

Class Descriptions and Dress Code

Class Descriptions

Tap is where dance and drumming meet! This genre has a focus on rhythm made with the feet while dancing with the legs and upper body. "Theatrical" or "Broadway" tap is the style of tap performed in musicals such as "42ndStreet." "Rhythmic" tap is a street style that is less flashy and uses more intricate rhythms. Both styles are taught in this class.

Jazz is a fun, exciting, high energy class that will get your blood pumping. It uses traditional ballet technique along with upbeat music and leaps and turns to interpret traditional and not-so-traditional movements. "West Side Story" helped pave the way for what we know today as jazz dance. Many styles of this dance form exist and are influenced by many styles of music, including jazz, rock, pop, and hip hop. This upbeat dance style emphasizes body control while working on isolation, leaps, turns, jazz movement, combinations and choreography that is age appropriate. Jazz will help develop strength, coordination, correct placement and musicality with fun up-tempo music. It is recommended that you also take a ballet class in conjunction with Jazz to help with technique.

Hip Hop refers to street dance styles primarily performed to hip-hop music or that have evolved as part of hip-hop culture. Born on the streets of New York and Los Angeles, hip hop has become a part of American culture. From pop and lock to break dancing, it is a true modern American art form. Movements are sharp, low, fast and funky to family friendly urban music. These fast pace, high energy classes will include the latest in street style dance.

Lyrical is a style of dance created by merging ballet and jazz dance techniques. This dramatic dance style is performed to music with lyrics to inspire it's movements. The dancer expresses emotion to tell a story through movement; simultaneously subtle and dynamic. ***Enrollment in Ballet highly recommended.***

Ballet is the foundation of all other forms of dance. Learn classical ballet technique, terminology, and develop the fundamentals of dance using the technique of ballet at both the barre and the center floor. Focus on self-discipline, body alignment, arm and head carriage, flexibility and strengthening of legs and feet. A good solid foundation in ballet helps the progress in other dance forms and is crucial for the serious dancer.

Ballet Class Progression:

- Ballet I - once per week (twice per week encouraged)
- Ballet II - twice per week (Ballet II + Ballet I)
- Ballet III - twice per week (by invitation only, third class per week highly recommended)
- Ballet IV - twice per week (by invitation only, third class per week highly recommended)
- Pointe & Partnering (by invitation only)

Creative Play lets younger dancers explore their creative side through dance movement, music, and imagination. Come play with parachutes, hop through obstacle courses, wiggle those sillies out, and discover how much fun dance can be. Wear comfortable clothing.

Strength & Stretch improve flexibility, placement, and strength to promote injury prevention. Intensive strengthening exercises focus on the muscles crucial to improving technique. Increased flexibility enhances performance in all forms of dance and other sports.

Dress Code

A general note about appropriate attire for all dance classes:

Attire should be comfortable and movable, preferably leotard and tights, dance pants, or shorts. Pants should not cover the feet or drag on the ground and, with the exception of Hip Hop, clothing should not be baggy. **No jeans, jean shorts, or pants with zippers.** Adults may wear comfortable active wear clothing of any kind. Please follow the specific dress code if in Hip Hop or Ballet, see below.

Option 1 (Girls) - footless or convertible tights with leotard

Option 2 (Boys and Girls) - dance shorts, leggings, or tight dance pants and t-shirt or tank top.

Hair must be worn pulled back off of the face in a pony tail or bun. If hair is too short for a pony then may be worn in half up, half down fashion.

Shoes: (10% discount to OPAS students at *The Leotard*)

- **Jazz** - Slip-on jazz shoes (Either black or tan for class, check with teacher for performance color.)
- **Lyrical/Contemporary** - Barefoot or half soles (Check with teacher)
- **Ballet** - Leather ballet shoes; Pink for girls, black for boys.
- **Hip Hop** - Dance sneakers or clean (washed if previously worn as street shoes) tennis shoes tied securely, black preferred.
- **Tap** -
 - Girls:** Black Mary Jane style (Youth classes & older need Bloch brand "Tap On" with buckles style #SO302 or Capezio brand with buckles style #3800.)
 - Boys:** Black Oxford style
 - Adults:** Either style

Classes with Specific Dress Code

Hip Hop: Boys and Girls: Baggy clothing and sneakers. If in a prior class, put baggy items over other dancewear for a quick change.

Ballet:

Girls - pink or tan tights, any color leotard. Dancewear must be form fitting. No loose t-shirts, sweatshirts, or flowy clothing. Hair in bun.

Boys - black snug-fitting shorts or stretch pants, snug-fitting tank or t-shirt, preferably solid color without design. Hair off face.

Adults - comfortable active clothing of any kind. Hair off face.