

POISE DANCE CENTER CLASS DESCRIPTIONS vF2024

PRESCHOOL CLASSES (not all classes will be available during each session)

Move with Me (15mos-3y)

This class is designed for our youngest dancers and their parent.

- This early childhood class focuses on creative movement, developing gross motor skills, and taking turns while introducing a classroom environment. Dancers get to explore movement with a parent or guardian.

Move and Groove (2y-5y)

- Dancers will be moving and grooving in this class. They will learn basic skills from ballet, hip hop, and more! Come join us in this class for fun exploring all ways to move using props and fun songs.

Tutu Tots (18mos-3y)

- This early childhood class focuses on creative movement, developing gross motor skills, and taking turns while introducing a classroom environment. Dancers get to explore movement without a parent or guardian in the room.

Ballet & Play (2y-4y)

- Ballet & Play blends basic ballet movements and technique with creative movement and games. Dancers will focus on musicality, listening skills, social skills, and fun!

Preschool Acro (3y-5y)

- Preschool level Acro begins teaching our youngest dancers all about flexibility and body awareness. It helps build strength, fearlessness, and a balanced foundation for a future in dance of all kinds. Through limbering, balancing, partnering, and tumbling, our Acrobatic Arts students are less likely to have accidents and less likely to have chronic, longterm injuries. Our littlest dancers get a headstart on everyone else in the dance world through this class!

Preschool Ballet/Tap/Acro (3y-5y)

- This class is designed for our younger dancers. During this class, our dancers will learn movement in ballet, tap and acrobatic arts, each mini-session lasting approximately twenty (20) minutes. The combination of skills, techniques, and movements developed in this class help our youngest dancers get ready for bigger, more advanced classes as they grow up with PDC.

Preschool Jazz/Hip Hop/ Acro (3y-5y)

- This class is designed for our younger dancers. During this class, our dancers will learn movement in jazz, hip hop and acrobatic arts, each mini-session lasting approximately twenty (20) minutes. The combination of skills, techniques, and movements developed in this class help our youngest dancers get ready for bigger, more advanced classes as they grow up with PDC.

Tap Debut (3y-5y)

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- In this class, dancers will learn basic tap elements while developing technique, exploring rhythm, and learning classroom structure.

Hip Hop Debut (3y-5y)

- In this class, dancers will learn basic hip hop elements and technique while developing musicality, exploring rhythm, and learning classroom structure.

CLASSES FOR ADULTS (not all classes will be available during each session)

OH Baby! Fitness

- Oh Baby! Fitness class is for moms cleared for post natal workout. Workouts are for Mom and Baby through stroller workouts and Mom and Baby Toning.
- Moms should bring their baby wearable carrier and stroller to each class as well as their new bundle of joy.

Adult Ballet Barre/Stretch

- Combining classic ballet with low-intensity barre and stretching, this class is led by our phenomenal ballet instructor, Brienne. She's got background in Pilates, acrobatics, ballet, and so much more. This class is designed to help tone, lengthen, and strengthen our bodies through classic ballet practice and flexibility.

Adult Hip Hop

- Taught by our fantastic hip hop instructor, Daniel, our hip hop students practice connecting footwork and body movement to heavy rhythms. It's a great way to build physical fitness into your life while doing something super fun. This class is open to every adult regardless of gender.

Adult Jazz

- Adult Jazz is taught by our magnificent Jazz aficionado, Rachel. Adult students will practice high-energy movements, tempo and pacing with music, and flexibility. Jazz dance is a great way to add flare into your fitness routine!

Adult Tap

- Adult Tap is taught by our beautiful studio owner and tap expert, Melissa. She will teach our adult dancers all about creating music with footwork and taps, adding to percussion in song, and building an understanding of tempo and pace for movement. Tap is a fantastic way to practice a skill that's challenging while also building up strength and stamina in physical fitness. A great way to add a unique way to work out to your day!

Pilates

- Pilates is a series of various sequences of movement designed to improve physical strength, flexibility, posture and mental well-being. Our pilates class is run by our experienced pilates teacher, Brienne.

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YOUTH STYLES & SKILLS CLASSES

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Ballet Level 1

- Our first level of standard, professional ballet training. This level begins the foundational technique and movement required in every subsequent ballet level at Poise. Dancers should begin here, and the instructor will place the dancer in the appropriate level unless otherwise determined outside of class.

[Ballet Level 2](#)

Prerequisite: Ballet 1

[Ballet Level 3](#)

Prerequisites: Ballet 1, Ballet 2

[Ballet Level 4](#)

Prerequisites: Ballet 1, Ballet 2, and Ballet 3

[Ballet Level 5](#)

Prerequisites: Ballet 1, Ballet 2, Ballet 3, Ballet 4

Contemporary 1

- Contemporary dance focuses on expression through various dance techniques and styles and combines them with free, fluid movement based on improvisation.
- Level 1 is our foundational level. It's designed to develop skills, strength, body awareness, and discipline required in contemporary dance.

[Contemporary 2](#)

Prerequisite: Contemporary 1

[Contemporary 3](#)

Prerequisites: Contemporary 1, Contemporary 2

[Contemporary 4](#)

Prerequisites: Contemporary 1, Contemporary 2, Contemporary 3

[Contemporary 5](#)

Prerequisites: Contemporary 1, Contemporary 2, Contemporary 3, Contemporary 4

Hip Hop 1

- Hip Hop dance finds its roots in street dance styles popularized in the 1970s with rap artists leading the way. The use of heavy rhythm, unique footwork and explosive movement sets it apart in the dance world. From freestyle to break-dancing to acrobatics, Hip Hop is a creative form of self-expression and challenges dancers by breaking the walls of traditional styles of dance.
- Hip Hop Level 1 sets the stage for building skill in hip hop as each dancer gets older. Through the use of various rhythms and tempos, our dancers develop skill, technique, physical awareness, musicality, and an intrinsic understanding of beat and flow in their ability as hip hop dancers.

[Hip Hop 2](#) *Prerequisite: Hip Hop 1*

[Hip Hop 3](#) *Prerequisite: Hip Hop 1*

Jazz Level 1

- Jazz dance is high energy, fast-paced dance following the rhythms and tempo in music. It involves quick footwork, balance work, and movement based in improvisation, popularized in the early 20th century with roots found in African American history.
- Our Jazz 1 class begins the foundational work needed by dancers for this style. This class focuses on technique, balance, rhythm in movement and music, and physical strength in each movement required for Jazz dance. It is high-energy, fast-paced, and physically demanding.

[Jazz Level 2](#)

Prerequisite: Jazz 1

[Jazz/Lyrical Level 3](#)

Prerequisites: Jazz 1, Jazz 2

[Jazz/Lyrical Level 4](#)

Prerequisites: Jazz 1, Jazz 2, Jazz/Lyrical 3

[Jazz/Lyrical Level 5](#)

Prerequisites: Jazz 1, Jazz2, Jazz/Lyrical 3, Jazz/Lyrical

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Tap Levels 1 & 2

- Tap dance is a step style dance where the rhythm in music is audibly tapped out by the dancer wearing tap shoes: solid-soled dance shoes with metal tappers on toe and heel. It's history can be traced back to multiple different cultures around the world and grew in popularity starting in the mid-1800s. It's a difficult but oh so satisfying style to master.
- Tap Levels 1 & 2 focuses on building basic tap skills, rhythm, and timing in taps and expressive movement. It is the foundation for our progression through our PDC Tap classes.

[Tap Levels 3 & 4](#), Prerequisites: Tap 1 & 2

[Tap Levels 5 & 6](#), Prerequisites: Tap 1 & 2, Tap 3 & 4

Mini Turns & Leaps

- Geared toward our younger elementary aged dancers, this class is designed to help build the foundation and early development of turns and leaps with dance routines. These skills will be carried on through all levels of dance styles. This class builds confidence, strength, stability, and fearlessness in our dancers.

Mini Junior Stretch and Conditioning

- Designed for our elementary/early middle school dancers, this class focuses on lengthening muscles, building flexibility, increasing stamina, strengthening, and makes our dancers physically ready to handle the complexity of any dance routine they tackle.

Mini/Jr Tricks and Partnering

- This class builds on the skills and techniques for building flexibility, strength, endurance, and physical capability developed in the prerequisite class.

Jr Turns/Leaps

- Geared toward our upper elementary/early middle school aged dancers, turns and leaps help build confidence, stability, fearlessness, and strength, allowing dancers to do expressive, dynamic movement on stage with poise.

Teen/Senior Tricks & Partnering

- Geared for our older dancers, Tricks & Partnering helps build confidence and teamwork between dancers. They also practice various specialty movements designed to build drama and excitement in audiences.

Pre-Pointe

This class is only available to students age 10 and up.

- Pre-pointe is a class designed to help determine readiness for Pointe work. It focuses on flexibility, correct posturing, foot flexion, joint movement and core strength which all are the foundation for Pointe.
- *Do not purchase Pointe shoes without instructor approval and direction!*

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Pointe

Prerequisite: Pre-Pointe, currently taking a regular, technique ballet class

- THIS CLASS IS BY INVITATION ONLY.
- DANCERS IN POINTE MUST ALSO BE TAKING REGULAR BALLET CLASSES OR THEY WILL BE DROPPED IMMEDIATELY FROM POINTE.

YOUTH SPECIALTY CLASSES (not all classes will be available during each session)

Acro 1-6

This class is available for all our students ages 6 and up.

- What is Acro? Acrobatic Arts develop balance in our dancers. Acro develops flexibility and strength which all help encourage dancers to become less fearful and more bold in their movements. Through these skills, Acro decreases the chance of accidents and helps dancers avoid chronic injuries that last well beyond their years in dance.
- Acro technique includes balancing, limbering, tumbling, and partnering in an effort to support development in flexibility, contortion, and strength.

Ninja (5 year+)

This class is designed for students 5y-18y.

- Ninja incorporates classic ninja warrior skills with break-dancing and other forms of hip hop in one go. Physical, musical, and oh so expressive, our ninja classes are dynamic start to finish.

All class placements are dependent on demonstrated skill level and may be changed at any point based on instructor discretion following dancer evaluation.

If you have any questions, please contact us at studio@poisedance.org.