

Class Descriptions

Classes	Descriptions	Ages
Clogging	Experience the fun and excitement of clogging! This energetic style of dance combines rhythmic footwork, upbeat music, and precision timing to create a unique and exciting performance style. Dancers will develop coordination, musicality, balance, and confidence while learning traditional and contemporary clogging techniques. Classes focus on proper technique, teamwork, and performance skills in a positive and encouraging environment. Whether you're brand new to dance or have years of experience, clogging is a fun way to stay active, make friends, and be part of a team!	ALL AGES *Ask us about the appropriate level
Hip Hop	Get ready to move, groove, and have fun! Hip Hop is a high-energy class that focuses on rhythm, musicality, and freestyle-inspired movement. Dancers will learn age-appropriate choreography while building coordination, strength, confidence, and performance skills. Classes feature upbeat music and a supportive, encouraging environment where dancers can express their personality and creativity. Perfect for beginners and experienced dancers alike!	5-20 *Ask us about the appropriate level
Pom	Bring the energy and excitement of the sidelines to the dance floor! Pom Dance combines sharp, clean motions with jazz technique, synchronized choreography, and high-energy performance using pom-poms. Dancers will develop coordination, flexibility, strength, precision, and showmanship while learning fun routines that emphasize teamwork and confidence. This class is perfect for dancers who love upbeat music, spirited performances, and lots of energy. No previous experience is required for beginner levels.	4-7 = Pom 1 8-12 = Pom 2
Acro	Build strength, flexibility, balance, and confidence in our exciting Acro classes! Dancers will learn tumbling skills such as forward and backward rolls, cartwheels, walkovers, handstands, limbers, and more while improving flexibility, coordination, and technique. Acro combines the athletic elements of gymnastics with the artistry of dance, creating strong, versatile performers. Classes are designed for all experience levels, with skills taught safely and progressively. No prior experience is necessary!	4-7 = Acro 1 8-13 = Acro 2
Musical Theatre	Step into musical theatre with jazz dance, acting, and performing! Dancers ages 9+ develop performance skills, confidence, and stage presence while learning fun routines	9+
Burlesque	An empowering and playful adult jazz class where dancers build confidence, style, and stage presence through sensual choreography, fun movement, and performance techniques.	18+
Hip Hop/Clog Combo	Get ready to stomp, step, and groove! In this fun class for dancers ages 5–10, students learn hip hop and clogging while making lots of noise, moving to the beat, and showing off their swagger. This high-energy class helps dancers build rhythm, coordination, and confidence while having a blast!	5-7 = HH/Clog 1 8-10 = HH/Clog 2
Ballet/Clog Combo	Our youngest combo dancers explore the basics of ballet and tap through fun music, movement, and imagination. This class builds coordination, rhythm, and confidence while introducing the joy of dance!	2-3