DANCER DEVELOPMENT

TINY DANCER (18mon-4yrs**)** – All of our classes for Tots and Preschoolers have been specifically designed to carefully develop their needs. Through teaching little ones how to dance for 30 years, we are able to offer experience as well as educated and properly certified dance instructors. Each of our classes are designed to develop an age group. We provide the best environment for fun, creativity, passion and safety. Our goal is to offer the right tools at an early age so that children will learn how to grow properly as a dancer. Building confidence, self-esteem, independence and the love for dance is our primary goal.

Tippy Toes for Tots (18mon-3yrs)*T**umble Tots** (18mo-3yrs)
***Dance And Tumble** (18mon-3yrs)
Intro to Dance** (3yrs)Beginner Dance** (4yrs)

JUST FOR BOYS – Tumbling, Hip Hop and Music provide an active boy with the fundamentals of dance while providing coordination, self-confidence, strength and flexibility. Our Just for Boys classes are specifically designed to channel energy in a fun and musical way.

Tumble Tykes (5yrs -7yrs) * **Beat Boy**s (7yrs-10yrs)

YOUNG DANCER (5-13yrs) – All of our dance classes provide a solid understanding of dance along with the tools needed to safely layer technique and challenge abilities. Proper strategies are implied to help create energy, improve physical awareness and promote physical fitness. We encourage confidence and enhance self-esteem in an environment that is safe and fun. We take time to educate our students on how to move their body properly to prevent injury. We offer a wide variety of dance disciplines and each discipline is divided into appropriate age categories. We focus on specific needs and recognize that each dancer is unique. We do not mix a large variety of ages together so students learn efficiently and appropriately. We provide teacher assistants where needed. It is our goal to help plant the seeds for a long life of physical health and passion for movement.

Mini (5-6yrs)***Petite** (7-9yrs)***Junior** (9-13yrs)***Intermediate** (13yrs)

TEEN DANCER (13-18yrs) **–** A large variety of classes are available and specially designed just for teens. These classes are taught in an environment that is positive, energetic and fun. Our classes are designed for all levels of teens from beginners to advanced students. We focus on learning the newest dance techniques, styles and cutting edge choreography. Our Teens have a good time, stay in shape and keep spirits positively motivated.

Jazz * Tap * Ballet * Acro * Lyrical * Contemporary

ADULT DANCER (19+) – We have an extensive range of classes for adults. Having fun, staying in shape and enjoying the latest greatest dance crazes allows our adults to keep fit and enjoy the art of dance.

Jazz * Ballet * Hip Hop * Ballroom

PAULA MORGAN TECHNIQUE (PMT) – This is a technique that is direct, specific, visionary, and designed to be effective and efficient for all forms of dance. The Paula Morgan Technique is not just for the professional, but for anyone who truly loves dance and wants to learn it. It is geared toward training the body. After a dancer is properly constructed, the movement becomes inevitable. This technique has a structured warm-up designed to achieve the best strength, flexibility, technique, movement, knowledge and understanding of the body. This routine will not only warm- up the body and prepare it to dance, but it will also lay the foundation for a life of dancing to one's highest potential. Specific training is provided by a PMT certified teacher. A variety of posture and breathing techniques are combined with strengthening and stretching exercises to give a student a unique proprioceptive understanding about their own anatomy and body mechanics. Structural alignment, strength and maximum flexibility are explored individually in a quest for "Optimal Alignment". All types of students at various levels can benefit from our PMT technique classes. We are one of the few studios worldwide to be able to offer this cutting edge technique.

Technique Level I * Technique Level II * Technique Level III