

## Class Descriptions and Required Dance Attire

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### Ballet:

**Required Attire:** Pink Ballet shoes, Pink tights that go into ballet shoes, Black Leotard, Hair secured neatly into a bun.

**Description:** Ballet is the Foundation of Dance. Students will learn proper technique, terminology, and alignment.

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### Pointe/Pre-Pointe:

Required Attire for Pre-Pointe: Pink Ballet shoes, Pink tights that go into ballet shoes, Black Leotard, Hair secured neatly into a bun.

Required Attire for Pointe: Pointe shoes, Pink tights that go into ballet shoes, Black Leotard, and Hair secured neatly into a bun. **\*Dancers en Pointe may wear a skirt over their Ballet attire during Pointe Class.**

Description: Pointe and Pre-Pointe Classes are for students who are in advanced ballet classes and have teacher permission.

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### Leaps and Turns:

**Required Attire:** Form fitting dance attire such as a leotard, booty shorts, sports bra, leggings, etc. Jazz shoes are required.

**Description:** Dancers will learn proper Jazz technique for Pirouettes, Battements, Leaps, etc. while improving strength and flexibility.

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### Tap:

**Required Attire:** Dance clothes that are comfortable and moveable. Full sole tap shoes are preferred.

**Description:** Develops rhythm, musicality, and coordination. Tap Shoes are required.

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### Modern/Contemporary:

**Required Attire:** Form fitting dance attire such as a leotard, booty shorts, sports bra, leggings, etc.

**Description:** Dancers will be introduced to different methods of modern technique, strength, and agility.

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**Hip Hop:**

**Required Attire:** Dance attire that is comfortable and moveable. Any type of sneakers are required.

**Description:** An energetic and fast paced class that introduced different hip hop styles and movement.

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**Stretch and Conditioning:**

**Required Attire:** Form fitting dance attire such as a leotard, booty shorts, sports bra, leggings, etc. Jazz shoes are required.

**Description:** Focused on strength training, cross training, and improving overall flexibility to enhance their technique even farther.

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**Combo Class:**

**Required Attire:** Form fitting dance attire such as a leotard, booty shorts, sports bra, leggings, etc. Jazz shoes are required.

**Description:** Dancers will be introduced to different styles of dance every week by memorizing a short combination. This class helps dancers pick up choreography faster and will further their education so when new routines will be choreographed for the 2019-2020 season they will already have the tools to perfect the routine faster.

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**Acro:**

**Required Attire:** Form fitting dance attire such as a leotard, booty shorts, sports bra, leggings, etc. Bare Feet only, no socks.

**Description:** Acro class helps build dancers strength and flexibility while learning acrobatic skills they can utilize in dances.

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The Star Team Summer Intensive is your dancer's formal audition for their placement on the competitive team. Placement on the team and level is decided based on their performance during their time in the Intensive classes and is the Directors decision. Please note that attendance during the Star Team Intensive does not guarantee your dancers spot on the 2019-2020 Star Team unless you have been otherwise accepted for the Star Team Disney Performance. Please understand, should your dancer not be placed on Star Team it is because we feel it could be detrimental to their training and their love of dance.