

**Elite Dance Academy**

**Dance Class Descriptions & Dress Codes**

**PRINCESS BALLET & 3-4 YEAR OLD BALLET**

In these very special introductory classes, the children learn basic movements, motor skills, basic ballet & creative movement, coordination, and basic stretching.

**Class Uniform Requirements (available in studio, see attached order form)**

-Light Pink Tank Leotard

-Pink Footed Ballet Tights

-Pink Split-Sole Canvas Ballet Slipper

-Light Pink Wrap Skirt or Tutu (optional)

**BALLET**

Classical ballet technique is offered in both the Russian and Cecchetti methods. Elements of proper barre, center, adagio and allegro are given to each class. Ballet is the basic foundation of all dance and absolutely necessary for the development of a dancer. It builds proper posture, carriage, and discipline in students. Classes are offered for ages 5-adult in all levels.

**Class Uniform Requirements (available in studio, see attached order form)**

-Light Blue Tank Leotard (Ages 5-7 and 8-11)

-Black Halter Leotard (Ages 12+)

-Pink Footed Ballet Tights

-Pink Split-Sole Canvas Ballet Slipper

-Light Pink, black or white Leg Warmers (Optional)

**Pointe**
Special classes are devoted to the technique “sur les pointes”. Students must be enrolled in two ballet Pointe class may only be taken by recommendation of the instructor and approval of the Director.

**Class Uniform Requirements (available in studio, see attached order form)**

-Black Halter Leotard (Ages 12+)

-Pink Footed Ballet Tights

-Pink Pointe Shoes

**TAP**

This class emphasizes technique, speed, clarity of sounds, rhythm, and training in tap steps and combinations that are then set to music. WARNING TO PARENTS: IT CAN BE NOISY DURING HOME PRACTICING! ☺

**Class Uniform Requirements (available in studio, see attached order form)**

-Black Leggings

-Logo Tank Top

-Black slip-on leather tap shoes

-Beige slip-on leather tap shoes (competition team only)

-Logo Sports Bra (Optional)

**Jazz**

Jazz has a wide appeal that is evident on television, movies, and on Broadway. Each class includes proper technique in stretches, warm-ups, isolations, center work, turns, jumps, and more. Emphasis is also placed on developing musicality, discipline and learning quality of movement, and all routines are danced to popular music.

**Class Uniform Requirements (available in studio, see attached order form)**

-Black Leggings

-Logo Tank Top

-Black slip-on leather jazz shoes

-Beige slip-on leather jazz shoes (competition team only)

-Logo Sports Bra (Optional)

**Lyrical/CONTEMPORARY**
Lyrical dance combines ballet and jazz techniques to physically interpret the lyrics of a song. A strong dance background is suggested for these classes. One of Elite’s most popular styles amongst all age groups, dancers develop the ability to express emotion through movement in these classes.

**Class Uniform Requirements (available in studio, see attached order form)**

-Black Lyrical Shorts

-Logo Tank Top

-Half-Soles

-Beige Stirrup Tights

-Logo Sports Bra (Optional)

**FUSION**
Contemporary dance is an advanced style that incorporates elements from hip-hop, lyrical, jazz and contemporary for an ultimate performance.

**Class Uniform Requirements (available in studio, see attached order form)**

-Black Lyrical Shorts or leggings

-Logo Tank Top

-Half-Soles

-Beige Stirrup Tights (if wearing shorts)

-Logo Sports Bra (Optional)

**Hip Hop, HIP-HOP TECH AND DANCEHALL**
Hip Hop classes provide an excellent work-out (aerobic style) while having fun. Students learn rhythm, coordination, isolations, basic dance steps and put it all into a routine they can “show off” to all their friends at parties, school dances and in Elite’s annual recital. Dancehall, another form of hip-hop, has the same fundamental elements as hip-hop but is based in the culture and music of reggaeton. Hip-Hop Tech focuses on the techniques used in hip-hop choreographies (popping, locking, whacking, etc.) and does not perform in the recital.

**Class Uniform Requirements (available in studio, see attached order form)**

-Black Leggings OR Jogging Pants

-Logo T-Shirt OR Tank Top OR Hoodie OR Crewneck Sweater

-Logo Sports Bra (optional)

**MoMMY & ME MOVE AND GROOVE**

Such a special class for littles aged 12 months to 3 years who aren’t quite ready to part with mom or dad yet! Fun songs and dances are rehearsed and friendships are formed week after week in this class that never stops moving!

**Class Uniform Requirements (available in studio, see attached order form)**

-Logo t-shirt

-Black leggings OR jogging pants

**Acro**
Acro arts and tumbling elements blend dance and gymnastics seamlessly. A fun, physical type of dance class!

**Class Uniform Requirements (available in studio, see attached order form)**

-Black Lyrical Shorts

-Logo Tank Top

-Logo Sports Bra (Optional)

**Jumps & Turns**
This class serves to further develop the technique of every dancer, no matter what their ability level. Jumps, turns, kicks, leaps, and other technical aspects of dance are perfected in this non-choreography class.

**Class Uniform Requirements (available in studio, see attached order form)**

-Black Lyrical Shorts OR Leggings

-Logo Tank Top

-Half-Soles OR Jazz Shoes

-Beige Stirrup Tights (if wearing shorts)

-Logo Sports Bra (Optional)

**TRICKS & TUMBLES**

This class serves to further develop the technique of every dancer, no matter what their ability level. Gymnastic-inspired rolls, jumps, flips and tricks are perfected in this non-choreography class.

**Class Uniform Requirements (available in studio, see attached order form)**

-Black Lyrical Shorts OR Leggings

-Logo Tank Top

-Half-Soles OR Jazz Shoes

-Beige Stirrup Tights (if wearing shorts)

-Logo Sports Bra (Optional)

**BOYS DRESS CODE**

**Class Uniform Requirements (available in studio, see attached order form)**

**Depending on style of dance:**

-Black dance pants or sweat/jogging pants

-Tank top or T-Shirt or Hoodie or Crewneck

-Style-appropriate black footwear.