



Class Key - July 2025

Class Names / Levels	Age Range	Class Description / Criteria
Combo Program	Progression is based on age, maturity and skill	45 minutes
Creative Movement	2-3 yrs	Toddlers just getting started in the world of dance and movement
Toddler Ballet/Tap Combo	3-4 yrs	Creative movement paired with an introduction to the world of ballet and tap
Ballet/Tap Combo	4-5 yrs	Furthering progression of ballet and tap skills, introducing a bit more structure to movement
Ballet/Tap Combo	6-7 yrs	Furthering progression of skills; ready to transition to a higher expectation of technique before intro classes
Ballet/Jazz Combo	5-7 Yrs.	Mixed level combo; exploring new styles, skills and movement.
Technique Program	Progression is based on age, maturity and skill	50 minutes
Ballet Intro	7-9 yrs	Progressing from Combo level or new to the world of dance
Ballet I	9-12 yrs	Progressing from Intro or have had 1-2 years previous dance training
Ballet I/II	10+	This combined level is designed for students who are working to progress to a ballet level II
Ballet II	11+ yrs	Further progression - based on experience and capability; required 2+ ballet classes/week
Ballet II/III	12+	Intermediate/adv level class for students with a minimum of 5 years ballet training; required 2+ ballet classes/week
Ballet III	Director Approval	Advanced level class for students with a minimum of 5+ years ballet training; required 2+ ballet classes/week
Pointe Strengthening	Director Approval	A class designed to build proper strength and technique for pointe work; required 2+ ballet classes/week
Jazz Intro	7-9 yrs	Progressing from a Combo level or new to the world of dance (ballet recommended)
Jazz I	9-12 yrs	Progressing from Jazz Intro or have had 1-2 years previous dance training (ballet recommended)
Jazz I/II	10+	This combined level is designed for students who are working to progress to a ballet level II
Jazz II	11+ yrs	Further progression - based on experience and capability (ballet required)
Jazz III	Director Approval	Advanced level class for students with a minimum of 5 years dance training (ballet required)
Lyrical Jazz II	11+ yrs	Intermediate class for students with a minimum of 3 years dance training (ballet required)
Lyrical Jazz III	Director Approval	Adv level class for students with a minimum of 5 years dance training (ballet required)
Contemporary Intro	7-9 yrs	Progressing from a Combo level or new to the world of dance (ballet recommended)
Contemporary I/II	10+	Progressing from Contemporary Intro or have had 1-2 yrs previous dance training (ballet recommended)
Tap Intro	7-9 yrs	Progressing from Combo level or new to the world of dance
Tap I	9-12 yrs	Progressing from Tap Intro
Tap II	11+	Further progression in Tap, based on experience and capability
Tap III	Director Approval	An intermediate/advanced level class for students who have a minimum of 5 years experience

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Class Names / Levels	Age Range	Class Description / Criteria
Elective Program	Non-technique based classes	45-50 minutes
Hip Hop Minis	4-6 yrs	Combo-aged students; an introduction to the world of movement and choreography, exploring pop-culture
Hip Hop Intro	7-9 yrs	Intro aged students who are ready to progress from HH Minis or are new to this genre
Hip Hop Beginning	9-12 yrs	Level I students; Furthering technique and choreography pickup skills
Hip Hop Intermediate	11+	Further progression based on age and capability, technique training highly encouraged
Hip Hop Advanced	Director Approval	An advanced level class based on age and capability, technique training in required
Musical Theatre Minis	4-6 yrs	Combo-aged students; dancing, singing and character fun
Musical Theatre Intro	7-9 yrs	Intro aged students who are ready to progress from MT Minis or are new to this genre
Musical Theatre Beginning	9-12 yrs	Level I students; furthering technique skills and character building
Musical Theatre Intermediate	11+	Further progression based on age and capability, technique training highly encouraged
Musical Theatre Advanced	Director Approval	An advanced level class based on age and capability, technique training required
Acro Minis/Beg	4-9 yrs.	Combo-aged students, learning the basics of tumbling
Acro Open Level	Preteen/Teen	A class for preteens/teens who want to work on acro skills to enhance their dance technique
Pom / Tricks & Turns	12+ or Director approval	This class incorporates technical skills (E.g. jumps, turns, leaps, kicks), synchronized motions and precise movements
Adult Program	Technique Classes (Sessions)	50 Minutes
Open Level Ballet	18+	This is a ballet class for adults who have had some prior ballet experience
Ballet Basics	18+	This is a low impact basic ballet class for adults who have little or no prior ballet experience
Ballates	18+	This class is designed to incorporate a basic ballet barre followed by classical mat pilates exercises
Hip Hop (Adult)	18+	A beginning Hip Hop class for adults who want to get a bit of cardio and conditioning while grooving
Tap Basics (Adult)	18+	This class is for adults who are new to tap or have had prior tap experience