



Class Descriptions

Tiny Dancers (*Ages 2 to 3*) | 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. (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.)

Dance With Me (*Ages 18mo to 3*) | Dance with your dancer in this engaging dance class! This class is perfect for dancers that are too young or aren't quite ready to join our Tiny Dancers class. Dance along and guide your child through rhythm and movement dance instruction.

Ballet (*Ages 4 to 18*) | 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 to 18*) | 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. This class can be taken alone or in addition to other styles of dance classes (Technique & Conditioning and/or Ballet classes in addition to this class for ages 8 and up are highly recommended to improve strength and flexibility and reduce the chance of injury).

Tap (*Ages 4 to 18*) | 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 to 18*) | 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.

Contemporary (*Ages 7 to 18*) | 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 to 18*) | 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 and/or Ballet classes in addition to this class are highly recommended to reduce the chance for injury by improving strength and flexibility).

Technique & Conditioning Classes (*Ages 7 to 18*) | Designed to teach proper technique and muscle memory. Technique and Conditioning classes are highly encouraged and recommended. Each class will focus on a variety of dance fundamentals including proper body alignment, anatomy terminology, basic understanding of skeletal and muscle movement, injury prevention, strength, flexibility, turnout, and technique. This class will excel your dancer's technical ability, strength, and confidence in all styles of dance classes!

WE ARE DEDICATED TO ENSURE DANCE INCLUSION IS A SAFE, INCLUSIVE ENVIRONMENT FOR ALL. ALL POLICIES AND PROCEDURES MUST BE FOLLOWED TO REMAIN ENROLLED IN CLASSES AT DANCE INCLUSION, LLC. FAILURE TO COMPLY WITH ANY POLICIES AND PROCEDURES COULD LEAD TO REGISTRATION WITHDRAWAL, LEGAL ACTION, OR PERMANENT EXPULSION.