

CLASS DESCRIPTION

Although the following descriptions provide a general idea of what class may be appropriate for your child, teachers reserve the right to move students into the best suited level for their ability. Please note ability does not *always* correspond with the student's age.

- **All advancement to classes beyond level I are by recommendation.**
- **All students must be evaluated by an instructor to register in a class above level 1**

Ballet Tot 1	(ages 3-4)	Ballet Tot 2	(ages 4-5)
Ballet /Tumbling	(ages 4-6)	Pre	(ages 6-8)
Level 1	(ages 8 -10)	Level 2	(ages 10-13)
Level 3	(ages 11-14)	Level 4	(ages 14-16)
Level 5	(ages 17 and up)		

Mommy & Me Creative Movement (Ages 18months- 3yrs) This class is designed for our youngest movers to be introduced to dance with a parent or guardian. This 45 minute class focuses on guided movement through fun activities that incorporate music & early childhood learning.

Ballet Tumbling (Ages 4-6) This one hour class incorporates 30 minutes of Ballet Tot 2 and 30 minutes of Pre-Tumbling. This is a great class to introduce both styles.

Ballet Tot I (Ages 3-4) The emphasis for this age group is to introduce them to Ballet and body movement. This 45 minute class also focuses on various rhythm exercises as well as elementary classroom etiquette.

Ballet Tot 2 (Ages 4-5)

The emphasis for this age group is to introduce them to body movement with basic positions of the arms and feet in ballet and tap. This 45 minute class also focuses on various rhythm exercises such as hopping and skipping, as well as elementary classroom etiquette.

Pre-Ballet/ Pre Jazz (Ages 6-8)

The emphasis for this age group is to introduce them to body movement with basic positions of the arms and feet in ballet and jazz. It is a one hour class that is the perfect transition from our combo classes. Emphasis will be placed on moving to the rhythm of the music, correct technique, and classroom etiquette.

Ballet (Ages 8 & up) Levels I-IV

This class is where it all begins. In all levels, dancers will learn to utilize ballet technique, terminology, fluidity, and flexibility to become graceful, efficient dancers. Correct posture and body alignment will heavily influence this technique. We stress the fundamentals necessary to safely advance in all forms of dance.

Jazz (Ages 8 & up) Levels I-IV

Our most popular class! This class introduces jazz technique and modern movements with the use of warm-up, isolation movements, and floor work progressions. Individual style and performance will be emphasized while studying different styles of jazz & contemporary/lyrical technique.

Hip-Hop I Beg. (Ages 7 & up) II Int. (ages 10-14) III Adv. (ages 15 and up)

Hip Hop is designed to be fun, exciting, and challenging at any age. It focuses on the latest dance steps, incorporating rhythm and fluidity, strongly emphasizing urban styles. Enrollment in ballet and jazz is strongly recommended to ensure a well-rounded dance experience.

Turns /Leaps (Ages 8 & up) Levels I-IV

Created with the dance team dancer in mind, this specialty class is a wonderful compliment to a weekly ballet or jazz class. Flexibility and correct placement of turns and leaps will be emphasized, as well as number of rotations and height of jumps.

Pointe

By recommendation only. The emphasis is on strengthening and stretching, while advancing in ballet technique. Pointe students are *deeply* encouraged to take one to two *additional* demi-pointe classes.

Strength and Flexibility This 30 minute class is for all of our Acro and Technical dancers. This is imperative to the dancer wishing to take their movement to the next level by concentrating on fluidity in their flexibility & the physical strength it takes to perform advance skills. This class is required for all competitive team members.

- **All Dancers should be enrolled in both a Ballet and Jazz class by first grade.**
- **All Dancers benefit enormously from taking 2 or more classes a week.**

CLASS DESCRIPTION

Student Dress Code

Proper alignment and placement are critical components in all dance training. M² Dance Center requires its students adhere to a dress code that ensures the development of proper technique.

Ballet Pre-Ballet	Black Leotard	Pink Tights	Pink Ballet Shoes
Jazz Turns and Leaps	Black Leotard/ Black Tank	Black Tights /Jazz Pants/ shorts	Tan Jazz Shoes
Hip Hop (Male & Female)	Any Color T-Shirt/Sweatshirt/Tank	Basketball shorts/ sweatpants	Clean Sneakers Must not be shoes that are worn outside
TOT 1	Light Pink leotard	Pink tights	Pink Ballet Shoes
TOT 2	Light Pink Leotard	Pink Tights	Pink Ballet Shoes
For Boys	White Tee Shirt /Tank	Black Tights /Jazz Pants	Black Ballet /Tan Jazz Shoes

M² Dance Center students may not wear the following during class: jewelry, skirts, sweat shirts, or warm-ups or shorts made from metallic/sparkle material No words/messages are allowed on the BACKSIDE of pants or shorts.

* Relaxed attire will ONLY be permitted in Hip Hop class. Students can express their own style in this class however no offensive or suggestive language or symbols will be allowed on apparel. If unsure of any attire for the class please consult the instructor.

Hair must be pulled back from the face. Short hair should be fastened with a wide headband and secured with barrettes if necessary. Ballet students must have hair securely fastened in a bun. Jazz and tap students are expected to have hair up in a ponytail.

