

# INSPIRING DANCE 2023/2024 CLASS DESCRIPTIONS

**MOM/DAD & ME:** YOU AND YOUR CHILD CAN SHARE THE LOVE OF DANCE. WE WILL FOCUS ON LARGE MOTOR SKILLS AND PLAY PRETEND! WE FOCUS ON TAKING TURNS AND FOLLOWING DIRECTIONS. YOUNG DANCERS MUST BE 12 MONTHS BY SEPTEMBER 15, 2023.

**ITTY BITTY BALLET:** YOUR 2 YEAR OLD IS READY FOR CLASS INDEPENDENT FROM MOM AND DAD! WE WORK ON BEGINNING BALLET SKILLS, LARGE MOTOR SKILLS, AND FOLLOWING DIRECTIONS. THIS CLASS WILL HAVE A RECITAL DANCE. DANCERS MUST BE 2 YEARS OLD BY SEPTEMBER 15, 2023.

**BITTY BALLET:** YOUR 3 YEAR OLD IS READY TO LEARN BALLET. WE WILL FOCUS ON BEGINNING BALLET SKILLS, LARGE MOTOR SKILLS AND FOLLOWING DIRECTIONS. DANCERS MUST BE POTTY TRAINED. THIS CLASS WILL HAVE A RECITAL DANCE. DANCERS MUST BE 3 YEARS OLD BY SEPTEMBER 15, 2023.

**TINY TUTUS AND TAP:** READY TO MAKE SOME NOISE? THIS CLASS IS A COMBINATION OF BALLET AND TAP FOR OUR 4 YEAR OLD DANCERS. THE CLASS WILL FOCUS ON BALLET AND TAP SKILLS AS WELL AS LARGE MOTOR SKILLS AND FOLLOWING DIRECTIONS. THIS CLASS WILL HAVE A RECITAL DANCE. DANCERS MUST BE 4 YEARS OLD BY SEPTEMBER 15, 2023.

**ITTY/BITTY TUMBLERS:** THIS CLASS IS FOR DANCERS 2-3 YEARS OF AGE AND WILL FOCUS ON BASIC TUMBLING SKILLS INCLUDING PROGRESSIONS ACROSS THE MAT. THIS CLASS WILL HAVE A RECITAL DANCE. DANCERS MUST BE 2 YEARS OLD BY SEPTEMBER 15, 2023.

**TINY TUMBLERS:** THIS CLASS IS FOR DANCERS 3-4 YEARS OF AGE AND WILL FOCUS ON BASIC TUMBLING SKILLS INCLUDING PROGRESSIONS ACROSS THE MAT. THIS CLASS WILL HAVE A RECITAL DANCE. DANCERS MUST BE 3 YEARS OLD BY SEPTEMBER 15, 2023.

**KINDER COMBO:** COMBO CLASS FOR ALL KIDS IN KINDERGARTEN. WE WILL LEARN BALLET, TAP AND JAZZ SKILLS IN THE COMBO CLASS. THESE CLASSES WILL HAVE RECITAL DANCES.

**1ST-2ND GRADE COMBO:** THESE CLASSES ARE OFFERED FOR KIDS IN 1ST AND 2ND GRADE. COMBO COMBINES BALLET, TAP AND JAZZ! THIS CLASS WILL HAVE RECITAL DANCES.

**K-2ND/3RD-5TH GRADE POM:** THESE CLASSES FOCUS ON SHARP ARM MOVEMENTS WHILE DANCING IN THE STYLES OF JAZZ/HIP HOP. THESE CLASSES WILL HAVE RECITAL DANCES.

**K-2ND/3RD-5TH GRADE HIP HOP:** THESE CLASSES WORK ON BASIC HIP HOP SKILLS COMBINED WITH FUN MOVEMENTS AND CHOREOGRAPHY. THESE CLASSES WILL HAVE RECITAL DANCES.

**K-2ND TUMBLING** IS FOR KIDS IN KINDERGARTEN-2ND GRADE WHERE THEY WILL LEARN BASIC TUMBLING SKILLS SUCH AS FORWARD ROLLS AND CARTWHEELS. THIS CLASS WILL HAVE A RECITAL DANCE.

**3RD-5TH GRADE COMBO/6TH-7TH GRADE COMBO:** THESE CLASSES ARE OFFERED FOR KIDS IN 3RD-5TH GRADE AND 6TH-7TH GRADES. IT'S A LONGER CLASS THAT COMBINES BALLET, TAP AND JAZZ! THESE CLASSES WILL HAVE RECITAL DANCES.

**3RD-5TH GRADE LYRICAL:** THIS CLASS IS A MIX OF THE STYLES BALLET AND JAZZ. DANCERS WILL TELL A STORY OF THE MUSIC WITH THIS STYLE OF DANCE. THIS CLASS WILL HAVE A RECITAL DANCE.

**MINI/JUNIOR TUMBLING CLASSES** CLASSES ARE BY PLACEMENT. WE WILL WORK ON BUILDING STRENGTH AND SKILLS FOR TUMBLING TRICKS. THESE CLASSES ARE RESERVED FOR MINI & JUNIOR TEAM ID DANCERS ONLY.

**BEGINNER/INTERMEDIATE/ADVANCED TUMBLING** CLASSES ARE BY PLACEMENT. WE WILL WORK ON BUILDING STRENGTH AND SKILLS FOR TUMBLING TRICKS. PRE-REQUISITE SKILLS FOR ADVANCED TUMBLING INCLUDE BACK HANDSPRINGS AND AERIALS.

**OPEN TUMBLING** CLASSES CONSIST OF CONDITIONING AND WARMUP TOGETHER FOLLOWED BY OPEN GYM STYLE PRACTICE TO MASTER SKILLS DANCERS HAVE ALREADY LEARNED IN THEIR RESPECTIVE TUMBLING CLASSES.

**MINI TEAM:** THESE COMPETITION LEVEL CLASSES ARE FOR MINI TEAM DANCERS, AND ARE INVITE ONLY. THE FOCUS OF EACH CLASS IS TECHNIQUE AND LEARNING COMPETITION CHOREOGRAPHY. MINI TEAM CLASSES ARE FOR TEAM ID MEMBERS ONLY.

**JUNIOR:** THIS COMPETITION LEVEL CLASS IS GENERALLY FOR KIDS 8-10 YEARS AND THE FOCUS OF EACH CLASS IS ON TECHNIQUE AND LEARNING OUR COMPETITION CHOREOGRAPHY. JUNIOR CLASSES ARE FOR TEAM ID MEMBERS ONLY.

**MIDDLE SCHOOL/HIGH SCHOOL RECREATIONAL/COMPETITION CLASSES:** THESE CLASSES ARE FOR DANCERS IN MIDDLE AND HIGH SCHOOL. DANCERS WILL HAVE THE OPTION OF PARTICIPATING IN OUR MS/HS COMPETITION TEAM OR CAN CHOOSE TO PARTICIPATE RECREATIONALLY. DANCERS CHOOSING TO COMPETE WILL ATTEND THREE IN TOWN COMPETITIONS. THESE CLASSES WILL HAVE RECITAL DANCES.

**LEVEL 1, 2, 3, 4 TECHNIQUE/COMBO:** THESE OPEN LEVEL CLASSES ARE GENERALLY FOR KIDS 10-18 YEARS AND THE FOCUS OF EACH CLASS IS ON TECHNIQUE AND LEARNING CHOREOGRAPHY. THIS CLASS MAY BE CLOSED TO TEAM ID MEMBERS ONLY. TAP CLASSES ARE FOR TEAM ID DANCERS PLACED IN THOSE CLASSES.

**BALLET 1, 2, 3, 4:** BALLET TECHNIQUE CLASSES FOR COMPETITION STUDENTS OR THOSE STUDENTS LOOKING FOR A HIGHER LEVEL OF BALLET CLASS. ALL BALLET CLASSES ARE BY PLACEMENT AND MAY BE CLOSED TO TEAM ID DANCERS ONLY. PLEASE LET US HELP YOU FIND THE BEST FIT OF CLASSES. JUNIOR AND MINI BALLET CLASSES ARE ONLY FOR DANCERS PLACED ON THOSE TEAMS.

**PRE-POINTE** CLASSES ARE BY INVITATION ONLY AND FOCUS ON POINTE PREPARATION FOR THOSE INTERESTED IN DANCING EN POINTE.

**POINTE** CLASSES ARE BY INVITATION ONLY AND FOCUS ON ADVANCED BALLET TECHNIQUE EN POINTE. INDIVIDUAL DANCERS WILL BE NOTIFIED IF THEY ARE PRE-APPROVED TO DANCE EN POINTE.

**TEAM TIME 1, 2, 3, 4:** TEAM TIME IS ADDITIONAL JAZZ AND BALLET TECHNIQUE AS WELL AS DESIGNATED REHEARSAL TIME FOR TEAM ID DANCERS.

**STRENGTH:** THIS IS AN OPEN LEVEL CLASS FOR AGES 8-18 DESIGNED TO HELP DANCERS INCREASE THEIR BODY STRENGTH, STAMINA AND FLEXIBILITY.

**EXTENSIONS:** THIS IS AN OPEN LEVEL CLASS FOR AGES 8-18 THAT IS FOCUSED ON FLEXIBILITY TRICKS AND SKILLS AND ACHIEVING THEM SAFELY.