

**The Movement 2023 Summer Class Descriptions**

<b>Class</b>	<b>Attire for Class</b>	<b>Class Pre-Requisites</b>	<b>Shoes for Class</b>	<b>General Description</b>	<b>Required for Company Dancers ?</b>
TUMBLING - ALL LEVELS	Any of the following is acceptable: leotard, tights, tanks, athletic shorts, leggings... anything the dancer can move freely in. NO JEANS. Hair must be pulled back into a ponytail or bun. No big jewelry or accessories	Any levels of tumblers are welcome! If you are interested in tumbling at our studio, please speak to our staff for a trial class option. From there, our staff will place your tumbler in the appropriate class.	Dancers should be barefoot for tumbling class	This class focuses on tumbling skills, flexibility and strength in relation to dance and tumbling.	OPTIONAL
JAZZ TECH / LEAPS AND TURNS (L&T)	Any of the following is acceptable: leotard, tights, leggings... anything the dancer can move freely in. NO JEANS. Hair must be pulled back into a ponytail or bun. No big jewelry or accessories. Tights are NOT required.	No Pre-Requisites	Tan Jazz Shoes for recital / any color jazz shoes for class	This class will teach the fundamentals of jazz as well as push the dancer to learn difficult leaps and turns, etc. The skills taught in the class will be a challenge for the most advanced dancer in each class.	YES
ADAPTIVE MOVEMENT	Any attire is acceptable	No Pre-Requisites	Any comfortable shoes	This dance class is specially designed for dancers with physical and/or developmental disabilities to experience the joy dance brings into ones life. The differentiated curriculum will focus on individual abilities, work to foster a love of dance and confidence in each individual, and provide them an opportunity to express themselves through dancing, while building relationships with others.	OPTIONAL
MINI / REC JAZZ TECH	Any of the following is acceptable: leotard, tights, tanks, athletic shorts, leggings... anything the dancer can move freely in. NO JEANS. Hair must be pulled back into a ponytail or bun. No big jewelry or accessories. Tights are NOT required.	No Pre-Requisites	Any style of jazz shoes or half sole / pirouette is acceptable for class	This class is designed for the young dancer who is used to doing recreational classes. They will work on jazz technical skills. It can be used as a recreational class, and also for dancers who are wanting to get experience for our new Mini Movers program. Please see flyer for more details!	OPTIONAL
MINI / REC BALLET	Any of the following is acceptable: leotard, tights, tanks, athletic shorts, leggings... anything the dancer can move freely in. NO JEANS. Hair must be pulled back into a ponytail or bun. No big jewelry or accessories. Tights are NOT required.	No Pre-Requisites	Ballet shoes	This is a Ballet class is designed for the young dancer who is used to doing recreational classes. They will work on classical Ballet technique. It can be used as a recreational class, and also for dancers who are wanting to get experience for our new Mini Movers program. Please see flyer for more details!	OPTIONAL
STRENGTH AND CONDITIONING	Any of the following is acceptable: leotard, tights, tanks, athletic shorts, leggings... anything the dancer can move freely in. NO JEANS. Hair must be pulled back into a ponytail or bun. No big jewelry or accessories	No Pre-Requisites	Tennis shoes and jazz shoes or pirouettes / half soles.	This class will focus on strength training that is beneficial for dancers.	OPTIONAL

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<p align="center"><b>BALLET - ALL LEVELS</b></p>	<p>Any color leotard and any color tights. Hair must be pulled back in a tight bun. No big jewelry or accessories.</p>	<p align="center">No Pre-Requisites</p>	<p align="center">Ballet shoes</p>	<p>This class is structured to teach dancers the terminology and skills of classical ballet.</p>	<p align="center">OPTIONAL (FOR SUMMER ONLY)</p>
<p align="center"><b>FLEXIBILITY</b></p>	<p>Any of the following is acceptable: leotard, tights, tanks, athletic shorts, leggings... anything the dancer can move freely in. NO JEANS. Hair must be pulled back into a ponytail or bun. No big jewelry or accessories. Tights are NOT required.</p>	<p align="center">No Pre-Requisites</p>	<p>Any style of jazz shoes or half sole / pirouette is acceptable for class</p>	<p>This class is designed to focus on flexibility in the way of stretching, using proper technique during stretching, and flexibility skills.</p>	<p align="center">YES</p>
<p align="center"><b>STRETCHING / CONTORTION</b></p>	<p>Any of the following is acceptable: leotard, tights, tanks, athletic shorts, leggings... anything the dancer can move freely in. NO JEANS. Hair must be pulled back into a ponytail or bun. No big jewelry or accessories. Tights are NOT required.</p>	<p align="center">No Pre-Requisites</p>	<p>Any style of jazz shoes or half sole / pirouette is acceptable for class</p>	<p>This class is designed to focus on flexibility in the way of stretching, using proper technique during stretching, and flexibility skills. It will move further into harder flexy skills for those wanting to be pushed in this area.</p>	<p align="center">NO</p>