

Charlotte Dance Alliance - Spring Class Descriptions

Class Name	Class Description	Age/Time/Day	Attire
<p>Combination Classes</p> 	<p>Combination classes are a great way for students to experience different types of dance in a short amount of instructional time. The main focus of combination classes is on students having fun and enjoying dance as an everyday activity.</p>	<p><u>Beginner Ballet</u> 2-4 years</p> <p>Tuesday 4:45 -5:15pm</p>	<p>Pink Leotard Pink ballet Shoes</p>
<p>Level Combination Classes</p> 	<p>This combination class focuses on getting students ready to transition from combination type classes to full hour classes in a specific style of dance. Ballet class will include more challenging barre exercises while emphasizing basic terminology. The tap portion of the class will concentrate on developing intricate patterns and rhythms, while the jazz portion of class will begin to develop student's flexibility and balance skills.</p> <p><i>Little to no dance experience needed</i></p>	<p><u>Beginner Ballet, Tap, Pre-Jazz</u></p> <p>5 – 8 years</p> <p>Tuesday 5:15 – 6 pm</p>	<p>Light Blue Leotard Pink Ballet Shoes Tan Ushell Tap Shoes (Mary Janes)</p>
<p>Hip Hop</p> 	<p>These classes teach the fundamentals of hip hop movement. They are upbeat and high energy classes. Stretching, isolations, rhythms, musicality, upper body strength and funky footwork will all be incorporated. Students will learn to memorize choreography by working on a combination each class.</p>	<p>Tuesday 5:15 -6:00 pm</p> <p>5 years & up</p>	<p>No jeans Hip Hop pants Shorts Top Sneakers</p>

Floor Gymnastics



Floor Gymnastics serves as physical and conceptual prerequisite for more advanced gymnastic skills. This class helps students gain strength and flexibility while safely focusing on the three fundamental tumbling skills: balance and support, rotations, and springing and landing. Students will be moved up in class level based on skill NOT age

Monday
5-5:30 pm
3-5 years

Tuesday
5-5:30 pm
6 years & up

Thursday
7 pm drop in
6 yrs & up with
experience

Leotard
Sports bra
Booty shorts
Bike shorts
(no loose fitting
clothes)

TLC – turns, leaps and conditioning



Instructor will practice all styles of conditioning based upon the skill level of the group attending. Dance experience required

Tuesday
6-7:00 pm

6 years and up

Dance attire or
form fitting
clothing with
dance shoes