



CLASS CURRICULUM

Center Stage Dance Academy offers many types of dance classes in various levels to suit all ages. Class placement is first determined by grade level/age, but ability level is taken into consideration when placing students. If necessary, students will be moved to a higher or lower level at the discretion of the teacher.

CREATIVE MOVEMENT

Designed to introduce the 2 and 3 year old child to the world of dance and movement. Children will be exposed to elementary ballet vocabulary. They will be encouraged to express themselves creatively through movement. Classes will promote socialization and listening skills and will help children develop an awareness of how their bodies can move. Props are used in the classes to stimulate imagination.

COMBO CLASS

Ballet, jazz, tap, and basic tumbling skills are combined in this 1 hour class geared toward the 3, 4, and 5 year old.

BALLET

Classical dance which is the foundation for all dance. Classes will emphasize technique and proper body alignment, as well as flexibility, strength, grace, coordination, musicality, and performance quality. Students will also study ballet terminology and history.

POINTE

Classes are geared towards the more serious dancer and must meet requirements set forth by the studio owner. Please see office for additional information.

LYRICAL/CONTEMPORARY

Ballet, jazz, and modern techniques are combined and will emphasize developing strength, control, and flexibility. Students will learn to express the mood, emotion, or theme of contemporary music through physical movement.

JAZZ

Classes will emphasize rhythm, coordination, strength, flexibility, and isolation of movement. The focus will be on learning proper dance technique and performance quality.

HIP-HOP

Hip-hop is a fast pace high-energy class that will keep you groovin'. It is a combination of street style moves, isolations, floor work and video grooves.

TAP

Rhythm, style and sound will be emphasized. Students will study basic tap steps; combinations and rhythms with a focus on developing proper tap technique and producing clear tap sounds.

DANCE TEAM TRAINING

Classes will focus on developing sharp, isolated movements as well as popular dance team "tricks." Pom-poms will be integrated into the choreography.

ACRO

Acrobatic, Tumbling, and Gymnastic (Floor Exercise) skills taught. Focus is placed on flexibility, as well as strengthening the body

URNS/LEAPS/TRCKS

Proper technique and execution of countless leaps, jump, and turns will be taught in a wide variety of floor exercises and combinations. Geared towards the serious dancer, each element in this class will be applicable to all content areas of dance (jazz, tap, ballet, lyrical, hip-hop, acro, baton, and dance team training).

ADULT DANCERCIZE

Aerobics combined with various forms of jazz and hip-hop dance are used to enhance strength, flexibility, balance, and coordination.

VOICE

Vocal instruction designed to promote self confidence, musical skills, and stage presence in students of all ages in students of all ages.

MUSICAL THEATRE

A class that is focused on synthesizing voice, acting, and Broadway dance to assist students in understanding how scenes are put together.