

Poise Dance Class Descriptions

Ballet 1- Ballet 1 requires instructor consent. Ballet 1 is a welcoming introduction to ballet technique. Dancers build coordination, posture, and musicality while learning basic positions, vocabulary, and classroom etiquette. This level focuses on developing strong foundations in a supportive, confidence-building environment. Dancers are to wear any color leotard, optional skirt or shorts, skin tone or pink tights, pink ballet shoes, and hair in a bun.

Ballet 2- Ballet 2 requires instructor consent. Ballet 2 is designed for dancers ready to expand their technique. This class strengthens alignment, balance, and flexibility while introducing more complex barre and center work. Students continue building discipline and artistry as they progress toward higher-level ballet training. Dancers are to wear any color leotard, optional skirt or shorts, skin tone or pink tights, pink ballet shoes, and hair in a bun.

Ballet 3- Ballet 3 requires instructor consent. Ballet 3 is a developing class that strengthens technique, alignment, and musicality. Dancers learn more complex barre and center combinations while building confidence in turns, jumps, and overall control. Dancers are to wear any color leotard, optional skirt or shorts, skin tone or pink tights, pink ballet shoes, and hair in a bun.

Ballet 4- Ballet 4 requires instructor consent. Ballet 4 focuses on refining precision, strength, and artistry. Dancers work on cleaner technique, greater stamina, and more intricate choreography to deepen their overall performance quality. Dancers are to wear any color leotard, optional skirt or shorts, skin tone or pink tights, pink ballet shoes, and hair in a bun.

Ballet 5- Ballet 5 requires instructor consent. Ballet 5 is our highest technical level, designed for dedicated dancers training at an advanced standard. This class challenges students with demanding combinations, expressive artistry, and elevated technique. Dancers are to wear any color leotard, optional skirt or shorts, skin tone or pink tights, pink ballet shoes, and hair in a bun.

Pre-Pointe- Pre-pointe classes help prepare dancers for dancing en pointe by building strength and improving technique. In these classes, dancers work on strengthening their feet, ankles, legs, and core, as well as improving their alignment and overall ballet skills. Pre-pointe is an important step that makes sure dancers are strong, safe, and ready before moving into pointe shoes. Dancers are to wear any color leotard, optional skirt or shorts, skin tone or pink tights, pink ballet shoes, and hair in a bun.

Pointe- Pointe requires instructor consent. Pointe is a technique-focused class designed to safely develop strength, alignment, and control while working in pointe shoes. Dancers practice barre and center exercises that build stability, balance, and precision, with an emphasis on proper placement and injury prevention. Dancers are to wear any color leotard, optional skirt or shorts, skin tone or pink tights, pink ballet shoes, and hair in a bun.

Adult Ballet/Lyrical- This class combines the elegance of ballet with the expressive, fluid style of lyrical movement designed specifically for adult dancers. You'll work on developing strength, flexibility, balance, and clean technique, while exploring choreography that encourages artistry and emotional expression.

Jazz 1- Jazz 1 requires instructor consent. Jazz 1 is a fun, high-energy introduction to jazz technique. Dancers learn basic isolations, jumps, turns, and beginner choreography while building coordination and rhythm. Dancers are to wear any form fitting athletic clothing, Skin tone Jazz shoes, and hair pulled away from face.

Jazz 2- Jazz 2 requires instructor consent. Jazz 2 is for dancers ready to expand their skills, this level develops strength, style, and musicality. Students explore more complex movement patterns, turns, and leaps with growing confidence. Dancers are to wear any form fitting athletic clothing, Skin tone Jazz shoes, and hair pulled away from face.

Jazz/Lyrical Level 3

Jazz/Lyrical 3 requires instructor consent. Jazz/Lyrical 3 an expressive class blending jazz technique with lyrical fluidity. Dancers build strength, control, and emotional connection while learning more detailed movement quality and musical interpretation. Dancers are to wear any form fitting athletic clothing, Skin tone Jazz shoes, and hair pulled away from face.

Jazz/Lyrical Level 4

Jazz/Lyrical 4 requires instructor consent. Jazz/Lyrical 4 is a level focused on precision, power, and artistry. Dancers refine technique, deepen their storytelling abilities, and take on more challenging combinations in both jazz and lyrical styles. Dancers are to wear any form fitting athletic clothing, Skin tone Jazz shoes, and hair pulled away from face.

Jazz/Lyrical Level 5

Jazz/Lyrical 5 requires instructor consent. Jazz/Lyrical 5 is our most advanced level, designed for dancers ready to push their technical and artistic limits. This class emphasizes dynamic movement, mature performance quality, and complex choreography that demands strength, control, and expressive depth. Dancers are to wear any form fitting athletic clothing, Skin tone Jazz shoes, and hair pulled away from face.

Hip Hop Level 1

Hip Hop 1 requires instructor consent. Hip Hop 1 is a fun, beginner friendly class that builds confidence through basic grooves, simple combinations, and foundational hip hop steps. Dancers learn rhythm, musicality, and performance skills in an upbeat, supportive environment. Dancers are to wear long pants, any athletic top, and clean sneakers.

Hip Hop Level 2

Hip Hop 2 requires instructor consent. Hip Hop 2 strengthens foundational technique while introducing more intricate footwork, dynamics, and choreography. Dancers work on timing, coordination, and style as they begin exploring more detailed movement quality. Dancers are to wear long pants, any athletic top, and clean sneakers.

Hip Hop Level 3

Hip Hop 3 requires instructor consent. Hip Hop 3 is a class focused on developing stronger technique, sharper execution, and a wider range of styles. Dancers learn longer, faster-paced combinations, work on control and power, and begin incorporating performance quality into their movement. Dancers are to wear long pants, any athletic top, and clean sneakers.

Hip Hop Level 4 (Highest Level)

Hip Hop 4 requires instructor consent. Hip Hop 4 is an advanced training class emphasizing precision, stamina, versatility, and artistry. Dancers tackle challenging choreography across multiple hip hop styles, push their musicality and performance presence, and refine their technique. Dancers are to wear long pants, any athletic top, and clean sneakers.

Contemporary Level 1

Contemporary 1 is a beginner-friendly class introducing basic contemporary movement, simple floorwork, and expressive choreography. Dancers build confidence, coordination, and an understanding of how to move with fluidity. Dancers are to wear form fitting athletic clothing, turners or bare feet, and hair pulled away from face.

Contemporary Level 2

Contemporary 2 requires instructor consent. Contemporary 2 strengthens foundational skills with more complex patterns, transitions, and use of dynamics. Dancers explore musicality, emotion, and storytelling while expanding their movement vocabulary. Dancers are to wear form fitting athletic clothing, turners or bare feet, and hair pulled away from face.

Contemporary Level 3

Contemporary 3 requires instructor consent. Contemporary 3 is a class focused on deeper technique, fuller range of motion, and clean execution. Dancers work on weight shifts, floorwork sequences, and longer choreography that challenges control and artistry. Dancers are to wear form fitting athletic clothing, turners or bare feet, and hair pulled away from face.

Contemporary Level 4

Contemporary 4 requires instructor consent. Contemporary 4 is a class emphasizing precision, versatility, and expressive performance. Dancers tackle intricate combinations, advanced floorwork, and richer emotional interpretation while refining technique and strength. Dancers are to wear form fitting athletic clothing, turners or bare feet, and hair pulled away from face.

Contemporary Level 5 (Highest Level)

Contemporary 5 requires instructor consent. Contemporary 5 is designed for highly trained dancers ready for technically demanding and artistically complex work. Classes focus on advanced contemporary styles, seamless transitions, strong improvisation skills, and powerful performance quality. Dancers are to wear form fitting athletic clothing, turners or bare feet, and hair pulled away from face.

Tap Level 1

Tap 1 requires instructor consent. Tap 1 is a beginner-friendly class introducing basic tap steps, simple rhythms, and coordination. Dancers learn how to create clear sounds while building confidence and musical awareness. Dancers are to wear athletic clothing and black tap shoes.

Tap Level 2

Tap 2 requires instructor consent. Tap 2 expands on foundational technique with more detailed footwork, timing, and combinations. Dancers begin exploring dynamics, speed changes, and cleaner sound quality. Dancers are to wear athletic clothing and black tap shoes.

Tap Level 3

Tap 3 requires instructor consent. Tap 3 is a class focused on precision, articulation, and musicality. Dancers work on complex rhythms, faster combinations, and stronger control to refine their technique and performance. Dancers are to wear athletic clothing and black full soled tap shoes.

Tap Level 4 (Highest Level)

Tap 4 requires instructor consent. Tap 4 is an advanced tap class emphasizing intricate rhythms, speed, and clarity. Dancers tackle challenging combinations, explore a variety of tap styles, and develop sound quality and performance presence. Dancers are to wear athletic clothing and black full soled tap shoes.

Acro Level 1

Acro 1 is a class focused on building strength, flexibility, balance, and basic acro skills. Dancers learn safe progressions and beginner inversions while developing body awareness and confidence. Dancers are to wear a leotard or form fitting Athletic clothing, Bare feet, and hair pulled away from face.

Acro Level 2

Acro 2 requires instructor consent. Acro 2 introduces more challenging skills and transitions. Dancers work on technique, flexibility, and smooth integration of acro into dance combinations. Dancers are to wear a leotard or form fitting Athletic clothing, Bare feet, and hair pulled away from face.

Acro Level 3 (Highest Level)

Acro 3 requires instructor consent. Acro 3 is an advanced acro class emphasizing power, control, and seamless choreography. Dancers are to wear a leotard or form fitting Athletic clothing, Bare feet, and hair pulled away from face.

Early childhood classes-

Tap Debut- In this class, dancers will learn basic tap elements while developing their technique, exploring rhythm, and understanding classroom structure. Dancers are to wear any form fitting athletic clothing with black tap shoes and hair pulled away from the face.

Ballet Debut- In this class, dancers will learn basic ballet elements while developing their technique, exploring rhythm, and understanding classroom structure. Dancers are to wear a Leotard of any color (optional skirt or shorts), Skin tone or pink tights, Hair pulled away from face, and full leather soled pink ballet shoe.

Hip Hop Debut- In this class dancers will learn basic hip hop elements and technique while developing musicality, exploring rhythm, and learning classroom structure. Dancers are to wear long pants, any athletic top, and clean sneakers.

Jazz Debut- Jazz debut focuses on learning basic jazz elements while developing technique, exploring rhythm, and learning classroom structure. Dancers are to wear any form fitting athletic clothing, Skin tone Jazz shoes, and hair pulled away from face.

Ballet and Play- Ballet and play is a class that focuses on blending basic ballet movements and technique with creative movement and games. Dancers will focus on musicality, listening skills, social skills, and fun! Dancers are to wear a Leotard of any color (optional skirt or shorts), Skin tone or pink tights, Hair pulled away from face, and full leather soled pink ballet shoe.

Tiny Movers- Our Tiny Movers class is the perfect introduction to dance for our littlest dancers! This independent class is designed for toddlers who are ready to explore movement, music, and creativity without a parent in the room. Dancers will enjoy a fun mix of dance, imaginative play, music, and movement-based games while building confidence, coordination, and social skills. Through playful activities and upbeat music, Tiny Movers will learn basic dance skills, follow directions, and make new friends in a positive and encouraging environment. It's the perfect class for little ones who love to wiggle, move, and explore!

