

# Ages 8+

**Ballet:** Perhaps the most traditional of all dance disciplines, Ballet is the most formal of all dance styles and the basis for all other forms of dance. This class is recommended for every dance student.

Level 1 (Teen): Tuesdays 5-6PM

Level 1: Thursdays 5-6PM

Level 2: Thursdays 6-7PM

**Dance Conditioning:** This class is a blend of many movement disciplines including Ballet, Jazz, Modern, Yoga and Pilates. This class is appropriate for any level of fitness and dance training as movements can be easily modified to accommodate ability levels. **THIS IS A GREAT CLASS FOR ATHLETES!**

All Levels: Wednesdays 7-8PM

**Dance 4 Actors:** Every musical audition includes a dance element. Actors will learn a new combination each week and practice "auditioning" with a dance instructor. Perfect for those "non-dancers!"

Level 1: Tuesdays 7-8PM

**Drill Team:** These classes will focus on the Drill Team & Jazz basics as well as how to stretch properly. This class is great for all levels of dancers in that it will focus on technique AND performance. So come ready to shake some pom poms! This is a great class for those interested in the Dazzler or Wranglerette teams.

Level 1 (ages 8-12): Wednesdays 4-5PM

Level 2 (ages 8-12): Tuesdays 5-6PM

**Drill Team Prep (Teens):** This class will focus on upcoming high school drill team auditions. Classes will start with a long stretch and instructors will teach drill team style combinations and kicks.

All Levels: Wednesdays 7-8:30PM

**Hip-Hop:** This style continues to be one of the most popular dance styles worldwide. Hip-Hop increases space awareness, quickness, coordination and endurance.

Level 1: Mondays 4-5PM

Level 2: Wednesdays 6-7PM

Level 3: Thursdays 5-6PM

**Jazz:** In these classes, students are exposed to the different influential styles of Jazz dance including Broadway, Modern/Contemporary, and Lyrical. This basic technique class reaps optimum benefit when coupled with Ballet.

Level 1 (Teen): Tuesdays 6-7PM

Level 1: Saturdays 9-10AM

Level 2: Mondays 5-6PM

Level 3: Mondays 6-7PM

**Leaps & Turns:** This technique class focuses on the precision of leaps & turns. The class consists of strictly "across the floor" technique.

Level 2/3: Wednesdays 6-7PM

Level 3/4: Wednesdays 8-9PM

**Lyrical:** This style of dance is a modern dance form that fuses Modern dance, Jazz & Ballet. Movements are precise, deliberate and interpretive to evoke emotion.

Level 4/5: Mondays 7-8PM

**Modern:** This style of dance is an expressive and creative form of dance. It is typically performed in bare feet and displays new ways of interpreting or appreciating different kinds of music. Modern techniques offer dancers the opportunity to move more freely than other dance styles and to experiment with new ways of moving the body - all while learning a new kind of structure and vocabulary.

Level 1/2: Thursdays 7-8PM

**Tap:** One of the oldest forms of dance, Tap is great for developing coordination and rhythm.

Level 1: Thursdays 7-8PM

Level 2: Thursdays 4-5PM

Level 3: Saturdays 10-11AM

**For Questions On Level Placement:**

Call: 972-471-2345

Email: [thedancestudio@Everybody-Fits.com](mailto:thedancestudio@Everybody-Fits.com)

**SEE THE OTHER SIDE FOR PRICING INFO.**