



Location	Class Name	Day	Dates	Times
Expo West Wing Studio	Pre Ballet/Hip Hop – Ms. Maggie - 104196	Mondays	6/23-8/4 (7 weeks)	4:15-5:15 p.m.
Expo West Wing Studio	Hip Hop I/II* – Ms. Michelle - 104197	Mondays	6/23-8/4 (7 weeks)	5:30-6:45 p.m.
Expo West Wing Studio	Adult Int/Adv Ballet – Ms. Michelle - 104220	Mondays	6/23-8/4 (7 weeks)	6:45-8:15 p.m.
Expo West Wing Studio	Beg Jazz – Ms. Rachel - 104199	Tuesdays	6/24-8/5 (7 weeks)	4:30-5:30 p.m.
Expo West Wing Studio	Tap III/IV* – Ms. Rachel - 104200	Tuesdays	6/24-8/5 (7 weeks)	5:45-6:45 p.m.
Expo West Wing Studio	Contemporary/Jazz Fusion III/IV* – Ms. Rachel - 104202	Tuesdays	6/24-8/5 (7 weeks)	6:45-8:15 p.m.
Expo West Wing Studio	Ballet II/III* – Ms. Erin - 104207	Wednesdays	6/25-8/6 (7 weeks)	4:15-5:30 p.m.
Expo West Wing Studio	Beg Pointe** – Ms. Erin - 104208	Wednesdays	6/25-8/6 (7 weeks)	5:30-6:30 p.m.
Expo West Wing Studio	Ballet III/IV* – Ms. Erin - 104211	Wednesdays	6/25-8/6 (7 weeks)	6:30-8 p.m.
Expo West Wing Studio	Int/Adv Pointe*** – Ms. Erin - 104213	Wednesdays	6/25-8/6 (7 weeks)	8-9 p.m.
Expo West Wing Studio	Tap I* - Ms. Risa - 104214	Thursdays	6/26-8/7 (7 weeks)	5-6 p.m.
Expo West Wing Studio	Tap II* - Ms. Risa - 104215	Thursdays	6/26-8/7 (7 weeks)	6:05-7:05 p.m.
Expo West Wing Studio	Adult Int/Adv Tap - Ms. Risa - 104221	Thursdays	6/26-8/7 (7 weeks)	7:15-8:15 p.m.
Expo West Wing Studio	Tippy Toes - Ms. Kate - 104216	Saturdays	6/28-8/9 (No class July 5, 6 weeks)	9-9:45 a.m.
Expo West Wing Studio	Pre Ballet – Ms. Kate - 104217	Saturdays	6/28-8/9 (No class July 5, 6 weeks)	10-10:45 a.m.
Expo West Wing Studio	Beg Tap – Ms. Kate - 104218	Saturdays	6/28-8/9 (No class July 5, 6 weeks)	10:45-11:45 a.m.

NO DANCE CLASSES JULY 4-6 – INDEPENDENCE DAY HOLIDAY WEEKEND!

PLEASE SEE PAGE 4 OF THIS SCHEDULE FOR PRICING, PAGE 5 FOR ASTERISK CLARIFICATIONS AND PAGES 6-9 FOR CLASS DESCRIPTIONS INCLUDING AGES/LEVELS.



Location	Class Name	Day	Dates	Times
Central Rec Center (Mesa Verde)	Pre Ballet – Ms. Ruby - 104305	Sundays	6/22-8/3 (No class July 6, 6 weeks)	10:15-11 a.m.
Central Rec Center (Mesa Verde)	Beg Ballet – Ms. Ruby - 104306	Sundays	6/22-8/3 (No class July 6, 6 weeks)	11 a.m-12 p.m.
Central Rec Center (Rocky Mountain)	Tippy Toes – Ms. Rebecca - 104307	Mondays	6/23-8/4 (7 weeks)	9:15-10 a.m.
Central Rec Center (Rocky Mountain)	Pre Ballet – Ms. Rebecca - 104308	Mondays	6/23-8/4 (7 weeks)	10:15-11 a.m.
Central Rec Center (Rocky Mountain)	Beg Hip Hop – Ms. Maggie - 104309	Tuesdays	6/24-8/12 (No class July 29, 7 weeks)	5:15-6:15 p.m.
Central Rec Center (Rocky Mountain)	Adult Contemporary – Ms. Maggie - 104322	Tuesdays	6/24-8/12 (No class July 29, 7 weeks)	6:30-8:30 p.m.
Central Rec Center (Rocky Mountain)	Pre Hip Hop – Ms. Alyssa - 104310	Thursdays	6/26-8/7 (7 weeks)	4-4:45 p.m.
Central Rec Center (Rocky Mountain)	Contemporary I* – Ms. Alyssa - 104313	Thursdays	6/26-8/7 (7 weeks)	4:45-5:45 p.m.
Central Rec Center (Rocky Mountain)	Jazz I* – Ms. Alyssa- 104316	Thursdays	6/26-8/7 (7 weeks)	5:45-7 p.m.
Central Rec Center (Rocky Mountain)	Adult Jazz – Ms. Maggie - 104323	Thursdays	6/26-8/7 (7 weeks)	7-8:30 p.m.
Central Rec Center (Rocky Mountain)	Pre Ballet/Tap – Ms. Lyla - 104317	Fridays	6/27-8/8 (No class July 4, 6 weeks)	4-5 p.m.
Central Rec Center (Mesa Verde)	Beg Ballet – Ms. Lyla - 104319	Fridays	6/27-8/8 (No class July 4, 6 weeks)	5-6 p.m.
Central Rec Center (Mesa Verde)	Teen Beg-Int Ballet – Ms. Lyla - 104321	Fridays	6/27-8/8 (No class July 4, 6 weeks)	6-7 p.m.

NO DANCE CLASSES ON JULY 4-6– INDEPENDENCE DAY HOLIDAY WEEKEND!

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AURORA DANCE ARTS

SUMMER DANCE SCHEDULE



MEADOWOOD REC CENTER

Location	Class Name	Day	Dates	Times
Meadowood – Room 3	Beg Contemporary – Ms. Alyssa - 104326	Mondays	6/23-8/4 (7 weeks)	5:30-6:30 p.m.
Meadowood – Room 3	Ballet I* – Ms. Alyssa - 104327	Mondays	6/23-8/4 (7 weeks)	6:30-7:45 p.m.
Meadowood – Gym/Marley Studio	Jazz II* – Ms. Rachel - 104330	Mondays	6/23-8/4 (7 weeks)	5:35-7:05 p.m.
Meadowood – Gym/Marley Studio	Adult Dance 101 for Beginners (Jazz/Contemporary based) – Ms. Rachel - 104353	Mondays	6/23-8/4 (7 weeks)	7:15-8:30 p.m.
Meadowood – Room 4	Pre Ballet/Tumble – Ms. Alyssa - 104331	Tuesdays	6/24-8/5 (7 weeks)	4:15-5:15 p.m.
Meadowood – Gym/Marley Studio	Acro/Floor Skills I* – Ms. Alyssa - 104332	Tuesdays	6/24-8/5 (7 weeks)	5:35-7:05 p.m.
Meadowood – Room 3	Beg Hip Hop – Ms. Michelle - 104333	Wednesdays	6/25-8/6 (7 weeks)	5:45-6:45 p.m.
Meadowood – Room 3	Poms I* – Ms. Michelle - 104339	Wednesdays	6/25-8/6 (7 weeks)	7-8:15 p.m.
Meadowood – Room 4	Adult Beg Ballet – Lex - 104354	Wednesdays	6/25-8/6 (7 weeks)	6-7:30 p.m.
Meadowood – Gym/Marley Studio	Beg Acro/Floor Skills – Ms. Alyssa - 104341	Wednesdays	6/25-8/6 (7 weeks)	6:35-7:35 p.m.
Meadowood – Room 4	Pre Ballet – Ms. Lyla - 104344	Thursdays	6/26-8/7 (7 weeks)	4:45-5:30 p.m.
Meadowood – Gym/Marley Studio	Beg Ballet – Ms. Lyla - 104345	Thursdays	6/26-8/7 (7 weeks)	5:35-6:35 p.m.
Meadowood – Gym/Marley Studio	Contemporary II* – Ms. Lyla - 104346	Thursdays	6/26-8/7 (7 weeks)	6:35-8:05 p.m.
Meadowood – Room 3	Beg Tap – Ms. Leanne - 104347	Thursdays	6/26-8/7 (7 weeks)	6:40-7:40 p.m.
Meadowood – Room 3	Adult Beg Tap – Ms. Leanne - 104355	Thursdays	6/26-8/7 (7 weeks)	7:45-8:45 p.m.
Meadowood – Room 3	Beg Poms – Ms. Maggie - 104348	Fridays	6/27-8/8 (No class July 4, 6 weeks)	4:30-5:30 p.m.
Meadowood – Gym/Marley Studio	Yoga/Conditioning for Dancers (Open Level for Ages 10-Adult) – Ms. Dayna - 104349	Fridays	6/27-8/8 (No class July 4, 6 weeks)	5-6:30 p.m.

NO DANCE CLASSES ON JULY 4-6 – INDEPENDENCE DAY HOLIDAY WEEKEND!

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AURORA DANCE ARTS

CLASS PRICING, STYLES & LEVELS

PRICING:

- ❖ 45-MINUTE, 6-WEEK CLASS - \$54/RES, \$67/NON-RES
- ❖ 1-HOUR, 6-WEEK CLASS - \$66/RES, \$83/NON-RES
- ❖ 1.25-1.5-HOUR, 6-WEEK CLASS - \$78/RES, \$97/NON-RES
- ❖ 1.75-2-HOUR, 6-WEEK CLASS - \$84/RES, \$105/NON-RES

- ❖ 45-MINUTE, 7-WEEK CLASS - \$63/RES, \$79/NON-RES
- ❖ 1-HOUR, 7-WEEK CLASS - \$77/RES, \$96/NON-RES
- ❖ 1.25-1.5-HOUR, 7-WEEK CLASS - \$91/RES, \$114/NON-RES
- ❖ 1.75-2-HOUR, 7-WEEK CLASS - \$98/RES, \$123/NON-RES

RES INDICATES RESIDENT PRICING
NON-RES INDICATES NON-RESIDENT PRICING

Please see next pages for dance class style & level descriptions!

Please also see the attached link to our Dress Code Information. If you have any questions about shoes or attire for any of our dance classes, please e-mail dance@auroragov.org or call the Dance Office at 303.326.8308.

ASTERISK SPECIFICATIONS -

***Indicates a class in which dance experience is necessary and registration approval is based on 2024-2025 Continuous Dance level or by consulting the Dance Office regarding dancer eligibility. For any classes without an asterisk, enrollment is mainly based on age. Please call the Dance Office at 303.326.8308 or e-mail dance@auroragov.org if you need to verify child's eligibility for enrollment. Please see style & level descriptions to assess which class is best for your child's age and ability level. Dancers who participated in the 2024-2025 Continuous Dance Program should remain in their current level for the summer session, unless they are contacted individually by the Dance Office to be recommended to move to a higher level in the summer of 2025. Otherwise, all level placement for Continuous Dance for 2025-2026 will be communicated from the Dance Office in June/July and level progression (if recommended) will take place starting in the new dance year in September.**

****This class requires Ms. Erin's approval based on participation in the Pre/Beg Pointe Level during the 2024-2025 Continuous Dance Year, is for dancers who have been approved and already dancing in pointe shoes, and it can only be taken in conjunction with Ballet II/III or Ballet III/IV. If you were previously enrolled in Pre/Beg Pointe during the school year, please check with Ms. Erin regarding your eligibility for this class. If you have not previously taken this class, please call the Dance Office or e-mail dance@auroragov.org to request approval for this class.**

*****This class requires Ms. Erin's approval and can only be taken in conjunction with Ballet III/IV. If you were previously enrolled in Int or Adv Pointe during the 2024-2025 school year, then you may simply register. If you have not previously taken this class, please call the Dance Office or e-mail dance@auroragov.org to request approval for this class.**

AURORA DANCE ARTS BALLET AND POINTE STYLE AND LEVEL DESCRIPTIONS:

TIPPY TOES - This class is intended for 3-year-old learning and includes an energetic introduction to dance and creative movement. Emphasis on spatial awareness and motor skill development while having lots of whirling and twirling fun!

PRE BALLET - This class is for dancers, ages 4-6. Class content includes an introduction to basic ballet steps and terminology. Students will also explore musicality with dance rhythms and creative movement, more fully develop fine motor skills/spatial awareness and have fun! Pre Ballet/Tap and Pre Ballet/Hip Hop combo classes include 30 minutes of this Pre Ballet content.

BEG BALLET - This class is intended for dancers, ages 7-10. Class content includes an introduction of basic ballet positions, technique and terminology, including barre work, combinations in the center and across the floor. This is the first level in the program where class is fully structured with ballet content only.

BALLET I - This class is intended for dancers, ages 9-13, who were enrolled in Ballet I in 2024-2025 or who have been recommended for this level in the summer. Class content is a continuation to a more structured ballet class, with focus on more complex, intermediate technique and terminology, including barre work, combinations in the center and across the floor.

BALLET II/III - This class is intended for dancers, ages 11-15, who were enrolled in either Ballet II or Ballet II/III in 2024-2025 or have been recommended for this level for the summer. Transitional level of instruction for dancers developing their skills in preparation for the more advanced Ballet classes. Includes challenging combinations at the barre, in the center and across the floor with special emphasis on epaulement, musicality and artistry. Please note that this is a specialized level on the more limited summer schedule only. Dancers will receive a specific recommendation for either Ballet II, Ballet II/III, or Ballet III separately for Continuous Dance 2025-2026.

BEG POINTE – This class is intended for students, ages 11-15 and is available paired with Ballet II/III or Ballet III/IV only, and dancers must have a minimum of 6 months to 1 year in Pre or Beg Pointe and already have been approved for their pointe shoes. This class is designed for dancers who are starting to develop their technique "en pointe" and includes exercises and technique to develop foot, ankle, leg and core strength towards this goal.

BALLET III/IV - This class is intended for dancers, ages 13-19, who were enrolled in Ballet III or Ballet IV in 2024-2025 or have been recommended for this level in the summer. Advanced technique and terminology plus high level of difficulty in barre work, combinations in the center and across the floor. Emphasis on strength and control, complexity of movement, flexibility, artistry and elevated level of ballet knowledge are explored in this level. Please note that this is a specialized level on the more limited summer schedule only. Dancers will receive a specific recommendation for either Ballet III or Ballet IV separately for Continuous Dance 2025-2026.

INT/ADV POINTE – This class is intended for dancers, ages 13-19, who were enrolled in Int or Adv Pointe in 2024-2025 Continuous Dance or recommended for this class during the summer. This class is available paired with Ballet III/IV only and dancers must have a minimum of 1-2 years of experience in Int or Adv Pointe. Int-Adv level of instruction of pointe work at the barre, center and across the floor, along with challenging technical variations to build dancers' overall ballet technique, strength, stamina and flow of movement. Please note that this is a specialized level on the more limited summer schedule only. Dancers will receive a specific recommendation for either Int Pointe or Adv Pointe separately for Continuous Dance 2025-2026.

ADULT BEG BALLET - This class is intended for adults, ages 18+ and class content includes an introduction to technique and terminology for adult students who are new to ballet. Class content focuses on fundamentals of barre work, stretching and combinations in the center and across the floor.

ADULT INT/ADV BALLET - Challenging level of instruction, which includes more advanced technique and terminology and higher-level barre work, combinations in the center and across the floor. Emphasis on epaulement, transitions between steps, flexibility and strength included in this level. Multiple sessions of Adult Beg Ballet or prior ballet experience are highly advised for this level.

TEEN BEG/INT BALLET - This class is intended for Ages 11-18 who might just be starting their dance journey a bit later than those who started as small children, and this class includes an introduction/study of basic ballet positions, technique and terminology at the barre, in center and across the floor.

AURORA DANCE ARTS TAP STYLE AND LEVEL DESCRIPTIONS:

PRE BALLET/TAP- This class is for dancers, ages 4-6, and includes an introduction to clapping rhythms, very basic tap steps, musicality and creative ideas. This level is intended to fully develop fine motor skills and spatial awareness and have fun! Pre Ballet/Tap Combo class includes 30 minutes of this Pre Tap class content. Ballet and tap shoes required for participation.

BEG TAP - This class is intended for dancers, ages 7-10, and class content includes an introduction of basic, beginner tap steps and rhythms including a warm-up, center work and across the floor. Tap shoes required for participation.

TAP I - This class is intended for dancers, ages 9-15, who were enrolled in Tap I in 2024-2025 or have been recommended for this level in summer. Class content includes an advanced beginning to intermediate level of instruction, more in-depth study of various tap steps and terminology and more challenging rhythms and musicality in combinations in center and across the floor. Tap shoes required for participation.

TAP II - This class is intended for dancers, ages 10-15, who were enrolled in Tap II in 2024-2025 or have been recommended for this level in summer. Class content includes an intermediate level of instruction, more in-depth study of various tap steps and terminology. Dancers also focus on rhythm patterning, musicality and artistry. Tap shoes required for participation.

TAP III/IV- This class is intended for dancers, ages 13-18, who were enrolled in Tap II/III, Tap III or Tap IV in 2024-25 or have been recommended for this level in the summer. Developmental, advanced intermediate to advanced level of instruction with specific focus on rhythms, combining steps together and musicality. Students will also be asked to work towards picking up challenging tap dance combinations quickly and adding artistry to those combos within a short time. Please note this is a combined class for Summer Dance due to changes in enrollment numbers during the Summer season, but these levels will be divided once again in the 2025-2026 Continuous Dance Program and those specific recommended levels will be communicated in June/July. Tap shoes required for participation.

ADULT BEG TAP - This class is intended for adults, ages 18+ and class content introduces beginning tap steps and rhythms including a warmup, center work, across the floor and tap dance combinations. Tap shoes required for participation.

ADULT INT/ADV TAP - This class is intended for adults, ages 18+ and class content includes mixed intermediate to advanced level of instruction. Students focus on development of tap steps that include more challenging coordination and more complex rhythms/musicality. Multiple sessions of Adult Adv Beg/Int or Adult Adv Tap or prior tap experience are highly advised for this level. Tap shoes required for participation.

AURORA DANCE ARTS JAZZ STYLE AND LEVEL DESCRIPTIONS:

BEG JAZZ - This class is intended for dancers, ages 7-10, and class content includes energetic and fun elements such as: body isolation, technique and stretching, jumping and turning across the floor and a center combination promoting stylized expressiveness.

JAZZ I - This class is intended for dancers, ages 9-15, who were enrolled in Jazz I in 2024-2025 Continuous Dance or have been recommended for this level for the summer. Class content includes an advanced beginning to intermediate level of instruction, more in-depth study of various jazz elements and terminology and more challenging technique in combinations in center and across the floor. Emphasis on stylized jazz choreography and musicality will be explored in this level.

JAZZ II - This class is intended for dancers, ages 10-17, who were enrolled in Jazz II in 2024-2025 Continuous Dance or have been recommended for this level. Class content includes a higher developmental level of instruction and more in-depth study of challenging technique. Emphasis on stamina, strength and musicality will be explored in this level.

ADULT JAZZ - This class is intended for adults, ages 18+, and class content includes elements of jazz dance such as isolation movements, grounded technique in center, stretching and conditioning, dynamic jumping and turning techniques across the floor and a center combination promoting stylized creativity and expressiveness. This class is high energy, keeps you active and is tons of fun! Class is taught at a baseline intermediate level, with modifications provided for both beginning and advanced dancers

AURORA DANCE ARTS POMS STYLE AND LEVEL DESCRIPTIONS:

BEG POMS - This class is intended for dancers, ages 7-10. Show your spirit! This class is an introduction to poms dance and cheerleading skills such as basic cheers, turns, jumps, arm patterns and fun tricks.

POMS I - This class is intended for dancers, ages 9-14, who were enrolled in Poms I in 2024-2025 or have been recommended for this level in the summer. Class content includes intermediate level of study focusing on leaps, turns, arm movements, clapping/stomping rhythms paired with cheers and simple lifts/tricks.

AURORA DANCE ARTS CONTEMPORARY STYLE AND LEVEL DESCRIPTIONS:

BEG CONTEMPORARY - This class is intended for dancers, ages 7-10 and class content draws its movement qualities from the techniques of ballet, jazz and modern dance and also promotes expression through grounded, free-flowing, lyrical movement.

CONTEMPORARY I - This class is intended for dancers, ages 9-13 who were registered for this level in 2024-2025 or have been recommended for this level in summer. Class content draws its inspiration from the techniques of ballet, jazz and modern dance. Beg-Intermediate instruction in a more lyrical style of movement and various techniques and terminology from ballet/jazz/modern dance and start to explore expression of themes and emotions through movement.

CONTEMPORARY II - This class is intended for dancers, ages 11-16, who were enrolled in Contemporary II in 2024-2025 or have been recommended for this level in summer. Advance intermediate level of instruction with more challenging center and across the floor technique such as turns, jumps, drags, leaps and floor work, drawing inspiration from ballet, jazz and modern dance. Students will explore expression of their emotions and moods.

CONTEMPORARY/JAZZ III/IV - This class is a combined style class for the summer and intended for dancers, ages 12-19, who were enrolled in Jazz II/III, Jazz III/IV or Contemporary III/IV in 2024-2025 or have been recommended for this level in the summer. This class is for advanced dancers and is a highly challenging level of exploring explosive dynamics, emotions for expression, fluidity of movement, challenging leap/turn progression, floorwork/inversions and draws inspiration from ballet, jazz and modern dance. Please note that this is a specialized level on the more limited summer schedule only. Dancers will receive a specific recommendation for either Jazz III, Jazz IV or Contemporary III/IV separately for Continuous Dance 2025-2026.

ADULT CONTEMPORARY - This class is intended for adults, ages 18+ & class content draws its movement qualities from the techniques of ballet, jazz, and modern dance and also promotes expression, release & creativity through grounded, free-flowing, lyrical movement. Class is taught at a baseline intermediate level, with modifications provided for both beginning and advanced dancers.

AURORA DANCE ARTS HIP HOP STYLE AND LEVEL DESCRIPTIONS:

PRE HIP HOP - This class is for 4–6-year-olds and is an introduction to the energetic style of hip hop, including: body isolations, funky steps and hip hop choreography. Class content includes musicality with dance rhythms, spatial awareness and motor skill development while having fabulous fun!

PRE BALLET/HIP HOP - This class for ages 4-6 includes an energetic combination of two styles in one hour, 30 minutes of each style. An introduction to ballet, musicality with dance rhythms and creative movement, spatial awareness and motor skill development while having lots of whirling and twirling fun! And an introduction to the fun and funky style of hip hop including body isolation, floor work, popping and locking and hip hop choreography.

BEG HIP HOP - This class is for dancers, ages 7-10, and class content includes an energizing warm-up and body isolations. Dancers also focus on other technical hip hop elements such as floor work, popping and locking, tutting, across the floor steps and movement and a dance combination of stylized choreography.

HIP HOP I/II - This class is intended for dancers, ages 9-16 who were enrolled in Hip Hop I or Hip Hop II in 2024-2025 or who have been recommended for this level in the summer. Intermediate level of instruction with more challenging center and across the floor technique such as turns, jumps, tutting, popping and locking, breaking and floor work. Students will also explore stronger artistic hip hop expression and challenging choreography.

AURORA DANCE ARTS SPECIALTY STYLE AND LEVEL DESCRIPTIONS:

YOGA/CONDITIONING - This class is intended for dancers, ages 10-Adult, and is a mixed level class in which previous dance and/or fitness experience is highly advised. Class content includes yoga for meditation, balance and flexibility, along with cardiovascular training and plyometric/strength conditioning designed to enhance dancers' training in other styles of dance. This class can be taken for fitness purposes or as a supplement to other dance training.

BEG-INT ACRO AND FLOOR SKILLS FOR DANCERS – This class is intended for ages 7-10 and includes an introduction to the basics of acrobatics and skills on the floor. Content includes proper warm-up and stretching of muscles and joints in preparation for these skills, bridges and other floorwork, and an introduction to basic acro skills designed specifically for inclusion in dance technique and choreography.

ACROS AND FLOOR SKILLS I – This class is intended for ages 9-16 who were previously enrolled in Acro and Floor Skills I in 2024-2025. Class content includes proper warm-up and stretching of muscles and joints in preparation for int floor and standing acrobatic skills. Dancers will work on development of strength and coordination for skills such as: headstands, handstands, backbends, walk-overs, handsprings, cartwheels. They will also learn a variety of rolling, sliding and static floor skills. Dancers are highly encouraged to take supplementary ballet, contemporary and jazz classes paired with this class.

ADULT DANCE 101 FOR ABSOLUTE BEGINNERS – Are you an adult that has always wanted to learn to dance but a ballet, jazz or contemporary class maybe feels a little intimidating because of the content or pace? Then this class is for you! Adult Dance 101 is intended for ages 18+ and focuses on fundamentals of body alignment, terminology, and basics of technique. You'll be understanding the difference between a tendu and a pas d' bourree in no time. Also includes a warm-up to prepare the body for learning to dance and some gentle focus on stretching and balance as well. This class is based on fundamentals of jazz, and contemporary dance techniques.