



Class Descriptions

Ballet & Pointe

Ballet is the foundational core of dance training, teaching grace, discipline, and precise alignment. These classes guide dancers from basic creative movement into formal classical technique, utilizing traditional barre work, center floor combinations, and French terminology to build a lifetime of strength, posture, and artistic expression.

Class Name	Best For	Class Focus	Requirements
Combo Class	Ages 3–4	A fun, structured introduction to movement. Focuses on coordination, rhythm, and building a lifelong love for dance through creative play. Covers pre-ballet, tap, and tumbling .	None
Beginner Ballet	Ages 5–7	First introduction to a formal ballet class. Focuses on core strength, balance, musicality, and basic French ballet vocabulary. Includes stretching, introductory barre work, and center floor work.	None
Intermediate Ballet	Ages 8–11	Continues building classical technique with a higher focus on advanced stretching, core strength, balance, and proper arm/leg placements. Dancers expand their French ballet vocabulary during barre and center work.	None
Advanced Ballet / Pre-Pointe	Ages 12+	Challenges advanced dancers with complex barre and center floor combinations. Focuses heavily on fluidity of movement, balance, and advanced combinations.	Minimum 2–3 years of ballet training and instructor placement.
Pre-Pointe	Placement Only	A specialized class dedicated entirely to preparing dancers safely for pointe shoes. Focuses on strengthening the legs, feet, ankles, and core alignment. Includes a formal evaluation to check physical readiness.	Must complete one full year of Pre-Pointe and pass a teacher evaluation to prevent injury.
Advanced Ballet / Pointe	Placement Only	Advanced ballet work combined with dancing on the tips of the toes using hard-toed, stiff-shanked pointe shoes. Demands immense strength, skill, and fluid control.	Prior permission from the instructor is strictly required.

Jazz & Hip-Hop

All traditional Jazz levels focus on energy, rhythmic accuracy, and style, blending classical ballet and modern dance. Styles may include Street Jazz, Broadway, Contemporary, Lyrical, and Percussive.

Class Name	Best For	Class Focus	Requirements
Beginning Jazz	Ages 5–7 or beginners	Introduces the basics of jazz dance, including body isolations, rhythm, and high-energy movement.	Open to any dancer new to jazz.
Intermediate Jazz	Ages 8–11	Continues jazz progression with an increase in difficulty and more complex routines.	Requires 2 years of class experience.
Advanced Jazz	Advanced Dancers	Highly technical jazz training with complex choreography and maximum difficulty.	<i>Requires Teacher recommendation and approval.</i>
Jazz / Hip Hop	Open Age	A popular mashup combining the funky style of hip-hop with the clean technique and isolations of jazz. Encourages personal style and expression in a family-oriented environment.	None (uses clean, age-appropriate music).
Tap / Jazz Combo	Ages 7–10	A fun introductory class allowing students to try both styles. Teaches basic tap and jazz skills to improve flexibility, rhythm, and coordination.	None.

Tap

All traditional Tap levels teach dancers to become "perceptive musicians" using their shoes to create clear rhythm, sound, and style, ranging from Broadway to Rhythm tap. Focuses on knee/ankle flexibility and speed.

Class Name	Best For	Class Focus	Requirements
Beginning Tap	Ages 5–7 or beginners	Introduces proper basic tap technique, clear sound production, and rhythm games.	Open to any dancer new to tap.
Intermediate Tap	Ages 8–11	Progresses into faster rhythms, more intricate footwork, and more complex combinations.	Requires 2 years of tap experience.
Advanced Tap	Advanced Dancers	Highly intricate and complex tap rhythms, fast styling, and advanced choreography.	<i>Requires Teacher recommendation and approval.</i>

Gymnastics

Gymnastics and acrobatics classes focus on developing physical strength, agility, flexibility, and spatial awareness. Dancers progress safely from fundamental floor shapes and basic tumbling into high-level, unassisted tricks, blending athletic precision with artistic control to enhance their overall dance performance.

Class Name	Best For	Class Focus	Requirements
Beginning Gymnastics	Beginners	Introduces basic tumbling skills with strict focus on safety and correct form. Routinely practices forward rolls, straddle rolls, and cartwheels.	Dancers continue this course until skills and form fully develop.
Intermediate Gymnastics	Intermediate	Focuses on intermediate tumbling form. Practices backbend kick-overs, one-arm cartwheels, back walkovers, and front/back limbers.	Must have achieved a standalone backbend (standing to the floor) and be working on pulling back up. <i>Teacher Approval Required.</i>
Advanced Gymnastics	Advanced	High-level tumbling focus including advanced skills like front and back handsprings, aerials, and tucks.	Must be able to do front and back limbers entirely unassisted. <i>Teacher Approval Required.</i>

Performance & Technique

Designed for dancers who strive to truly shine on stage, this specialized category bridges the gap between clean studio technique and captivating live performance. Focus is placed on athletic conditioning, elite flexibility, and the magnetic showmanship required to elevate routines from great to unforgettable.

Class Name	Best For	Class Focus	Requirements
Flexibility & Performance Skills	Dance Team Members	Focuses on deep stretching and conditioning to maximize flexibility, while teaching the art of stage presence, facial expression, and crowd engagement. Dancers will learn how to project confidence, maximize the entertainment value of their routines, and prepare mentally and physically to perform at the highest competitive level.	Must be a member of Millennium Movers Dance Team.