

## **PALM ARTS DANCE CLASS DESCRIPTIONS**

### **Fairytale Ballet** (age 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! *Dress Code: GIRLS: Pink leotard, pink tights, chiffon skirt and ballet shoes, BOYS: black tights/leggings, white t-shirt, black ballet shoes*

### **Ballet**

Focused, consistent ballet training. Students are challenged to strengthen their technique while they learn other dance disciplines and repertory. Emphasis is on the enjoyment of dance within the respect and discipline of classical ballet training. *Dress Code: GIRLS- Primary & Elementary: Pink leotard, pink tights, chiffon skirt & ballet shoes, Intermediate & above: black leotard, pink tights. BOYS: black tights/leggings, white t-shirt, black ballet shoes.*

**Primary Ballet:** Kindergarten

**Elementary Ballet:** 1<sup>st</sup> - 2<sup>nd</sup> Grade with 1year ballet training

**Intermediate Ballet:** 3<sup>rd</sup> - 5<sup>th</sup> Grade with 2+ years ballet training or teacher's permission

**Middle School Ballet:** Grade 6<sup>th</sup> - 8<sup>th</sup> with 3+ years ballet training or teacher's permission – 2x per week

**High School Ballet :** 9<sup>th</sup> - 12<sup>th</sup> grade with 4+ years ballet training or teacher's permission – 2x per week

**Pointe:** for advanced ballet students with teacher's permission

---

### **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*

### **Fusion** (ages 7-10) Jazz and Hip Hop Combo Class

This class is 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 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 (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)**

---

## **Integrative Dance - Ages 13+**

A blend of somatic conditioning including stretch, strength and technique development. Dancers will learn choreography that combines different dance forms and will participate in group exercises for spatial awareness, expanding movement vocabulary and exploring free form expression.