



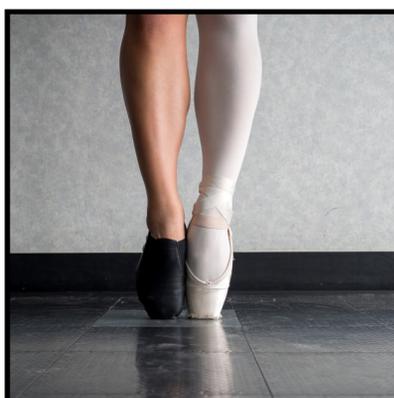
## Dance Classes



### Beginning Ballet

Wednesdays 3:30pm-4:30pm Ages 6 -10

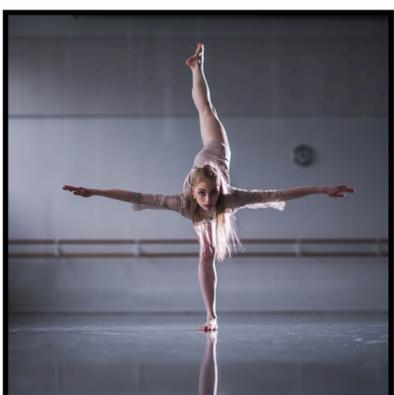
This class will cover the fundamentals of classical ballet techniques through learning ballet positions, posture, and vocabulary. All that is required is a love of movement. Students need to either wear socks or ballet slippers, stretchy pants or leotard and tights, a comfortable appropriate top, and their hair pulled back out of their faces.



### Ballet & Jazz I

Wednesdays 4:30pm-5:30pm Ages 11-18

This is an introductory Ballet & Jazz combo class for older students. From fun and energetic movement of the jazz style to classical ballet techniques paired with warm ups, stretching, strengthening, turns, leaps, jumps, and runs–this class has it all!



### Ballet & Jazz II

Wednesdays 4:30pm-6:30pm Instructor Invite  
ages 11-18

Our Intermediate classes are typically instructor-invite-only. However, if you have previous dance experience at a high level please contact us to see if this class would be a good fit for you!

This is an accelerated class for committed students. More difficult techniques will be introduced with an emphasis on the importance of strength, flexibility, rhythm, musicality, and memorization.



March 9<sup>th</sup> - May 8<sup>th</sup>

# Class Descriptions



## Dance Classes



### Baile Folclorico

Mondays 3:30pm-4:30pm Ages 5-13

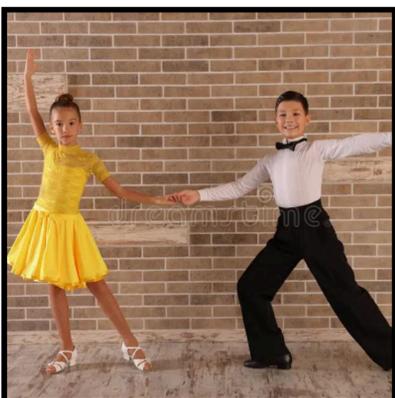
This class students will explore the vibrant world of traditional Mexican folk dance through rhythm, movement, and cultural expression. This class introduces foundational footwork (zapateado), skirt and hat technique, musicality, and regional dance styles from across Mexico. Dancers will build coordination, confidence, and stage presence while learning choreography that celebrates history and heritage. No prior experience required—just enthusiasm and a love for movement!



### Swing Dance

Thursdays 3:30pm-4:30pm Ages 8-18

A fun, upbeat dance class for kids of all ages where they learn how to dance with a partner to one of the most popular dances in history—SWING! Kids will take turn learning how to lead and follow and how to dance swing to oldies as well as their favorite current artists.



### Salsa Dance

Thursdays 4:30pm-5:30pm Ages 8-18

This energetic salsa dancing class introduces kids to basic salsa steps, rhythm, and movement through playful music and activities. Students will build coordination, confidence, and teamwork while learning to express themselves through dance in a supportive and exciting environment.