

Class Catalog 2026-2027

Early Education Division

AGES 18 months -7 YEARS OLD

Placement in this division is based on the student's age **as of October 1** of the current school year.

Dance With Me // Ages 18 months-3 years old

Dance with Me is designed as an introduction to dance for our littlest dancers, aged 18 months-3 years old. Students and their adults participate in this class together. This class focuses on early coordination and motor skills, musicality, and balance. Class duration: 45 minutes, meets once a week.

\$400 for the academic year or 8 installment payments of \$50.00

Saturdays : 10:15 -11:00 am

All children in Pre-Ballet levels must be fully toilet trained and comfortable entering the classroom without an adult.

Pre-Ballet 1 // Ages 3-4

Students learn basic forms of movement through creative games, songs, music and rhythmic patterns. Class etiquette is reinforced. Class duration: 45 minutes, meets once a week.

\$400 for the academic year or 8 monthly payments of \$50.00

Wednesdays : 4:00 -4:45 pm

Pre-Ballet 2 // Ages 4-5

This class focuses on simple coordination and beginning concepts of ballet, coordination, spatial awareness, and class etiquette. Class duration: 45 minutes

[30 minutes Ballet, 15 minutes tap], meets once a week.

\$400 for the academic year 8 installment payments of \$50.00
Wednesday: 4:45 -5:30 pm

Pre-Ballet 3 // Ages 5-6

This class focuses on forming the bridge between early education and formal ballet training. Students will continue to develop their coordination and musicality, and also start to develop focus and self-discipline. Class duration: 1 hour [45 minutes Ballet, 15 minutes tap], meets once a week.

\$480 for the academic year or 8 installment payments of \$60.00
Tuesdays : 4:00 -5:00 pm

SCHOOL DIVISION

School division classes begin at age 7 with Ballet Level 1. It is strongly recommended that students studying in the school division attend all ballet classes recommended for the level. Precise technique and proper alignment are the foundations to dancing safely.

Ballet 1, Ages 7+

Prerequisite - Pre-Ballet 3 or Consent of Instructor.

Emphasis on alignment, placement, self-control, and ballet positions. This level marks the beginning of formal training in the art of ballet. Students begin practicing their turnout, formal barre work (plies, tendus, jetes, and ronde de jambe in their most basic forms), and begin to find stability and balance in the center of the room. Students must have pre-ballet or previous ballet experience. Class duration: 1 hour, meets once a week.

\$480 for the academic year or 8 payments of \$60.00
Mondays: 4:30-5:30 pm or Saturdays : 9:00-10:00 am.

Electives: Hip Hop 1A, Tap 1 (discounted price \$10.00 per class per week)

Ballet 2

Prerequisite - Ballet 1 or Consent of Instructor.

Exercises learned in Ballet 1 are now performed in greater quantity and complexity at faster tempos. Students are expected to maintain consistent alignment throughout an exercise. Emphasis on strengthening the instep and foot and introduction of exercises on demi-pointe. Class duration: 1 hour, meets twice a week (required).

Tuition: \$880 for the academic year or 8 installment payments of \$110
Mondays: 4:00 -5:00 pm and Wednesdays: 4:00 -5:00 pm.

Electives: Hip Hop 1A, Tap 1 (discounted price \$10.00 per class per week).

Ballet 3

Prerequisite -Ballet 2/Consent of Instructor

At this level, students are working on strength and stability in center exercises on demi pointe. Allegro work is faster and more complex. Turns and allegro with beats are also introduced. Students will begin pre-pointe work and progress to pointe as they attain the requisite strength and maturity. Class duration: 1.5 hours, meets twice a week (required).

\$1,360 for the academic year or 8 installment payments of \$170 includes two Ballet classes and one Elective. Can take up to 3 electives.

Mondays: 5:30-7:00 pm and Wednesdays: 5:30-7:00 pm

Electives: Hip Hop 1A / Hip Hop 1B, Modern 1, Jazz 1, Tap 1/Tap 2 (discounted price \$10.00 per class per week)

Ballet 4

Prerequisite - Ballet 3/Consent of Instructor

Emphasis on strengthening stability in various positions and movements, delving into musicality and artistic expression, and further developing pointe work. Importance is placed on developing graceful transitions and suppleness while working to perfect performance quality. Class meets four times a week (required). Modern and Jazz classes are required.

\$1760 for the academic year or 8 payments of \$220 include four Ballet classes, Modern, Jazz, and one Elective.

Ballet: Mondays: 5:00-6:30 pm, Wednesdays: 5:00-6:30 pm, Fridays 9:00 am -11:00 am, Saturdays 11:00 am-12:00 pm .

Modern 1: Fridays : 12:00-1:00 pm or Modern 2: Fridays: 2:00-3:00 pm

Jazz 1: Tuesdays: 6:00 pm-7:00 pm or Jazz 2: Saturdays: 12:00-1:00 pm.

Electives: Hip Hop 1 A, Hip Hop 1 B, Character 2 (if taken Character 1 in the past) , Tap 1 or Tap 2, Pilates for Dancers (ages 12 +) , Yoga for Dancers (ages 12 +) (one elective is included in the package price, additional classes are \$10.00 per class per week)

Ballet 5

Prerequisite - Ballet 4/Consent of Instructor

Emphasis on strengthening stability in various positions and movements, delving into musicality and artistic expression, and further developing pointe work. Importance is placed on developing graceful transitions and suppleness while working to perfect performance quality. Class meets four times a week (required). Modern, Jazz, and Character classes are required.

\$2,000 for the academic year or 8 payments of \$250 include four Ballet classes, Modern, Jazz, Character 2, and one Elective.

Ballet: Mondays: 6:30-8:00 pm, Wednesday: 5:00-6:30 pm, Fridays 9:00 am -11:00 am, Saturdays: 11:00 am-12:00 pm.

Modern, Jazz and Character class levels are based on the teacher's recommendation.

Modern 1: Fridays : 12:00-1:00 pm or Modern 2: Fridays: 2:00-3:00 pm

Jazz 1: Tuesdays: 6:00 pm-7:00 pm or Jazz 2: Saturdays: 12:00-1:00 pm.

Character 2: Fridays: 11:00 am-12:00 pm.

Electives: Hip Hop 1B, Tap 2, Pilates for Dancers, Yoga for Dancers (one elective is included in the package price, additional classes are \$10.00 per class per week)

Ballet 6 -8

Prerequisite - Ballet 5/Consent of Instructor

The more difficult forms of adagio are introduced, while continuing to polish the technique of turns and more advanced forms of allegro (jumps). Further development of combinations in adagio, allegro, and exercises on pointe, with the use of both classical and contemporary music. The main focus is on the development of exceptional technique, artistry, and individualism. Class duration: 1-1.5 hours, meets five times a week (required). Contemporary or Modern, Jazz are required. Variations, Partnering and Character classes are optional and included in the package.

\$2400 for the academic year or 8 payments of \$300 include five Ballet classes, Contemporary 3, Jazz, Variations, Partnering, Character, and unlimited Electives.

Ballet 6-8: Tuesdays: 5:00-7:00 pm, Wednesdays: 6:30 -8:00 pm, Thursdays 5:30-7:00 pm, Fridays 9:30- 11:00 am, Saturdays: 10:00 -11:00 am.

Variations: Fridays : 11:00 am-12:00 pm.

Partnering: Saturdays : 11:00 am-12:00 pm.

Modern, Jazz and Character class levels are based on the teacher's recommendation.

Jazz 2: Saturdays: 12:00-1:00 pm

Jazz 3: Thursdays: 7:00 -8:00 pm

Modern 2: Fridays: 2:00-3:00 pm

Contemporary 3: Fridays : 3:00-4:00 pm

Character 2: Fridays: 11:00am-12:00 pm

Character 3: Fridays: 2:00-3:00 pm

Electives: Hip Hop 1 B, Pilates for Dancers, Yoga for Dancers , Belly Dancing (with parental consent), Essentrics ® (ages 17 +) , Adult Tap (16+), Swing Dance (ages 18 +) Partnering, Character, Variations, Gyrokinesis (ages 18+)

SCHOOL DIVISION ELECTIVES

Character 2 (Prerequisite - Character 1 or Consent of Instructor)

Character Dance explores how classical ballet has presented and interpreted folk dance and other classical dance forms in the classical repertoire. It encourages exuberant expression, greater understanding of line, and complex rhythmic structures. Most importantly, character dance requires the student to think about the cultural context of the dance and the responsibility of honoring that through their work. Character Dance Level 2 will focus on the repertoire of character dances in the classical ballets and explore the ways in which character dance informs the nuances of ballet.

Class meets once a week on Fridays: 11am-12:00 pm.

Character 3 (Prerequisite - Character 2 or Consent of Instructor)

This class will focus on character-based solos and the more technically demanding character pieces, both repertoire and original works. Students will have the opportunity to create works in various character styles. Dancers will also examine and expand the basis for character dance based through exploration of various world traditional dance styles.

Class meets once a week on Fridays: 2:00-3:00 pm.

Hip Hop 1A // Ages 7-10

In this class, students will be introduced to the basics of a variety of hip-hop styles including street, basic breaking, beginning level tutting, free-form, and lyrical.

Class meets once a week on Thursdays: 4:00-5:00 pm.

Hip Hop 1B // Ages 10+

This class is a blend of all kinds of different street dance styles. It combines hip-hop, popping, locking and waving to create a modern take on hip-hop. There will be a lot of energetic and funky moves.

Class meets once a week on Thursdays: 5:00-6:00 pm.

Jazz 1

Prerequisite - Enrolled in level Ballet 3/Consent of Instructor

Students are expected to have reached at least Level 3 in ballet in order to take this class. Emphasis is placed on learning technique and terminology as exposure to various styles of jazz dance is explored.

Curriculum is based on ballet technique layered with jazz movement and includes a warm-up, stretches, isolations, across-the-floor progressions, and combinations.

Class meets once a week on Tuesdays: 6:00-7:00 pm.

Modern 1

Prerequisite - Enrolled in Ballet 3/Consent of Instructor

Students are expected to have reached at least Level 3 in ballet in order to take this class. Emphasis is placed on alignment, balance, strength, and flexibility to enhance proper dance technique. Cunningham, Horton and

Hawkins techniques are referenced as students learn floor work, weight shifting, and traveling, as well as practicing dynamic and expressive interpretations of movement.

Class meets once a week on Fridays: 12-1:00 pm.

Modern 2

Prerequisite - Modern 1/Consent of Instructor

Focuses on self-expression and further building of strength, flexibility, and musicality. Floor work, qualitative movement, improvisation, inversions, and beginner partnering skills are covered throughout the year. Cunningham, Horton and Hawkins are referenced as students develop floor work, weight shifting, and traveling, as well as practicing dynamic and expressive interpretations of movement.

Class meets once a week on Fridays: 2:00-3:00 pm.

Tap 1 // Ages 7+

This class teaches rhythm and musicality through tap technique and combinations. It's a fun and energetic class that doesn't require any previous experience.

Class meets once a week on Tuesdays: 4:00-5:00 pm.

Tap 2 // Ages 10+

Prerequisite: Tap 1 or Instructor Approval

Building on the fundamentals introduced in Tap 1, this class develops greater rhythmic accuracy, coordination, speed, and musicality through more challenging tap techniques and combinations. Students will expand their tap vocabulary, improve timing and articulation, and learn to create dynamic rhythms while developing confidence and performance skills in a fun and supportive environment.

Class meets once a week on Tuesdays: 5:00-6:00 pm.

Competition Class // Levels 6-8 (23 weeks)

This class is designed for students in ballet levels 6-8 who are interested in competing either locally or nationally. Ballet and dance competitions are a fabulous opportunity to showcase their skills and experience what the rest of the dance world has to offer. Students will receive coaching in this class on their individual dances and advice on how to make the most of their competition experiences. This class will help them put their best foot forward!

Class meets once a week on Fridays : 4:00-5:00 pm.

Cost: \$10.00 per class (\$230.00 total)

Competition opportunities :

CODEO - January 16-17, 2027

Best of the Best - February 12-13, 2027

Denver Ballet Guild - February 26-28, 2027

Partnering (open to Ballet Levels 6-8 only with Consent of Instructor)

Prerequisite - Consent of Instructor

This class will focus on the technique of classical pas de deux as well as explore the weight-sharing and lifting techniques of contemporary dance partnering. In addition to learning the techniques needed to support, turn, and lift a partner; students will also learn the skills to carefully coordinate the shape and timing of their movement with their partner.

Class meets once a week on Saturdays: 11:00 am-12:00 pm .

Classical Variations (open to Ballet Levels 6-8 only, with consent of instructor)

Prerequisite - Ballet 5 and above/Consent of Instructor

This class has a **prerequisite**. Students are expected to have reached at least Ballet Level 5 or have consent of the instructor to take this class. Students learn the various solos presented throughout the classical ballet repertoire. Ballet history and the context of the variations in the storyline are discussed. This class requires strong pointe technique.

Class meets once a week on Fridays : 11:00 am-12:00 pm.

Contemporary Floor work

Prerequisite - Modern 2/Consent of Instructor

This class focuses on the dancer's relationship with the floor. The movement patterns involve releasing energy, going with gravity, and moving in and out of the floor efficiently. This class will train in coordination, strength, perception, and alertness.

Class meets once a week on Thursdays: 4:30-5:30 pm.

Pilates for Dancers// Levels 4-8 (Ages 12+)

Designed specifically for dancers, this class uses Pilates principles to develop core strength, stability, flexibility, and proper body alignment. Through controlled, precise movements, students will improve balance, coordination, posture, and body awareness while building the strength and control essential for healthy dance technique. Pilates for Dancers complements ballet and other dance training by enhancing overall performance, supporting injury prevention, and promoting efficient movement patterns. Suitable for dancers of all experience levels.

Class meets once a week on Fridays: 12:00-1:00 pm.

Yoga for Dancers // Levels 4-8 (ages 12+)

This yoga class focuses on refining flexibility, strength, alignment, and mindfulness to complement and elevate dance practice. Through a curated sequence of stretches, poses, and movements, it targets key areas to enhance range of motion, promote balance, and build stability, all crucial components for dancers looking to excel in their craft.

Class meets once a week on Tuesdays: 7:00-8:00 pm.

OPEN DIVISION

Open division classes are designed for children, teenagers, and adults who are seeking a dance experience without the time commitment of the formal training of our school division.

Tuition:

Registered students : 1-3 hours / \$12.00 per class per week, 4+ hours / \$10.00 per class per week

Punch card students:

- 5 one hour classes/ \$60.00
- 10 one hour classes/ \$120.00
- 20 one hour classes/ \$200.00
- 10 one and a half hour classes / \$150

Drop-in : \$15.00 one hour class

Ballet Transition // Ages 9-12

The goal of this class is to help students transition smoothly into the ballet level that best suits their technical proficiency and background. Students will focus on refining their foundational skills, enhancing their strengths and alignment, and cultivating confidence in vocabulary and combinations that are suitable for their level. To ensure that all students remain in the class that best fits their individual growth, the instructor will provide placement recommendations.

Class meets once a week on Fridays: 1:00-2:00 pm.

Adult Intermediate Ballet // Ages 18+

This class provides a re-entry for dedicated dancers returning after an absence, those transferring from other programs who would like acclimation, or those who prefer not to enroll in the leveled program.

Class meets once a week on Tuesdays: 7:00-8:00pm.

Adult Ballet Basics // Ages 18 +

A welcoming and vibrant community environment for those who always wanted to try ballet or those who are returning to dance. Emphasis will be placed on the development of muscular strength, flexibility, and motor control.

Class meets once a week on Saturdays : 12:00-1:00 pm.

Adult Tap // Ages 18 +

Adult tap is a comprehensive collection of basic steps and techniques to learn and improve basic tap skills. You will learn a series of technique combinations that can be used in many styles of tap dancing, including musical theater, hoofing, and rhythmic tap. It's a fun way to improve rhythm while getting exercise.

Class meets once a week on Wednesdays : 7:00-8:00 pm.

Adult Mat Pilates // Ages 18+

This class offers a low-impact, full-body workout designed to build core strength, improve flexibility, and enhance postural alignment. Through controlled, intentional movements, participants will develop stability, balance, and body awareness while strengthening key muscle groups. Suitable for all fitness levels, this class provides an effective and accessible approach to improving overall physical wellness.

Participants will need a yoga mat.

Class meets once a week on Mondays : 7:00-8:00 pm .

Swing Dance // Ages 18+ (runs in 6 week sessions with an optional party on the following week)

The class teaches the basics of the Jitterbug, one of many branches of East Coast Swing. Each week you will learn two new steps of the jitterbug and will understand some of the dance etiquette of swing dance venues. Each week's lesson will build on the previous week and we will also explain some of the dance etiquette of swing dance venues. The instructors will demonstrate and explain the dance techniques, and you will have a chance to practice them...to swing music!

First session : August 17, 24, 31, September 14, 21, 28 , party October 5.

Second session: October 19, 26, November 2, 9, 16 , party November 30

Addition sessions : TBA

Hip-Hop 1A // Ages 7-10

In this class, students will be introduced to the basics of a variety of hip-hop styles including street, basic breaking, beginning-level tutting, free-form, and lyrical.

Class meets once a week on Thursdays: 4:00-5:00 pm.

Hip-Hop 1B // Ages 10 +

This class is a blend of all kinds of different street dance styles. It combines hip-hop, popping, locking, and waving to create a modern take on hip-hop. There will be a lot of energetic and funky moves.

Class meets once a week on Thursdays : 5:00-6:00 pm.

Tap 1 // Ages 7+

This class teaches rhythm and musicality through tap technique and combinations. It's a fun and energetic class that doesn't require any previous experience.

Class meets once a week on Tuesdays: 4:00-5:00 pm.

Tap 2 // Ages 10+

Prerequisite: Tap 1 or Instructor Approval

Building on the fundamentals introduced in Tap 1, this class develops greater rhythmic accuracy, coordination, speed, and musicality through more challenging tap techniques and combinations. Students will expand their tap vocabulary, improve timing and articulation, and learn to create dynamic rhythms while developing confidence and performance skills in a fun and supportive environment.

Class meets once a week on Tuesdays: 5:00-6:00 pm.

Essentrics® // Ages 17+

A dynamic, full-body, rebalancing workout that simultaneously combines stretching and strengthening while engaging all 650 muscles. This class will increase flexibility and mobility for a healthy, toned, and pain-free body. The difficulty level is intermediate and this class incorporates standing, barre, and floor portions.

Class meets once a week on Saturdays : 9:00-10:00 am.

Gyrokinesis @// Ages 18+

Gyrokinesis is a gentle yet powerful system that blends elements of yoga, dance, tai chi, and swimming into flowing, circular movements that awaken your spine, joints, and breath. This class is designed for all ages and abilities—no experience needed. Whether you're looking to increase mobility, improve posture, or simply feel more at home in your body, Gyrokinesis offers a supportive, uplifting environment to reconnect with movement and yourself. Come as you are and leave feeling refreshed, aligned, and energized.

Class meets once a week on Thursdays : 6:00-7:00 pm.

Adult Belly Dancing // Ages 16+ (with parental consent)

Join us to experience this beautiful and captivating style of Middle Eastern dancing, which gives women a platform for empowerment and self-expression. Using uplifting and healing techniques, this class will cover steps, movements, and postures for the entire body. Every skill level is welcome.

Class meets once a week on Thursdays : 7:00-8:00 pm.

RIOT Dance Fitness // Ages 18+

Riot Dance Fitness™ is a high-energy, hip-hop-inspired cardio/HIIT dance fitness format designed to disrupt traditional workouts, boost confidence, and create a supportive, empowering community

Class meets on alternate Mondays starting August 17th except October 12.