

Ballet is the foundation for every dancer, and it is best to start your child in ballet as young as possible. Ballet teaches positioning, poise, and musicality, even for dancers as young as 2 ½ . Ballet is an essential part of any serious dance program, and your dancer will quickly learn effective dance skills that will lead them into other dance styles. Ballet is equivalent to reading in grammar school; without it, it is more difficult to learn any other subject. If your child has an interest in dance, consider signing him or her up for one of our ballet classes.

Tap is essential for the development of a well rounded dancer. Tap is equivalent to math in grammar school as it connects counts, rhythm, and timing. It is a rhythmical dance variation, which is audibly tapped out by the dancer's toes and heels.

Jazz combines ballet's stylistic moves with expressive movement. Your dancer will strengthen his or her muscles, increase flexibility, and learn to perform with style.

Hip Hop typically refers to street dance styles performed to hip-hop music, or that have evolved as part of the hip-hop culture. It includes a wide range of styles; primarily breaking, locking, and popping. Here at Elite Academy of Dance, we do not teach "street" hip hop. We teach a style of hip hop, which is age appropriate, and modified from the street version you may see on TV. At Elite Academy of Dance music used for this class is always age and language appropriate.

Tumbling or Floor Gymnastics improves the strength, and flexibility and balance of our dancers. Learning to dance involves expanding your skills, coordination and precision. It means being aware of your posture, balance and personal space. Tumbling can help dancers improve their skills in all of these areas through practicing moves such as cartwheels, back bends, head stands, and aerials.

Contemporary or Lyrical is a melding of ballet and jazz dance techniques. It is performed to music with lyrics to inspire movements and express emotions. Contemporary / Lyrical style dancing concentrates on individual approach, style, and expressiveness.

Pre- Pointe is class preparing your dancer for the next step in ballet; dancing on pointe (toes). Without proper training, provided in this class, your dancer could seriously injure their feet, ankles, or knees. You must receive permission from the ballet instructors to move up to this level. This class is a prerequisite for dancing on pointe.

Pointe is part of classical ballet technique. When dancing on pointe, the dancer supports all their body weight on the tips of fully extended feet within specially made pointe shoes. The dancer must take pre- pointe prior to this class, and have the permission of the ballet instructors to advance to this level.

