



Ms.Lisa's Dance
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Class Descriptions:

Baby Ballerina- This class is a mommy and me class. Your little one will explore movements, songs and dance with you there to guide them along the way. Directional concepts, body awareness, locomotive movements and spatial relations are explored to a variety of songs. This class focuses on basic ballet skills. This is a great class for little ones, ages 18 months to 24 months.

Two-year-old Classes:

Two Much Fun- This class is designed for two-year-olds. The class will focus on directional concepts, spatial/body awareness and creativity. Children will be introduced to a variety of styles of dance (ballet, jazz and contemporary). A variety of music is used in this class. Rhythm is learned through instruments and singing. Locomotive movements will be introduced in this class (skipping, galloping, hopping, marching, etc). This class is great for anyone who loves music and movement!

Twinkle Toe Two's- This class is for our two-year-olds that want to be a ballerina. It has a little more structure than our "Two Much Fun" class and focuses on the very basics of ballet. Props are still used in this class (scarves, butterfly wings, ribbons, etc). Basic counting is used in this class, since it relates to movement. This is an ideal class for the little girl who loves to twirl in her TuTu.

THREE-YEAR-OLD CLASSES:

Ballet and Tap- This class is for 3 and 4-year-olds. The class uses a variety of props (shakers, scarves, wands, pom poms, etc) to develop your child's creativity. Ballet, jazz, and contemporary are introduced in this class. Dance is not all that we teach in this class. We work on posture, patterning, counting and rhythm. We

encourage our students to do their best as we build up their confidence as dancers. This is conducive to socialization and school.

Crafty Creations- This class is for 3 and 4 year-olds. Each child will warm up their creative minds and little fingers as they experiment with various paint colors. A variety of items will be used to make their Picasso paintings (sponges, brushes, stamps, tactile fabrics and much more). Once we are warmed up, our craft will be completed. Crafts may include picture frames, piggy banks, and princess wands, etc...

Applause Competition Troupe This class (3-to 5 year olds) is by invitation and recommended for children who enjoy performing for others. This troupe will be asked to compete in two to three competitions. A costume will need to be purchased for the competitions. If you are interested in having your son or daughter be in Applause please talk to Ms. Lisa. This class focuses on ballet, jazz, character dancing and acro. This is a great opportunity for children who love to perform.

Lil' Hip Hop- This class is for 3 to 5-year-olds. This class introduces the concept of rhythm. We work on body awareness, body control, coordination and spatial awareness. Basic steps are introduced in a fun and high energy environment.

Tiny Tappers- This class is for 3 to 5-year-olds. This class introduces the concept of rhythm. We work on body awareness, body control, coordination and spatial awareness. Basic steps are introduced in a fun and high energy environment.

Tiny Tumblers-This class involves stretching exercises, balance, and coordination. The children will learn basic positions (pike, tuck, straddle, splits) and tumbling (somersaults, cartwheels, backbends, handstands) while incorporating their creativity and imaginations.

Twirling TuTus- This class is for 3-year-olds, and focuses on Ballet skills. Basic counting is used and beginner ballet skills are introduced. Props are used in this class (butterfly wings, scarves, princess wands, etc). This class is perfect for the little girl who loves to twirl in her tutu.

Four to Six-year-old Classes:

Contemporary dance This class is for 4 and 5 year olds. The main focus of this class is This class starts with a warm up; additionally, across the floor technique

Ballet and Tap- This class is for 3 and 5-year-olds. This class uses a vast array of props. The focus is on ballet, jazz and contemporary movements, as well as tap. Class begins with a warm up and floor stretches. Proper body alignment, and foot/arm placement are maintained in this class. A variety of dances are choreographed, and we continue to focus on building each child's confidence level, since it relates to self-expression.

Applause competition Troupe - This class (ages 3 to 5) recommended for children who enjoy performing for others. This troupe will be asked to compete two times a year. A costume will need to be purchased for their competition. This class focuses on ballet, character dancing, acro and jazz. This is a great opportunity for children who love to perform!

Lil' Hip Hop - This class is for 3 to 5-year-olds. This class introduces the concept of rhythm. We work on body awareness, body control, coordination and spatial awareness. Basic steps are introduced in a fun and high energy environment.

Pom poms/cheer dance- This is a high energy class for 3 to 5 year olds that incorporates cheer dance. The class will focus on coordination, cheers, pom pom dance routines, kicks, jumps and basic acrobatics.

Pre-Ballet- This 4 and 5-year-old class is a structured class and a great introduction to ballet. Proper body alignment and arm/foot placement is developed. Class includes a warm up at the barre, floor work and across the floor movements. Props are also incorporated into this class.

Tiny Tappers- This class is designed to introduce young ones (3-4-year olds) to the beginning skills of tap. It focuses on basic coordination and counting as well as developing a musical ear.

In the Wings- This class is for ages 4, 5 and 6. The class begins with theatre exercises and games. The focus of this class is improvisational, acting, theatre technique and voice development. Singing and dancing are a must in this class. Proper voice projection is taught and practiced. This is a great class for a child who has a musical ear and loves to perform! There will be various performances throughout the year.

Six to Nine-year-old Classes:

Boys Hip-Hop- This class focuses on learning to pop, lock and groove to some of the most popular music. This class is for 5-8 year-olds. Music from some of the top children's movies and Radio Disney Station are incorporated into this class. The class includes a warm-up, hip-hop skill introduction, across the floor movements, and dance choreography. Knee pads are recommended for this class

Ballet I- This is a class for ages 6 - 9-year-olds. Each class will begin with a barre to fine tune body placement and alignment. The techniques of ballet are furthered through center combinations and across the floor exercises. The class is perfect for children who have been dancing for a few years or for those who have a newly developed interest in ballet.

Dance Combo ballet, contemporary, Acro and Jazz This class is for the dancer that enjoys numerous dance styles. The class will focus on ballet, contemporary, jazz.

Hip-Hop I- This class show cases a dancer's individual style and originality (ages 6 to 10). Every dancer interprets and executes moves and steps in their own way. This class explodes with energy using a variety of music and show tunes. Class begins with a warm up, progressions across the floor, jazz skills, Hip Hop moves and a jazz/hip-hop combination. The class introduces intricate foot work, as well as arm motions. The students are encouraged to develop their own style of movement with freestyle dancing.

Jazz I-Jazz dancing is energetic and fun! This class explodes with energy using a variety of Broadway music and hip-hop tunes. A warm up, progressions across the floor, jazz technique and jazz combinations are all a part of this class. Jazz steps include: basic turns, chaines, piques, pirouettes, and jazz turns. The leaps covered are grand jetes, turning jumps and tour jetes. These skills progressively increase in difficulty depending on each student's level in the class.

Encore Competition/Performance Team-(5 to 10 year olds) This is a recreational competition team. This class will focus on jazz, contemporary and character dancing. This group of dancers will be part a team and will combine complimentary dance skills and perform dances for the community. Three dances will be performed throughout the year. This group will participate in three competitions at the end of the dance year. A second class needs to be taken to be on this team (ballet, turns and transitions, jazz, Contemporary or Dance Combo).

Elite Competition Team- This is our competitive competition and performance team for ages 6-11, This is by audition only, but If you are interested in this class you may attend a trial class. Each student on the Elite must take one other class (ballet or Jazz}. They will participate in three competitions during the year. They will also perform in two performances during the year. Attendance is very important to this team of dancers. Attendance is required for the last rehearsal before a competition or performance. This is a great opportunity for the dancer who loves to perform and wants to be involved in competitions.

Pop Music Video Dance-(7 to 12 year olds) Bring your inner "Pop Star" to this NEW genre of dance class that is all the rage in Europe and Asia! If you have ever saw a dance/music video and thought, "I wish I could do that!" then this class is for you! Whether you just like to dance, sing or even lip synch while you dance-you will attain ultimate style, skills and confidence to perform like an MTV star. This class uses music from your favorite pop videos and incorporate choreography blinding hip-hop, funk and jazz.

Turns, leaps and transitions- This class begins with a warm up, center floor transitions and across the floor, proper body placement and spotting are mastered in this class.

Ten to Fifteen-year old Classes:

Ballet II- This class is designed for students ages 10 to 14 who have masteredThe time will begin with an intense barre, focusing on body alignment balance and strength. Center work will consist of learning body positions of intermediate ballet and include French terminology. Across the floor work will enhance the dancers sense of coordination and directional awareness. This class is perfect for the more advanced dancer, and is excellent preparation for a combination with pre-point.

Hip-Hop II-This class is a high energy style of dance that uses age appropriate music (ages 11 to 18). The class introduces intricate foot work, as well as arm motions. Class begins with a warm up, progresses across the floor and then moves into the center of the floor to work on choreography and combinations. The students are encouraged to develop their own style of movement with freestyle dancing.

Pop Music Video Dance-(7 to 12 year olds) Bring your inner "Pop Star" to this NEW genre of dance class that is all the rage in Europe and Asia! If you have ever

saw a dance/music video and thought, "I wish I could do that!" then this class is for you! Whether you just like to dance, sing or even lip synch while you dance-you will attain ultimate style, skills and confidence to perform like an MTV star. This class uses music from your favorite pop videos and incorporate choreography blinding hip-hop, funk and jazz.

Pre Pointe/Pointe- This class is for ages 11 to 17. This class is designed for the more advanced dancer who has a desire to further their training in ballet. Class will consist of strength training during barre work and floor work. There is a high focus on body alignment, arm/foot placement, balance and coordination. This class is by placement only and students have to be approved to participate in this class.

Dance Combo I- This class is for the dancer that enjoys numerous dance styles. The class will focus on ballet, contemporary, jazz and tap. The appropriate ages for this class is 10 to 14-year-olds. The focus of this class is to provide the best instruction with in a variety of dance styles.

Turns Leaps and Transitions-This class begins with a warm up, center floor transitions and across the floor, proper body placement and spotting are mastered in this class.

Jazz II- Jazz dancing is energetic and fun! This class explodes with energy using a variety of Broadway music and hip-hop tunes. A warm up, progressions across the floor, jazz technique and jazz combinations are all a part of this class. Jazz steps include: basic turns, chaines, piques, pirouettes, and jazz turns. The leaps covered are grand jetes, turning jumps and tour jetes. These skills progressively increase in difficulty depending on each student's level in the class.

Junior Competition Team-This is our recreational competition and performance team for ages 11 and up. This is by audition only, but If you are interested in auditioning please contact the studio. Each student in the Junior class must take ballet, the senior/junior technique class and either jazz, flexibility stretch or the turns leap and transitions class. They will attend three competitions during the year. They will also perform in two performances during the year. Attendance is very important to this team of dancers. Attendance is required for the last rehearsal before a competition or performance. This is a great opportunity for the dancer who loves to perform and wants to get involved in competitions

Senior Competition Team- This is our competitive team and performance team for ages 11 and up. This is by audition only, but If you are interested in auditioning please contact the studio. Each student in the Senior class must take ballet, the senior/junior technique class and two more classes either jazz, flexibility stretch or the turns leap and transitions class. They will attend three competitions during the year. They will also perform in two performances during the year. Attendance is very important to this team of dancers. Attendance is required for the last rehearsal before a competition or performance. This is a great opportunity for the dancer who loves to perform and wants to take dance to the next level.

Tap- This class is a beginner to intermediate tap class. Small class size allows the instructor to focus on each individual student. This is a high energy class.

Adult Classes:

Adult Tap

Adult Ballet