

Christine's Center Stage Dance Studio – Class Descriptions 2023–2024

Classes for Young Dancers (Ages 2–Grade 2)

Age/Grade	Class	Class Day/Time & Hours
Ages 2 & 3	Introduction to Dance Dancers will learn basic ballet and explore movement in a fun, playful environment. Concept-based learning introduces dancers to the elements of dance while preparing them for any style of dance. Emphasis is placed on listening and following directions while learning about rhythm, balance, and body awareness. Dancers will need ballet shoes (pink for girls, black for boys). Register for Monday OR Wednesday class.	A – Monday 5:15–5:45 PM OR B – Wednesday 5:15–5:45 PM 30 minutes
Grades 4K & K	Level I Ballet/Tap Dancers will learn basic ballet skills and terminology through concept-based learning. Dance elements including levels, pathways, energy, and more will be explored. Dancers will also be introduced to simple tap skills, building rhythm and coordination. Dancers will need ballet shoes (pink for girls, black for boys) and black tap shoes. Register for Monday OR Wednesday class.	A – Monday 5:45–6:30 PM OR B – Wednesday 6:30–7:15 PM 45 minutes
Grades 4K & K	Tiny Tumblers Must also be enrolled in Level I Ballet/Tap. Class will not perform in the recital. Dancers will build strength and flexibility as they learn basic tumbling skills.	Monday 5:15–5:45 PM 30 minutes
Grades 1 & 2	Level II Ballet/Tap Dancers will continue to learn basic ballet with an emphasis on proper body alignment, positioning, and terminology. Teamwork is encouraged as more complex choreography is introduced. During tap, dancers will increase coordination, timing, and rhythm. Dancers will need ballet shoes (pink for girls, black for boys) and black tap shoes. Register for Monday OR Wednesday class.	A – Monday 6:30–7:15 PM OR B – Wednesday 5:45–6:30 PM 45 minutes
Grades 1 & 2	Mini Hip Hop/Tumbling Must also be enrolled in Level II Ballet/Tap. Dancers will be introduced to the style of hip hop and work on basic tumbling skills. Fast-paced music and movements provide a fun way to exercise. Dancers will need black tennis shoes.	Wednesday 5:15–5:45 PM 30 minutes

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Classes for Grades 3–12

Grade	Class	Class Day/Time & Hours
Grades 3–5	Level III Ballet/Jazz Self-confidence and expression are emphasized as well as flexibility and posture as dancers learn more complex ballet skills. Jazz is introduced with a focus on coordination and rhythm. Dancers will need jazz shoes (tan for girls, black for boys).	Monday 5:45–6:45 PM 1 hour
Grades 3–5	Tap III A continuation of skills learned in Level II Ballet/Tap. Emphasis is placed on working together to dance in unison to create distinct rhythms. Dancers will need black tap shoes.	Monday 7:15–7:45 PM 30 minutes
Grades 3–5	Hip Hop I/Cheer An expressive, contemporary style that allows for each dancer to give his or her own personal flair to the choreography. Fast-paced music and movements provide a fun way to exercise. Dancers will need black tennis shoes.	Wednesday 4:30–5:15 PM 45 minutes
Grades 3–12	Musical Theater Dancing and acting are combined in this fun, upbeat style. Storytelling is emphasized while performing to popular songs from musicals. Dancers will learn about different musical plots and characters as they explore elements of theater. Ideal class for those with a love of performing! Dancers will need jazz shoes (tan for girls, black for boys).	Monday 7:45–8:30 PM 45 minutes
Grades 3–12	Performance Team Must also be enrolled in a core class (ballet/jazz) and at least one other class. Dancers must have completed at least one year of Level III Ballet/Jazz or above to qualify for Performance Team. For dancers who want the opportunity to grow as a dancer and performer. Emphasis is on memorization, strength, flexibility, and technique while learning turns, leaps, and lifts. Dancers will need jazz shoes (tan for girls, black for boys).	Sunday 3:30–5:00 PM *Hours do not apply to weekly total.

Grade	Class	Class Day/Time & Hours
Grades 6–8	Intermediate Ballet/Jazz Dancers are introduced to more advanced ballet and jazz concepts with an emphasis on performance, strength, and endurance. Dancers will have more opportunities to experiment with their own choreography. Dancers will need jazz shoes (tan for girls, black for boys).	Monday 6:45–7:45 PM 1 hour
Grades 6–8	Latin I Perfect blend of fitness and fun! Learn salsa, cha-cha, and more while building core strength and flexibility. Class introduces fun Latin ballroom styles as a way to explore new movements and rhythms.	Wednesday 7:15–8:00 PM 45 minutes
Grades 6–12	Advanced Tap Dancers will be exposed to more complex rhythms with a quicker tempo and tap steps increasing in difficulty. Emphasis is placed on working together to dance in unison to create distinct rhythms. Dancers will need black tap shoes.	Monday 8:30–9:00 PM 30 minutes
Grades 6–12	Hip Hop II An expressive, contemporary style that allows for each dancer to give his or her own personal flair to the choreography. Fast-paced music and movements provide a fun way to exercise. Dancers will need black tennis shoes.	Wednesday 5:45–6:30 PM 45 minutes
Instructor Approval	Pointe Must be taken in conjunction with a ballet class. Pointe work will be taught with an emphasis on building strength and proper technique.	Wednesday 6:30–7:00 PM 30 minutes
Grades 9–12	Advanced Ballet/Jazz Older dancers are introduced to more advanced ballet and jazz concepts with an emphasis on performance, strength, and endurance. Dancers will have more opportunities to experiment with their own choreography. Dancers will need jazz shoes (tan for girls, black for boys).	Wednesday 7:00–8:00 PM 1 hour
Grades 9–12	Latin II Perfect blend of fitness and fun! Learn salsa, cha-cha, and more while building core strength and flexibility. Class introduces fun Latin ballroom styles as a way to explore new movements and rhythms.	Wednesday 8:00–8:45 PM 45 minutes