



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. **Most of our Little Feet I dancers are doing class with a parent/caregiver joining 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.

Little Feet Ballet & Acro (Age 4)

Introductory level course that invites children to explore their love of music and dance through ballet & acrobatics (gymnastics) based movement while increasing awareness of the body. Ballet and Acro teaches flexibility, balance, strength, muscle control, discipline and concentration. The Little Feet class will be working learn basic ballet terminology and positions, forward rolls, bridges and handstands. All of these skills will be incorporated into a performance routine. Students must be able to work independently without a parent or caregiver. Parents should drop-off/pick-up.

Little Feet Ballet (Ages 3-4)

Introductory level course that invites children to explore their love of music and dance through ballet-based movement exercises, songs and games while increasing awareness of the body through rhythm and creative dance. The techniques found in ballet increase balance, flexibility, and strength and help lay the foundation for our dancers. Basic ballet positions and terminology will be taught in a fun and supportive environment.

Little Feet Ballet & Tap (Ages 3-4)

Introductory level course that invites children to explore their love of music and dance through ballet and tap movement, songs and games while increasing awareness of the body through rhythm and creative dance. The techniques found in ballet increase balance, flexibility, and strength. Tap dance helps with timing, rhythm & musicality. It's the best of two dance styles!

Little Feet Hip-Hop (Ages 3-4)

Your child will have a blast as they work on rhythm, musicality, high-energy movement and dynamic pop/commercial-hip hop style choreography to fun, upbeat tunes. 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.

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.

Mini AcroDance (Ages 5-6)

Acro teaches flexibility, balance, strength, muscle control, discipline and concentration. The Mini class will be working on forward rolls, bridges, cartwheels and handstands. All of these skills will be incorporated into a performance routine. Parents should drop-off/pick-up.

Mini Ballet & Jazz

This class will learn graceful ballet movement with proper body alignment, strengthening muscles, turnout, across the floor progressions and jazz technique like kicks, leaps and turns. It's the best of two dance styles!

Mini Ballet & Tap

This class will learn graceful ballet movement with proper body alignment, strengthening muscles, turnout, across the floor progressions and tap technique to help with rhythm, timing & musicality. It's the best of two dance styles!

Mini Hip-Hop & Jazz

Mini Hip-Hop & Jazz class will include a fun warm-up, awesome hip hop and jazz moves, dance games and freestyle fun. With class emphasis on rhythm/musicality and beginning hip-hop and jazz steps to age-appropriate music.

Mini Hip-Hop & Break

Miss Tara's class will include a fun warm-up, awesome hip hop and breakdancing moves, dance games and freestyle fun. With class emphasis on beats, rhythm, musicality and beginning hip-hop steps to upbeat age-appropriate music.

Dance & Crafts (Ages 5-6) Non-Performing

This 90-minute class includes (2) 30-minute dance classes in Hip Hop, Jazz, Contemporary & Tap 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 Contemporary, Ballet & Lyrical

Our adult class will focus on ballet strengthening, conditioning and technique with the expressive beauty of lyrical dance and the emotional connection of contemporary dance. The class will also include stretching for increased flexibility and mobility. This class is appropriate for all-levels and will be a great workout and release for your mind and body.

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

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. Miss Jen's adult class includes deep stretch for flexibility, warm up with dance cardio, across the floor progressions and jazz choreography. (Adults will have the option to take the class and not perform in the show).

Adult Tap

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

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) Our upbeat and fun Hip-Hop classes focus 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. The studio plays age-appropriate 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, 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.

Shooting Stars (Special Needs)

Our caring staff leads dance class for our friends in the community with a focus on hip hop, musicality, fitness and fun. Students will learn different dance combinations and some across the floor technique. Our Shooting Stars class learns a routine to perform on stage!

Stretch, Turn, Leap (STL)

This class is for the dance student wanting to gain more flexibility, while also learning different types of leaps, turns and tricks. This is a non-performing class as it's intention is to build strong, technical dancers.

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.