

Style Descriptions

Toes & Tumbles

This fun, introductory class explores Ballet, Jazz, and creative movement while building listening skills, musicality, coordination, and confidence. Toes & Tumbles is our first independent dance class, so dancers must be potty trained.

Combo

Combo classes are designed to teach students a variety of styles including:

Ballet, Tap and Jazz (5-7 Combo)

Lyrical, Contemporary and Jazz (All Other Combos)

Ballet

Ballet provides the strong technical foundation needed for all styles of dance. Dancers build strength, flexibility, balance, proper alignment, posture, discipline, and confidence while developing grace and poise. Traditional Ballet classes are offered for ages 8+.

Lyrical

Lyrical combines the technical elements of ballet and jazz techniques with feelings and emotions. It tells a story through fluid and smooth movements to the lyrics of a song to inspire emotion.

Jazz

Jazz includes stylized moves that are energetic and fun. It focuses on developing proper technique with uptempo music, flexibility, kicks, turns, leaps, and strength.

Tap

Tap combines dance and musicality as dancers use their feet to create a variety of sounds and rhythms. Tap is included in our 5-7 Combo classes and offered as its own class for ages 8+!

Musical Theatre

Musical Theatre combines dance and acting with fun, energetic Broadway-inspired movement. Dancers focus on performance, expression, and connecting with an audience.

Hip Hop

Hip Hop is an upbeat, high-energy style focused on musicality, isolations, grounded movement, and individual style. Dancers build confidence while having fun and bringing their own personality to the movement. Offered for ages 5+!

Contemporary

Contemporary is a style of dance that is expressive and combines elements of modern, jazz, lyrical and classical ballet. Contemporary is offered in our Combo classes for ages 8+ and as a stand alone class for ages 12+.

Modern

Modern blends elements of contemporary, jazz, lyrical, and ballet while encouraging creativity and freedom of movement. Dancers will explore improvisation and new ways of moving and creating. Offered for ages 12+!

Dance Team

Designed for dancers interested in high school and college dance teams, this class builds skills in Pom, Hip Hop, and Tricks while developing technique, style, confidence, and audition readiness.

Plyo / Conditioning

This class is designed to develop explosive power, agility, and dynamic strength essential for dance. Dancers will build endurance, coordination, and muscular control through a combination of plyometric and conditioning exercises.

Broadway Babies

A fun introduction to Musical Theatre for ages 3-4! Dancers explore movement, music, acting, and expression while building confidence and letting their personalities shine.

Acro

Acro combines dance technique with acrobatic skills, focusing on proper form, alignment, and safety. Dancers build strength, balance, coordination, and tumbling skills through technique and conditioning. Offered for ages 5+!

Jumps, Leaps & Turns

Designed for our competition dancers, this high-energy class challenges dancers to strengthen technique, power, control, and precision in jumps, leaps, and turns. Through combinations and across-the-floor work, dancers will refine their lines, build strength, and elevate their overall JLT technique.

Jazz Technique / JLT

A technique-focused class designed to strengthen jazz fundamentals while improving jumps, leaps, turns, flexibility, strength, and control.

Ballroom

Dancers ages 13+ will explore the fundamentals of Ballroom dance, including footwork, partnering, musicality, and technique across a variety of styles.

Adult Tap

A fun, upbeat class for adults to build tap technique, rhythm, coordination, and musicality while learning a variety of steps and combinations.

Mini Technique

For ages 5-8: Designed for our younger dancers, Mini Technique builds strong dance foundations through age-appropriate exercises focused on technique, strength, flexibility, coordination, and body awareness.