

PALM ARTS DANCE CLASS DESCRIPTIONS

Ballet

Dress Code: GIRLS: Primary & Ballet I: Pink leotard, pink tights, chiffon skirt and ballet shoes, Ballet II and above: black leotard, pink tights BOYS: black tights/leggings, white t-shirt, black ballet shoes.

Fairytale Ballet: ages 3-5. A beautiful beginning to ballet. Students will learn classroom etiquette, basic ballet skills, and develop respect for other dancers. Come enjoy this magical experience!

Primary Ballet: ages 5-7

Ballet Level I: ages 7+ with 1 year ballet training

Ballet Level II: ages 9+ with 2+ years ballet training or teacher's permission

MS Ballet: grades 5th-8th with 3+ years ballet training or teacher's permission – 2x week

HS Ballet: grades 9th-12th with 4+ years ballet training or teacher's permission – 3x week

MS Pointe/HS Pointe: MS Ballet and HS Ballet students with teacher's permission

Ballet Boost: grades 8th-12th with teacher's permission. For the serious ballet student who wants training in addition to the required MS/HS scheduled classes. Focus is on refining technique and gaining strength. Classes will be offered on select Thursdays during the session based on the instructor's schedule.

Dancing Feet: (ages 5-7) Tap and Hip Hop Combo Class

This combination class for the young dancer includes tap dancing and hip hop. Dancers will explore the basic steps of tap and the upbeat expressive style of hip hop. A half hour is dedicated to each dance style. Dancers must bring tap shoes to class each week. *Dress Code: dancewear & tap shoes*

Funk Fusion: (ages 7-10) Jazz and Hip Hop Combo Class

This class combines the two most popular forms of dance into a single class. Dancers will explore the beginning technique of jazz and the energetic funkiness of hip hop. *Dress Code: dancewear, nude jazz shoes (optional)*

Fuse Hip Hop: (ages 10+)

This class is geared for those who are interested in performing locally. Dancers will learn a variety of dance techniques in preparation for off-site performance opportunities throughout the year.

Boys' Hip Hop: (ages 8+)

Hip Hop focuses on building strength, coordination and developing confidence through energetic warmups and "funky footwork" *Dress Code: dancewear, clean shoes*

Tap

Tap classes are designed to develop rhythm, style and sound. Students will learn a variety of tap styles from Broadway to Rhythm tap. Exercises focus on building flexibility of the knee and ankles, coordination, and speed of movement. The class emphasis is on developing proper tap technique, producing clear tap sounds, and having fun. As students progress through each level curriculum will become increasingly more complex and intricate. *Dress Code: dancewear & tap shoes*

Time to Tap: (ages 8+)

Tap Rhythms: (ages 10+ with 3+ years tap training or teacher's permission)

Teen Tap: (ages 13+ with teacher permission only)

Jazz

Jazz showcases a dancer's individual style and originality. This high energy class is energetic and fun, consisting of unique moves, fancy footwork, leaps, kicks and turns. Exercises focus on building flexibility, across the floor combinations and center combinations. We strongly encourage dancers to train in ballet if taking a jazz class.

Street Jazz: (ages 10+)

Jazz: (ages 13 +)

Contemporary

A fusion of ballet, jazz and contemporary dance. Dancers will be encouraged to interpret and execute moves and steps in their own way and each dancer's individual style and originality will be allowed to shine. These classes are energetic and fun and include a variety of choreography styles.

Contemporary: *(ages 9 +)*

Advanced Contemporary: *(ages 14+ with teacher permission only)*