

## **Dynamics Dance Classes**

### **PARENT & ME (AGES 18 months -3years)**

A class for our tiniest dancers and their parent to introduce them to tumbling and dance movement.

### **TWIRL & TUMBLE (AGES: 3-5)**

Can't decide what to take at Dynamics? Why not try a little bit of both ballet and tumbling for your little mover.

### **COMBO I (AGES: 5-8)**

Beginner leveled ballet and tap combo class for those new to dance.

### **COMBO II (AGES: 5-9)**

Advanced leveled ballet/tap/jazz combo class.

### **PRE-BALLET (AGES: 6-9)**

An hour long ballet class designed for the young ballerina wanting more ballet technique before Beginning Ballet.

### **BALLET CLASSES (AGES: 9+)**

Leveled ballet classes are designed to teach ballet technique, emphasizing grace, posture, flexibility, and strength.

### **BALLET VARIATIONS (AGES: 10+)**

A half hour class designed to learn variations of choreography from famous ballets. This class helps dancers learn new choreography quickly, while working on ballet technique.

### **PRE-POINTE (AGES: 9+)**

Pre-pointe is a 30 minute class to help dancers gain strength and mobility in their feet, ankles, and legs to help achieve the strength to go en pointe.

### **JAZZ & LYRICAL CLASSES (AGES: 9+)**

Both our jazz and lyrical technique classes emphasize musicality, flexibility, emotion, strength, and stage presence.

### TAP CLASSES (AGES: 9+)

Our tap classes are designed to teach tap technique, emphasizing balance, rhythm, musicality, and fine motor skills.

### HIP HOP (AGES: 9+)

A class designed to teach hip hop technique, emphasizing musicality, athleticism, and isolations.

### MUSICAL THEATER (AGES: 9+)

This fun class is designed to teach basic dancing, singing, and acting skills.

### MODERN (AGES: 10+)

Modern is rooted in ballet technique with a contemporary flare. Dancers will learn basic modern techniques while learning about famous modern dancers.

### DYNAMICS DANCE TEAM (Combo 2 +)

The Dynamics Dance Team is for dancers who are interested in furthering their dance experience by taking more classes and having more performance opportunities. Dance teams focus on ballet, lyrical, and jazz technique, and compete at local competitions throughout the year. Auditions for team are held annually during the summer.