Ages 9-13 (By Audition Only)  
Teen: Ages 14-19 (By Audition Only)

This high-energy class focuses on extensions, leaps, turns, and stylized movements. Students refine their skills through training, choreography, and performance prep, emphasizing musicality, precision, and stage presence, preparing them for the competitive stage.

## LYRICAL

Junior: Ages 9-13 (By Audition Only)  
Teen: Ages 14-19 (By Audition Only)

This class emphasizes the fusion of ballet and jazz techniques, focusing on expressive movements that convey strong emotional narratives. Dancers will work on improving their technical skills, fluidity, and performance quality, preparing them for the competitive stage.

## HIP HOP PROD.

Ages 10-18 (By Audition Only)

This class focuses on creating a dynamic, community-based hip hop piece, and gives our competition dancers of all ages a chance to work together. Dancers will collaborate to develop skills in hip hop choreography, including isolations, groundedness, and musicality, preparing them for the competitive stage.

## JAZZ PROD.

Ages 10-18

This class focuses on creating a dynamic, community-based jazz piece. Dancers will focus on techniques like leaps and turns, while also learning skills in performance quality, choreography to create a polished performance for our showcase in June.