



Dance Class Descriptions

Tiny Dancers (Ages 2 to 6) | Introducing dancers to basic dance principles, classroom etiquette, spatial awareness, and socialization. This class is packed full of fun dances and activities designed to keep your tiny dancer engaged! Dancers will gain an understanding for clapping, jumping, counting, sharing, taking turns, movement, and rhythm taught by expertly trained dance teachers. Tiny Dancer are 30 min classes offered in various styles (Ballet, Tap, Hip-Hop, & Acro). (Unfortunately, parents are not invited to join this class. Parent or caregiver must be present in the dance lobby, during class. Please note, we understand every child is different regardless of age and some children may not be ready for this type of classroom environment and/or separation from a guardian might be too difficult. Dance Inclusion encourages dancers to try their best and reserves the right to withdrawal registration at any time.)

Ballet (Ages 4 and up) | Ballet is often referred to as, "The Foundation of Dance". Ballet teaches focus, musicality, discipline, body alignment, structure, placement, and posture, all of which can be applied to other genres of dance. Ballet also improves technical knowledge, flexibility, muscle memory, and strength, which protects the dancer from injury as he/she progresses to advanced levels.

Jazz (Ages 4 and up) | Jazz is an energetic style of dance infused with ballet and performed to upbeat music. In this class, dancers will learn technique from various types of jazz including traditional jazz, jazz funk, and commercial jazz. This class typically includes a warm-up, isolations, stretches, across the floor progressions, and center floor combinations.

Tap (Ages 4 and up) | Tap dancing utilizes sound, rhythm, syncopation, and tempo to create music with the feet. Tap dancers will learn basic to advanced tap steps, terminology, and rhythms.

Hip-Hop (Ages 4 and up) | This exciting, fun, high energy class will teach age-appropriate Hip-Hop basic movement, rhythm, musicality, and spatial awareness all while dancing to your child's favorite upbeat music! This is great for those dancers that are always dancing around the house! Dancers will learn beginner to advanced Hip-Hop movement and technique including commercial Hip-Hop trends.

Acro (Ages 4 and up) | Acro dance is a unique blend of dance and acrobatics that focuses on strength, flexibility, balance, and coordination. This class combines elements of classical dance techniques with acrobatic movements, such as handstands, cartwheels, backbends, and tumbling. Students will learn how to seamlessly integrate these skills into dance routines, creating a dynamic and visually stunning performance style.

Contemporary (Ages 7 and up) | This unique style of dance has become increasingly popular and combines several types of styles of dance including elements of ballet, jazz, and modern. Contemporary allows dancers to be versatile. It is an expressive form of dance that allows dancers the freedom to express their emotions, innovate, and explore movement.

Lyrical (Ages 7 and up) | This style of dance infuses ballet technique and jazz. Like Contemporary, it allows the freedom to express emotion; however, this style is generally more technically ballet based. In addition, lyrical dance typically tells a story through flowing movement, beautiful lines, and unique leaps, jumps, and turns.

Technique & Conditioning Classes (Ages 7 and up) | Designed to teach proper dance technique through body alignment, stability, and exercises. Technique and Conditioning classes are highly encouraged and required for competition dancers. Each class will focus on a variety of dance fundamentals across a variety of genres to ensure dancers are developing a basic understanding of skeletal and muscle movement to safely execute skills. This class will excel your dancer's technical ability, strength, and confidence in all styles of dance and help prevent injury!

Boys (Ages 7 to 12) | This high-energy class blends Hip-Hop and Acro, teaching boys dynamic choreography alongside acrobatic skills like flips and tumbling. Designed to build strength, coordination, and confidence, this class provides a fun, supportive environment for self-expression and skill development.

Pom (Ages 10 and up) | Pom is a high-energy dance style that combines sharp, precise movements with cheerleading elements. Students will learn exciting choreography, pom-pom techniques, and dynamic formations while building rhythm, confidence, and teamwork in a fun, supportive environment. Great for dancers that aspire to be on school dance teams!

Improv (Ages 7 and up) | Discover the art of self-expression in our Improv Dance Class. This class encourages creativity, confidence, and adaptability through spontaneous movement and guided exercises. Dancers will explore musicality, develop their unique style, and expand their performance skills in a supportive environment. Perfect for all experience levels, this class helps students connect with music, tell stories through dance, and unleash their imagination.

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