

**Acro - offered to ages 3 to 18 -**

The Acro program is facilitated using Acrobatic Arts; an internationally recognized program that focuses on mastering acrobatic skills, along with increasing flexibility and full body strength. Our instructor has been certified through the Acrobatic Arts program. Students will work on progressions of handstands, walkovers, cartwheels etc. A progression is a move that increases in difficulty (ex. cartwheel to one handed cartwheel to aerial). Our acro classes will work to seamlessly blend the worlds of gymnastics and dance. Acro classes will not perform in recital but, instead, will have an opportunity to become certified in their level of acro and will celebrate with an Acro Ceremony.

**Ballet - offered to ages 3 to 18 -**

Ballet is a classical dance form that can be mastered by itself or used as a technical base for other dance forms. Classes focus on overall body alignment and control with emphasis on anatomically safe turnout. Carriage of the torso and arms are also stressed as they teach dancers expressivity and artistry. Traditional barre work, center work and combinations are included in all classes.

**Contemporary - offered to ages 11 to 18 -**

Contemporary class is the final step of our class progression from creative movement, to lyrical, to contemporary dance. This class is an exploration of the total movement potential of the body. It differs from commercial or competitive dance in that it is not bound by set technical or choreographic standards, nor defined styles such as ballet or jazz dance. Instead, it seeks to express a personalized vision, often through experimentation and collaboration for the development of new, more individualized approaches to the moving body and choreographic possibilities.

**Creative Movement - offered to ages 3 to 6 -**

Creative Movement is offered to Little Lights as a beginning form of lyrical dance. It will allow young dancers to begin playing with movement in relation to concrete ideas. This class will use storytime and song lyrics to gain inspiration for movement. The goal of this class is to foster the dancer's creative mind and to build gross motor skills.

**Elements of Choreography & Improvisation - offered to ages 7 to 18 -**

This class is designed to spark the creative process within a studio environment. Participants will learn elements for creating a dance for stage performance and will have multiple opportunities to practice using these elements. The goal is for these performers to gain a deeper understanding of how to be most effective in communicating with their audience. Class creations will be presented in a variety-style showcase in March.

**Encounter** - offered to ages 3 to 18 -

Encounter will serve as a place to use movement as worship. In this class, dancers will worship, journal, discuss, pray, and use movement to encounter, embrace, and express. Dancers in this class will have a safe space to explore and express God's heart through worship.

**Fusion** - offered to ages 11 to 18 -

This class explores, blends, and combines multiple genres of dance, including, but not limited to hip-hop, ballet, and modern. A unique genre all of its own, Fusion is being pioneered by Mrs. Cora as a place to create amazing storylines and movement messages without limits.

**Hip-Hop** - offered to ages 3 to 18 -

Hip-hop is a high energy class! Its focus is on rhythm, coordination, and groove in an energy-filled, fast paced environment. Our hip-hop classes are full of wholesome fun where we keep popping, breaking, and locking appropriate!

**Jazz** - offered to ages 3 to 18 -

Jazz dance is an energetic style of dance that exudes confidence. In this class, dancers will learn proper jazz technique using isolations, contractions, dynamics, and groundedness as well as learn to create long lines within the body. Jazz dance comes in many styles and is usually rhythmically complex.

**Lyrical** - offered to ages 7 to 10 -

Lyrical is an expressive, fluid art form that bases its technique in ballet. The class focuses on personal interpretation of song lyrics in order to tell a story with movement that can be literal or abstract. Upon graduation of the lyrical classes, students will advance to begin their journey with contemporary dance.

**Modern** - offered to ages 11 to 18 -

Modern dance was formed - in part - as a rebellion against traditional, highly technical forms of dance such as ballet. It has since become one of the dominant genres for formally trained dancers. Many styles of modern are credited to choreographers who pioneered unique ways of moving and created movement vocabularies based on their personal dance philosophies. Modern dance typically involves floorwork, groundedness, and pedestrian movements.

**Musical Theater** - offered to ages 7 to 18 -

Musical Theater will explore using multiple dance forms (primarily theatrical jazz) to storytell through audience connection, expression, character development, and performance quality. Dancers will experience Broadway from a dancer's perspective! No voice training will be required but you may be asked to lip-sync. Be ready to have a blast!

**Pointe - offered to ages 11 to 18 (by teacher placement only) -**

Being placed on pointe is determined by a slew of factors including ballet knowledge and skill, ankle stability and mobility, overall mental and physical well-being, and at the workshop movement, class etiquette. Being placed on pointe is a specific track for committed ballet dancers whose bodies are safe to do so. Dancers must be taking both the A and B sections of their level's ballet class per week and placed en pointe by the teacher and/or studio director.

**Pre-Pointe - offered to ages 11 to 18 (by teacher placement only) -**

This class is preparation for dancers who are working towards the goal of dancing on pointe. Dancers will focus on technique designed for strengthening the feet and ankles. Correct alignment, joint stability, core strength and understanding of pointe shoes will be taught. Dancers must be taking both the A and B sections of their level's ballet class (or 2 equivalent hours) and placed into pre-pointe by teacher and/or studio director. This class is foundational and will not have a final performance.

**Sing N' Sprout - offered to ages 18 to 36 months -**

This Family n' Me class will nurture your child in ways of mind, body and soul. We will be working with maracas, bells, bean bags, rhythm sticks, sand blocks, and scarves! The goal of the Sing n' Sprout Family n' Me program is to foster opportunities for Lil' Sprouts to connect with their caregivers. Improving the bonds between children and their caregivers helps them become healthy adults in body, mind, and spirit. We'll use both traditional and original music and movements specifically designed to help children explore their bodies and the world around them. This class will not participate in our final performances.

**Tap - offered to ages 3 to 18 -**

Tap will encompass rhythm, syncopation and high energy. Tap is a fun and exciting class that builds from simple beats and steps to quick percussive sounds. Dancers learn to use their feet as instruments while advancing their artistry.

**Technique, Strength, and Length - offered to ages 7 to 18 -**

This class is for the dancer that is looking to progress their dance technique on a deeper level. We will work on strengthening our bodies for better technique, improving flexibility, and solidifying and exploring different types of turns and jumps! Highly recommended as an addition to any intermediate or advanced class. This class is a required co-requisite for several of our B-level classes. Since this class is for technique only, it will not be participating in final performances.