



## ***Class Descriptions by Level***

### **Early Childhood Programs**

- **Dance with Me!** (18 mth –2.5 years ) - Parent/child class focused on rhythm, coordination & bonding.
  - **Baby Ballerinas** (2 years –3 years) - Ballet basics through creative play, music & movement.
  - **Tiny Tots** (3 years –4 years) - Builds rhythm, balance & simple steps while making friends.
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### **Children's Programs**

- **Minis** (5 years –6 years) - Intro to ballet & jazz, developing musicality & confidence.
  - **Petites** (7 years –8 years) - Focus on technique, creativity & performance skills.
  - **Juniors** (9 years –11 years) - Strengthens ballet & jazz foundations, artistry & discipline.
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### **Teen & Adult Programs**

- **Teens (12 years –17 years)** - Ballet, jazz, contemporary & hip hop with focus on artistry & teamwork.
  - **Adults (18+)** - Fun, fitness & freedom through ballet, jazz, hip hop & fitness dance. (*Recital optional!*)
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### **Wellness Program**

- **Morning Yoga** (All Ages – Adults) - Flexibility, strength & mindfulness—start your day with balance.