

The Movement 2026 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. For the ages listed on the schedule, it will be based on the grade level going into the 2025-2026 school year :-)	OPTIONAL / RECREATIONAL
ADAPTIVE MOVEMENT - FREE CLASS	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
BALLET / JAZZ COMBO CLASSES - ALL AGES / LEVELS - RECREATIONAL	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 and Ballet 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
MINI HIP HOP - RECREATIONAL	Any comfortable clothing.	No Pre-Requisites	No shoes required	This class is intended for the young dancer who wants to learn the skills of hip hop dancing. They will work on tricks and hip hop routines.	OPTIONAL / RECREATIONAL
DANCE TEAM - TECHNIQUE AND POM	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	Any style of jazz shoes or half sole / pirouette is acceptable for class	This class will focus on strength training that is beneficial for dancers on a dance team or wanting to prepare for dance team. We will focus on jazz technical skills and pom combos / technique.	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
MOVING THROUGH FAITH - FREE CLASS	Any attire is acceptable	No Pre-Requisites	Any comfortable dance shoes	This 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.	OPTIONAL

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BALLET - BARRE WORK	Any color leotard and any color tights. Hair must be pulled back in a tight bun. No big jewelry or accessories.	Teens, Seniors, Parents /Adults for this class	Ballet shoes	This class will focus on Ballet Barre work - all levels.	OPTIONAL (FOR SUMMER ONLY)
PILATES	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 will focus on Pilates-inspired exercise.	OPTIONAL
FLEXIBILITY - COMPETITIVE LEVEL	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 - COMPETITIVE LEVEL	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 intended for competitive level dancers, or hopefuls. We 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
LEAPS AND TURNS (L&T) and BALLET- COMPETITIVE LEVEL	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 intended for competitive level dancers, or hopefuls. We will teach the fundamentals of jazz and Ballet 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
PETITE / JUNIOR AND TEEN SENIOR COMBO - COMPETITIVE LEVEL	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.	Competitive level	Any style of jazz shoes or half sole / pirouette is acceptable for class	This class is intended for competitive level dancers, or hopefuls. We will learn a combo each week ranging in the styles of jazz, contemporary, lyrical, etc.	YES