



Love2Dance Class Descriptions

Toddlers, Preschoolers & Kindergartners

Tiny Toes (14 months-2 years)

Our Toddler class is the perfect introduction to dance class and will require parent/caregiver interaction. The instructor will lead activities, movement and games. Each student will receive their own basket of items such as ribbons, scarfs, stuffed animals and maracas to increase musicality and fun. Each class will conclude with parachute time, super star or a dance circle. Students should wear comfortable fitted clothing or dance outfits with the appropriate dance shoes. We will dance, sing and have fun while exploring rhythm and movement together.

Little Feet I (Ages 2-3)

Introductory level course that invites children ages 2-3 to explore their love of music and dance through movement exercises, songs and games while increasing awareness of the body through rhythm and creative dance. Many of our Little Feet I dancers are becoming more independent and are able to do class with a parent/caregiver watching from the side, others still need a parent/caregiver to join them on the dance floor (and that is fine with us). Our Little Feet I classes include sing-a-long songs, ballet, jazz, hip hop and free dance. Each student will receive their own basket of items such as ribbons, scarfs, stuffed animals and maracas to increase musicality and fun. Each class will conclude with parachute time, super star or a dance circle. Students should wear comfortable fitted clothing or dance outfits with the appropriate dance shoes.

Little Feet II (Ages 3-4)

Introductory level course that invites children ages 3-4 to explore their love of music and dance through movement exercises, songs and games while increasing awareness of the body through rhythm and creative dance. Our Little Feet II dancers are becoming more independent and are able to do class without a parent/caregiver. Our Little Feet II classes are available in ballet, jazz, hip hop and tap. Each student will receive their own basket of items such as ribbons, scarfs, stuffed animals and maracas to increase musicality and fun. Each class will conclude with parachute time, super star or a dance circle. Students should wear comfortable fitted clothing or dance outfits with the appropriate dance shoes. Parents may drop off or stay and watch.

Little Feet III (Ages 4-5)

Our Little Feet III dancers have completed at least one session of dance and are independent and able to do class without a parent/caregiver. Our Little Feet III classes combine ballet, jazz and hip hop moves. Each student will receive their own basket of items such as ribbons, scarfs, stuffed animals and maracas to increase musicality and fun. Each class will conclude with parachute time, super star or a dance circle. Students should wear comfortable fitted clothing or dance outfits with the appropriate dance shoes. Parents may drop off or stay and watch.

Dance & Crafts (Ages 3-4)

Our morning Dance & Crafts class is 2 hours in length. Children will be dropped off and must be potty-trained. The students will do activities and games with ribbons, scarfs, shakers and poms, learn awesome dance routines, paint, make crafts and do art projects. We will dance, sing and have fun while exploring rhythm and movement together. This is an awesome class for preschoolers to learn to follow directions, make new friends, build self-confidence and most importantly have fun. We love that it gives parents a break to work, run important errands or relax. Dance & Crafts students should pack a snack, water and change of clothes.

Mini (Ages 5-6)

Our mini dancers are ready for new challenges including class warm up, across the floor, dance technique and age-appropriate dance combinations and choreography. Styles of dance available include jazz, ballet, tap, acrobatics & hip-hop. We also have many combo classes where dancers learn two genres of dance. Students should wear comfortable fitted clothing or dance outfits with the appropriate dance shoes. Our mini age classes do not require any parent/caregiver interaction. Parents should drop-off/pick-up.

Hip Hop, Jazz & Crafts (Ages 5-6) Non-Performing

This 90-minute class includes (2) 30-minute dance classes in Hip Hop and Jazz styles and students will also enjoy 30 minutes of making crafts and playing dance games together.

School-Age to Adult (Ages 7 & up)

AcroDance I, II, III/IV

AcroDance teaches flexibility, balance, strength, muscle control, discipline and concentration. AcroDance I students are learning forward rolls, cartwheels and handstands, AcroDance II will be progressing skills from level I and working on one-handed cartwheels, limbers, walkovers and aerial preps, Acro III/IV dancers have mastered the skills from level I/II and are able to do all of the skills efficiently as they work towards aeriels and more advanced skills. All of the skills in each level will be incorporated into a routine. AcroDance is a great way to take your dancing to new heights: elements from ballet, jazz, and hip-hop will be incorporated with music to enhance your performance skills.

Acro Strength & Stretch (Non-Performing)

Acro Technique increases flexibility, strength, balance, coordination, endurance, body awareness and confidence. This class will focus on proper body alignment and placement with an emphasis on flexibility and strength conditioning. The class will be a blend of Acrobatic training and stretching; is highly recommended for any dancers looking to improve their overall abilities in all styles of dance.

Adult Hip Hop (Non-Performing)

Friendship, Fun, Camaraderie and a great work out! Join Miss Tara for a fun all-level hip hop dance class with popular dance steps and high-energy movement to old skool jams, upbeat hip-hop, R&B & pop music.

Adult Jazz, Contemporary, Hip Hop & Ballet

Miss Jen's all-level adult class will incorporate multiple dance styles and includes deep stretch for flexibility, warm up with dance cardio, mini combinations in styles such as Jazz, Contemporary, Hip Hop and Ballet. (Adults will have the option to take the class and not perform in the show).

Ballet

The techniques found in classical ballet are the framework for all other styles. Students will learn about proper body alignment, turnout, graceful arms, ballet positions and terminology.

Ballet Barre Stretch/Strength for Pre-Pointe (Non-Performing)

This class is an introduction to the physical demands and responsibilities of pointe work. Students will correct body alignment, graceful movement and overall strengthening of their muscles as they work on specific exercises and ballet technique to prepare, strengthen, and align the body for pointe work. This class should be taken concurrently with Ballet. (Instructor approval required for Pointe Shoes)

(BLT) Ballet, Lyrical, Technique (Non-Performing)

Students will work on strengthening muscles, proper body alignment, turnout, jazz technique, across the floor progressions and lyrical dance. BLT is highly recommended for any dancers looking to improve their overall abilities in ballet, jazz, lyrical and contemporary.

Boys Hip-Hop & Sports Conditioning (Non-Performing)

Boys Dance Too! The benefits of dance training & conditioning will help with agility, speed, footwork, flexibility and coordination in all sports from the dance floor to the field. (Professional athletes train in Ballet)! Miss Tara will get your boys moving and increase their rhythm and confidence in dance.

Character/Musical Theater

This class will capture the heart of anyone interested in the performing arts as well as our students with big personalities. Students will learn about the importance of performing with their faces and jazz fundamentals as well as choreography derived from various Broadway styles or based upon characters.

Cheer Dance

We will use Pom Poms, work on chants, arm angles, cheer jumps and kicks lines while learning fun, spirited choreography! Let's Go L2D!

Contemporary

A blend of ballet and modern techniques. Contemporary dance experiments with expressing emotions through movement.

Contemporary & Jazz

This class will incorporate both popular styles of dance with technique and choreography.

Hip Hop:

(Hip Hop with Miss Tara) Miss Tara will work on conditioning, musicality, high-energy movement and dynamic pop/commercial-hip hop style choreography. Each class will include a warm-up, across the floor grooves, footwork, choreography and freestyle or a dance game. This class will encourage students to have lots of fun, work on their confidence, make new friends and bring their own personality and flair to each movement. Miss Tara plays music from the 90's through today!

(Advanced Hip Hop with Desmond) This class will combine exciting fundamental styles of popping, waving, whacking, and contemporary hip hop styles with accents of flair and acrobatics. This class moves quickly and students will be challenged with fast choreography and tricks.

(Hip Hop with Miss Dana) Miss Dana's hip hop class will incorporate break, popping, shuffling and freestyle. Expect lots of floor work and gritty/old school hip hop with an emphasis on musicality. Miss Dana teaches break basics: top rock groove, go downs, footwork, threads, freezes, groundwork and intro to ground power moves that can be altered to fit your own style of dance. Class will include drills for strength, agility, balance and flexibility. Miss Dana also loves to teach shuffling which can be utilized for groove or fun formation changes and roll offs.

(Hip Hop with Miss Lizzy) Miss Lizzy will work on conditioning, musicality, high-energy movement and dynamic pop/commercial-hip hop style choreography. This class will encourage students to work on their confidence and bring their own personality and flair to each movement. Miss Lizzy plays music from the 90's through today!

Hip-Hop, Jazz & Crafts (Non-Performing)

This 90-minute class includes (2) 30-minute dance classes in Hip Hop and Jazz styles and students will also enjoy 30 minutes of making crafts and playing dance games together.

Hip-Hop & Jazz

Hip Hop & Jazz will teach two styles of dance and incorporates conditioning, musicality and dynamic pop/commercial hip hop choreography combined with jazz technique and across the floor. This class will encourage students to work on their confidence and bring their own personality and flair to each movement. Students will learn the

fundamentals of hip hop while incorporating technique such as leaps, kicks, jumps & turns.

Jazz

Popular dance style seen in everything from music videos to Broadway musicals. Jazz class will broaden your dance repertoire by incorporating technique such as leaps, kicks, jumps & turns with dynamic and energetic choreography.

Lyrical

Lyrical dance is a fusion of ballet and jazz dance techniques. This style of dance challenges dancers to use emotion to interpret the music and express feelings. A lyrical dancer's movements attempt to show not only the meaning of the music but also tells a story.

Modern & Improv

Modern Dance is a highly expressive style that challenges the structured technique of classical ballet. Our modern class will include improv exercises, across the floor technique and choreography inspired by Graham and Horton.

Rhythmic Ribbon Dance

Jazz and acrobatic dance incorporating a long dancing ribbon. Come join Miss Jen to learn this popular style of dance that can be seen in the Olympics!

Tap Dance

Not only is tap super fun but it helps with rhythm, balance and coordination. Students will learn technique and terminology in the famous dance style using their feet as percussive instruments.