

The Movement 2024 Summer Class Descriptions

Class	Attire for Class	Class Pre-Requisites	Shoes for Class	General Description	Required for Company Dancers ?
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 / RECREATIONAL
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 / RECREATIONAL
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 / RECREATIONAL
PRINCESSS 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 / RECREATIONAL
MOMMY & ME	Any comfortable clothing.	No Pre-Requisites	No shoes required	This class is intended for the mama who wants to take a class with their little one.... Infants, toddlers and pre-school aged kiddos are welcome. One guardian/adult per child. The tumbling mats will be used in class and we will do fun excersies for moms to assist their little ones in fun and age appropriate skills.	OPTIONAL / RECREATIONAL
STRENGHT 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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FEET & KNEES	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	No shoes required	This class is structured to work with dancers on stretching their feet and knees in skills and choreography. We will be doing exercises and to focus on this and improve the dancers muscle memory in their feet and knees.	OPTIONAL
STUDENT CHOREOGRAPHY	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 - BUT this class is more suitable for the experienced dancer. All ages welcomed.	Any style of jazz shoes or half sole / pirouette is acceptable for class	This class is intended for the experienced dancer to begin putting their creativity to the test and building these skills. Our staff will offer practices and techniques to help develop these choreography creating skills and assist the dancers as needed. Dancers will put together two pieces on their own during this 8 week session. More info to come on this :-)	OPTIONAL
STRETCHING / CONTORTION	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 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.	OPTIONAL
FLEXIBILITY	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 to focus on flexibility in the way of stretching, using proper technique during stretching, and flexibility skills.	YES
JAZZ TECH / LEAPS AND TURNS (L&T)	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 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
COMBO CLASSES - ALL AGES / 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. Tights are NOT required.	No Pre-Requisites	Any style of jazz shoes or half sole / pirouette is acceptable 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