

The Movement 2025-2026 Fall/Spring Recreational Class Descriptions

Class	Attire for Class	Class Pre-Requisites / AGE	Shoes for Class	General Description	Recital Routines	Recital Costuming
Combo Age 2-3	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 - Age listed in class title	Tan tap shoes; AND pink ballet shoes OR tan jazz shoes	This class is intended for the young dancer to learn the basic dance styles of Tap, Jazz and Ballet.	Will perform 1 routine at recital.	Dancers will perform in professional costumes for their recital routine(s). Specific color tights and shoes will be required.
Combo Age 4-6 / 7-9 / 10-12					Will perform 2 routines at recital, 1 tap and 1 jazz	
Tumbling	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. Ages 2-18	Dancers should be barefoot for tumbling class	This class focuses on tumbling skills, flexibility and strength in relation to dance and tumbling.	1 Tumbling routine	Tumbling attire for recital is TBD.
Princess Ballet	Any color leotard and any color tights. Hair must be pulled back in a tight bun. No big jewelry or accessories.	No Pre-Requisites - Pre-school & elementary age dancers	Pink ballet shoes or pirouettes.	Come learn to dance like a Princess Ballerina using fun props, while learning the basics of classical Ballet.	1 Ballet Routine	Dancers will perform in professional costumes for their recital routine. Specific tights and shoes will be required.
Mini Hip Hop/ Boys Hip Hop	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 - Pre-school & elementary age dancers	Tennis Shoes	This class will focus on hip hop skills and combinations.	1 Hip Hop Routine	Dancers will perform in professional costumes for their recital routine. Specific tights and shoes will be required.
Teen Beginner / Intermediate 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 - Upper elementary, middle school and high school aged dancers	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.	1 Jazz Routine	Dancers will perform in professional costumes for their recital routine. Specific tights and shoes will be required.
Adaptive Movement	Any attire is acceptable, as long as it allows the dancer to move freely.	No Pre-Requisites - school aged dancers 5-18	Any comfortable shoes	This FREE 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.	1 Recital Routine	TBD
Moving Through Faith	Any attire is acceptable, as long as it allows the dancer to move freely.	No Pre-Requisites - school aged dancers 4-18	Any comfortable dance shoes	This FREE class is intended to connect God and prayer with dance for our students. Dancers will sometimes dance a combo in class, and will sometimes read and discuss scripture from the Holy Bible.	1 Recital Routine	TBD

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Jazz Technique / Leaps and Turns	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.	Company Dancers - school aged dancers 2-18	Any style of jazz shoes is acceptable for class	Students will be placed in the appropriate level based on teacher recommendation. 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.	No Recital Routine	N/A
Ballet - All levels	Any color leotard and any color tights. Hair must be pulled back in a tight bun. No big jewelry or accessories.	Company Dancers - school aged dancers 2-18	Ballet shoes or pirouettes	This class is structured to teach dancers the terminology and skills of classical ballet.	No Recital Routine	N/A
Dance Team Tech and Pom Prep Class	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 - school aged dancers upper elementary, middle and high school	Jazz Shoes or half soles	This class is designed to help dancers prepare for a dance team atmosphere and skills.	1 Recital Routine	TBD
Mini Movers	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 - pre-K to elementary aged dancers	Jazz Shoes or half soles	This is a pre-competitive dance class and is designed to prepare young dancers for the competition stage. Please see the addition info on Mini Movers for more details :-)	1 Recital Routine	TBD
Mommy and Me	Any attire is acceptable, as long as it allows the dancer to move freely.	No Pre-Requisites - toddler and preK dancers	No Shoes required	This class is designed for the young dancer who is not ready for class without Mom or Dad!	TBD	TBD
Strength and Conditioning	Any attire is acceptable, as long as it allows the dancer to move freely.	No Pre-Requisites - school aged dancers upper elementary, middle and high school	Tennis Shoes	This class is an option for the dancers who are wanting a bit more time to build strength and muscle after class is over.	No Recital Routine	TBD