

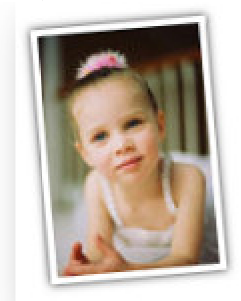
Elite School of Dance Curriculum

BALLET is the foundation of dance, gymnastics and skating. It is an established technique with scientific, anatomical approach to movement combined with discipline is used in the study of ballet.

TAP is a stylized form of jazz with sound and rhythm concepts. As a student advances they learn increasingly intricate combinations. For adults it is considered a great aerobics alternative.

JAZZ is an exciting dance with intense high-paced movement using today's music. An offspring from ballet, it includes many ballet movements. Ballet experience is helpful.

LYRICAL has strong use of ballet experience plus jazz set to music with lyrics and has a soft expansive movement. It is expression and shows sensitivity to music.



HIP HOP is a high energy form of street dancing that features rapid hand and foot movement, Often seen on MTV and commercials. This is a great way to let go and get loose.

CHEER/ POM DANCE: High energy, sharp, coordinated movement in preparation for cheerleading and dance team.

MUSICAL THEATRE classes are for the student who enjoys drama as well as dance, and embraces a variety of stylistic forms from Music Hall to Broadway. Students are encouraged to express themselves through exploration of all aspects of the stage.

PILATES is a form of exercise, developed by Joseph Pilates, which emphasizes the balanced development of the body through core strength, flexibility, and awareness in order to support efficient, graceful movement

COMBINATION CLASSES: A combination of Ballet/Jazz, Ballet/Tap or Ballet/Tumbling. These are offered to pre-schoolers through 1st grade. Half of the class with emphasis on pre-ballet movement and half incorporating simple song and dance routines along with the focus on development of basic skills, such as counting music, exploring rhythm and memorizing basic dance steps.

GYM-MINI CRICKET: Children will have the time of their lives in a bright happy environment with loads of fun opportunities to tap into their creative minds! Students gain skills in rhythm, coordination, alignment, and centering, in these fun and rewarding creative movement classes. It is a great way for young children to learn to express themselves, take risks, and increase self-confidence. The first step towards introducing physical activity as a healthy lifestyle habit!!