



Dedication Dance Co. Class Descriptions

Tiny Tots (Ages 2–6)

Our Tiny Tots class is the perfect introduction to the world of dance! Young dancers explore the basics of ballet and tap while building coordination, rhythm, balance, and confidence through imaginative movement, music, and games. Each class includes warm-ups, creative activities, and beginner combinations in a fun, encouraging environment that prepares dancers for the next level.

Petite Combo (Ages 3–11)

Our Petite Combo classes introduce young dancers to the exciting worlds of ballet, tap, and jazz! This upbeat class builds strong foundational technique while encouraging creativity, musicality, and confidence. Dancers enjoy learning multiple styles throughout the season and will perform in our Spring Showcase. We offer several levels of this class, and our staff will help place each dancer in the best fit for their age and experience.

Levels A/B/C/D (Ages 7+)

Age recommendations vary based on each dancer's experience. Our staff is happy to assist with proper placement.

Musical Theatre

Bring stories to life through dance! Musical Theatre combines jazz technique with acting and stage performance to help dancers develop confidence, expression, and character. Students learn how to connect emotionally with choreography while improving performance quality and stage presence.



Dedication Dance Co. Class Descriptions

Ballet

Ballet is the foundation of every well-rounded dancer. Students develop proper technique, posture, flexibility, balance, strength, and artistry while learning classical ballet vocabulary and movement. Whether pursuing recreational or competitive dance, ballet provides the technical foundation that supports success in every style.

Pre-Pointe

Pre-Pointe prepares dancers for the transition to pointe work through focused strength, alignment, balance, and technical development. This class emphasizes proper body mechanics while building the endurance needed for safe pointe training. Dancers pursuing pointe must also be enrolled in two ballet technique classes each week. Those taking Pre-Pointe for strength and conditioning only may enroll with one ballet class.

Pointe

Pointe is an advanced ballet class designed for dancers who have demonstrated the strength, technique, and maturity required for safe pointe work. Placement is by instructor evaluation. Students continue building artistry, strength, and precision while refining classical ballet technique. Pointe classes supplement—not replace—regular ballet training, and dancers are required to remain enrolled in at least two weekly ballet technique classes.

Pilates • Conditioning • Flexibility

Build strength from the inside out! This class uses Pilates-based exercises and targeted conditioning to improve core strength, flexibility, balance, posture, and body awareness. Dancers develop the control, endurance, and injury prevention techniques that enhance performance in every dance style.



Dedication Dance Co. Class Descriptions

Combo

Can't choose just one style? Combo gives dancers the opportunity to explore a variety of dance genres throughout the season! Every few weeks, students learn new choreography in styles such as jazz, contemporary, hip hop, lyrical, modern, contemporary jazz, and improvisation. This fast-paced class strengthens choreography retention, versatility, musicality, and individual performance style.

Contemporary/Lyrical

Express emotion through movement. This class blends ballet, jazz, and modern dance techniques while encouraging dancers to tell stories through fluid, expressive choreography. Students build strength, artistry, control, and athleticism while developing their unique performance style.

Jazz

Jazz is energetic, dynamic, and full of personality! Dancers focus on proper jazz technique while developing flexibility, turns, leaps, body isolations, musicality, and performance quality. Classes feature upbeat choreography that helps dancers build confidence and precision.

Tap

Make music with your feet! Tap dancers develop rhythm, timing, coordination, and musicality through progressive exercises, across-the-floor combinations, and exciting choreography. This class strengthens listening skills while teaching precision, speed, and clean tap technique.



Dedication Dance Co. Class Descriptions

Hip Hop

Bring your energy and personality to the dance floor! Hip Hop combines current street dance styles with high-energy choreography in a fun, encouraging atmosphere. Dancers build confidence, musicality, coordination, and freestyle skills while learning age-appropriate movements and combinations.

Leaps, Turns & Legs

Take your technique to the next level! This focused training class helps dancers improve flexibility, extensions, jumps, turns, and overall technical execution. Through progressive drills and conditioning exercises, dancers develop the strength and control needed to perform advanced dance skills safely and confidently.

Strength & Tricks for Dancers

Designed for dancers looking to push themselves, this class builds total-body strength, flexibility, balance, and coordination while introducing acrobatic skills and dance tricks. Students safely progress through new skills while developing the power and confidence to incorporate them into choreography.

Adult Ballet

It's never too late to dance! Adult Ballet welcomes beginners and experienced dancers alike in a supportive, relaxed environment. Classes include barre, center work, and across-the-floor combinations that improve posture, flexibility, balance, coordination, and overall fitness while enjoying the beauty of ballet.



Dedication Dance Co. Class Descriptions

Dance Team Technique

Train like a dance team athlete! This high-energy class prepares dancers for high school and collegiate dance team auditions by focusing on sharp jazz technique, precision, flexibility, kicks, leaps, turns, pom combinations, and performance quality. Whether preparing for your first tryout or refining your skills, dancers gain the confidence and technique needed to stand out on audition day.