

ENCORE *School of Dance*

**Register & view class
days/times online!**

www.encoreschoolofdance.com



Classes

Ballet: 1 hour class/\$80 per month

Advancement is based on correct placement, skill mastery and instructor recommendation – not by age – which means classes have a variety of age levels. The class introduces an advanced level of ballet movements and terminology and explores original choreography from ballet variations. Each class incorporates a formal ballet warm-up, training of proper ballet technique and combinations using ballet movements and technique learned from prior classes in addition to this advanced level class.

Pointe: 30 minute class/\$55 per month

Admission into this class is by instructor recommendation only. This class will combine all aspects of ballet. Students will develop the muscles in their legs and feet to successfully and safely dance on pointe.

Ballet Production: 1.5 hour class/Discounted to \$75 per month

This class learns a 15–20 minute themed piece that is performed in the Recital. Dancers are required to audition for lead roles in the Ballet Production. Students must be enrolled in a Level Ballet class to participate.

Lyrical/Contemporary: 45 minute class/\$65 per month

Advancement is based on correct placement, skill mastery and instructor recommendation – not by age – which means classes have a variety of age levels. This class further develops student technique through more intricate and complex across the floor and center floor combinations. This level incorporates more emotions and inspiration while utilizing jazz technique. Students must be enrolled in a ballet class.

Jazz: 45 minute class/\$65 per month

Advancement is based on correct placement, skill mastery and instructor recommendation – not by age – which means classes have a variety of age levels. This class introduces an advanced level of jazz movements and terminology and begins exploring elevated levels of turns and leaps. Combination instruction will be taught at a faster pace focusing on style, flexibility and incorporating more difficult technique.

Tap: 45 minute class/\$65 per month

Advancement is based on correct placement, skill mastery and instructor recommendation – not by age – which means classes have a variety of age levels. This class focuses on developing a strong sense of coordination and agility.

Hip Hop: 45 minute class/\$65 per month

This class introduces a new level of hip hop movements and terminology as well as additional tricks used in the hip hop form of dance. Different hip hop styles and performance techniques will be taught at a faster pace for exercise in choreography retention. This class focuses on developing the dancer's individual personality and style of dancing while introducing specialty elements. Focus changes frequently to allow dancers an opportunity to hone their talents and dance more dynamically.

Strength & Conditioning: 45 minute class/\$65 per month

This class is a full-body strength and conditioning class with cardio bursts designed to tone and improve endurance! Students will also learn proper nutrition and healthy, science based lifestyle habits that create strong, healthy bodies.

Technique: 1 hour class/\$80 per month

This class is for advanced dancers and focuses on turns, leaps, stretching and strengthening with across the floor combinations. It is a nice addition to a regular level jazz class to really fine tune a dancers skills. Students looking to accelerate learning are encouraged to take this class. Each exercise is designed for you to respect your personal physical limitations as well as comfortably challenge yourself.

Tumbling: 1 hour class/\$80 per class

This class introduces more advanced tumbling and acro skills. Students will work on intermediate tumbling including back walkovers, front walkovers, round offs, aerials, back handsprings and intermediate acro skills. After mastering the intermediate skill, they will progress to more advanced tumbling and acrobatic tricks. Students must be approved by instructor to be in Level Three. Students must have a back handspring, front walkover, back walkover and an aerial to be in this class.