



Class Descriptions

Babies Acro 3-5 (\$60.00): Student must be 3 by Dec 31, 2024, and potty trained. This class is designed to teach basic skills of rolling, handstands, cartwheels, bridges and more. The students will utilize tumbling mats during class. They are expected to wear form fitting dance appropriate clothing and no shoes. Hair must be pulled back, out of the face, and in a ponytail or braid. (class time 45 minutes)

Babies Combo 3-5(\$60.00): Students must be 3 by Dec 31, 2024, and potty trained. The students will learn introductory steps and movements in both tap and ballet. They are required to wear form fitting dance appropriate clothing, leather soled pink ballet shoes and black tap shoes. Hair must be pulled back, out of the face in either a bun, ponytail, or braid. (class time 45 minutes)

Intro to Acro 6+(\$55.00): Students must be 6 by Dec 31, 2024, to register for the class. The students will begin learning basic tumbling skills that extend past the skills learned in a Babies Acro class. This class is intended for students who have not previously taken tumbling or need more time to improve their skills. Some skills that will be taught but not limited to are rolls, handstands, cartwheels, bridges, backbends, front limber, front/back walkovers. Students are required to wear form fitting, dance appropriate clothing (no loose clothing for their safety when being spotted by an instructor). Hair must be pulled back, out of the face, and in a ponytail or braid. (class time is 1.0 hour)

Intermediate Acro 6+(\$55.00): Students must be 6 by Dec 31, 2024, to register for the class. This class is an intermediate level tumbling class that requires students to have prior tumbling class training. The students will be learning more advanced tumbling skills that extend past the skills learned in an Intro to Acro class. **A student must have their front and back walkover prior to enrolling in this class.** Some skills that will be taught but not limited to are rolls, handstands, cartwheels, bridges, backbends, front limber, front/back walkovers, back handsprings, aerials. Students are required to wear form fitting, dance appropriate clothing (no loose clothing for their safety when being spotted by an instructor). Hair must be pulled back, out of the face, and in a ponytail or braid. (class time is 1.0 hour)

Intro to Ballet 6-10 (\$55.00): Students must be 6 by Dec 31, 2024, to register for the class. The students will begin learning ballet skills that extend on the knowledge gained in a combo class. They will do barre warm up, center floor work and across the floor work. They are required to wear a dark

leotard (black, navy or charcoal), pink ballet tights, leather soled pink ballet shoes and hair in a bun.
(class time is 1 hour)

Intro to Tap 6-10(\$45.00): Students must be 6 by Dec 31, 2024, to register for the class. The students will begin learning tap skills that extend on the knowledge gained in a combo class. They will do center floor work and across the floor work. Weekly/monthly combos will be taught to assist the students in learning how to blend the steps taught in the class for choreography. Students are required to wear form fitting dance appropriate clothing and black tap shoes. Hair must be pulled back, out of the face and in a ponytail or braid. (class time is 45 minutes due to no barre or stretch warm up required)

Jazz 6-10 and Level 1(\$55.00): Students must be 6 by Dec 31, 2024, to register for the class. The students will learn standard jazz skills that include and are limited to proper stretching, kicks, turns, leaps, walks, pivots. The level of this class is intended to develop Level 1 IMD Company dancers and is also open to dancers not on the IMD Company. Students are required to wear form fitting, dance appropriate clothing and tan pirouette dance shoes. Hair must be pulled back, out of the face and in a ponytail or braid. (class time is 1.0 hour)

Lyrical 6-10 and Level 1(\$55.00): Students must be 6 by December 31, 2024, to register for the class. Lyrical is a style of dance that combines ballet and jazz elements. It is recommended that the student have knowledge of either jazz or ballet to assist them in their learning. This style is an expressive style of dance that focuses on expression and storytelling within the dance. The level of this class is intended to develop Level 1 IMD Company dancers and is also open to dancers not on the IMD Company. Students will learn choreography weekly and may have some across the floor work when necessary. Students are required to wear form fitting dance appropriate clothing and tan pirouette dance shoes. Hair must be pulled back, out of the face and in a ponytail or braid. (class time is 1.0 hour)

Ballet Level 1(\$55.00): Students must be 6 by Dec 31, 2024, to register for the class and/or be on the IMD Company team. **This is a required class for all IMD Company Level 1 dancers.** The students will be learning ballet skills that extend on the knowledge gained in a combo class and prepare them for more advanced elements within all styles of dance. They will do barre warm up, center floor work and across the floor work. They are required to wear a dark leotard (black, navy or charcoal), pink ballet tights, leather soled pink ballet shoes and hair in a bun. (class time is 1.0 hour)

Tap Level 1(\$45.00): Students must be 6 by Dec 31, 2024, to register for the class and/or be on the IMD Company team. The students will be learning tap skills that extend on the knowledge gained in a combo class and prepare them for competition tap routines/performances. They will do center floor work and across the floor work. Weekly/monthly combos will be taught to assist the students in learning how to blend the steps taught in the class for choreography. Students are required to wear form fitting dance appropriate clothing and black tap shoes. Hair must be pulled back, out of the face and in a ponytail or braid. (class time is 45 minutes due to no barre or stretch warm up required)

Leaps Turns and Stretch Level 1 (\$55.00): Students must be 6 by Dec 31, 2024, to register for the class and/or be on the IMD Company Team. **This is a required class for all Level 1 In Motion Dance Company Team members.** The students will be learning skills that will extend their knowledge gained in other skills classes. The class will focus on the basics pertaining to flexibility, leaps and turns. This class will not learn monthly combos and will not participate in the annual recital. Students are required to wear

form fitting dance appropriate clothing and have either pirouettes or Bloch socks. Hair must be pulled back, out of the face and in a ponytail or braid. (class time is 1 hour)

Jazz 9+(\$55.00): Students must be 9 by December 31, 2024, to register for the class. The students will learn standard jazz skills that include and are limited to proper stretching, kicks, turns, leaps, walks, pivots. Students are required to wear form fitting, dance appropriate clothing and tan pirouette dance shoes. Hair must be pulled back, out of the face and in a ponytail or braid. (class time is 1.0 hour)

Adv Acro 8+(\$60.00): Students must be 8 by December 31, 2024, to register for the class. **The students must have intermediate class skills to be eligible for this class without spotting and their cartwheel aerial.** Students will work on various aerials (cartwheel, chainne, heal stretch, front), back handsprings (standing and from run/roundoff, back tucks (standing and from run/roundoff), back layouts and other more advanced tumbling elements pertaining to dance. Students are required to wear form fitting, dance appropriate clothing and bare feet. Hair must be pulled back, out of the face and in a ponytail or braid. (class time is 1.5 hours)

Ballet Level 2(\$60.00): Students must be 8 by Dec 31, 2024, to register for the class and be on the IMD Company team (audition for placement is available for non-company students). **This is a required class for all IMD Company Level 2 dancers.** The students will be learning ballet skills that extend on the knowledge gained in Level 1 and prepare them for more advanced elements within all styles of dance. They will do barre warm up, center floor work and across the floor work. They are required to wear a dark leotard (black, navy or charcoal), pink ballet tights, leather soled pink ballet shoes and hair in a bun. (class time is 1.5 hour)

Jazz 11+ and Level 2(\$60.00): Students must be 8 for Level 2 and 11 for non-company dancers by Dec 31, 2024, to register for the class. The students will learn standard jazz skills that include and are limited to proper stretching, kicks, turns, leaps, walks, pivots. The level of this class is intended to develop Level 2 IMD Company dancers and is also open to dancers not on the IMD Company aged 11+ that are more advanced than the Jazz 9+ class. Students are required to wear form fitting, dance appropriate clothing and tan pirouette dance shoes. Hair must be pulled back, out of the face and in a ponytail or braid. (class time is 1.5 hour)

Lyrical 11+ and Level 2(\$60.00): Students must be 8 for Level 2 and 11 for non-company dancers by December 31, 2024, to register for the class. Lyrical is a style of dance that combines ballet and jazz elements. It is recommended that the student have knowledge of either jazz or ballet to assist them in their learning. This style is an expressive style of dance that focuses on expression and story telling within the dance. The level of this class is intended to develop Level 2 IMD Company dancers and is also open to dancers not on the IMD Company. Students will learn choreography weekly and may have some across the floor work when necessary. Students are required to wear form fitting dance appropriate clothing and tan pirouette dance shoes. Hair must be pulled back, out of the face and in a ponytail or braid. (class time is 1.5 hour)

Tap Level 2(\$45.00): Students must be 8 by Dec 31, 2024, to register for the class and be on the IMD Company team. The students will be learning tap skills that extend on the knowledge gained in Level 1 and prepare them for competition tap routines/performances. They will do center floor work and across the floor work. Weekly/monthly combos will be taught to assist the students in learning how to blend the steps taught in the class for choreography. Students are required to wear form fitting dance

appropriate clothing and black tap shoes. Hair must be pulled back, out of the face and in a ponytail or braid. (class time is 45 minutes due to no barre or stretch warm up required)

Leaps Turns and Stretch Level 2 (\$60.00): Students must be 8 by Dec 31, 2024, to register for the class and/or be on the IMD Company Team. **This is a required class for all Level 2 In Motion Dance Company Team members.** The students will be learning skills that will extend their knowledge gained in Level 1 and prepare them for competition and performances in all styles of dance. The class will focus on the basics pertaining to flexibility, leaps and turns. This class will not learn monthly combos and will not participate in the annual recital. Students are required to wear form fitting dance appropriate clothing and have either pirouettes or Bloch socks. Hair must be pulled back, out of the face and in a ponytail or braid. (class time is 1.5 hour)

Ballet Level 3(\$60.00): Students must be 10 by Dec 31, 2024, to register for the class and be on the IMD Company team (audition for placement is available for non-company students). **This is a required class for all IMD Company Level 3 dancers.** The students will be learning ballet skills that extend on the knowledge gained in Level 2 and prepare them for more advanced elements within all styles of dance. They will do barre warm up, center floor work and across the floor work. They are required to wear a dark leotard (black, navy or charcoal), pink ballet tights, leather soled pink ballet shoes and hair in a bun. (class time is 1.5 hour)

Jazz Level 3(\$60.00): Students must be 10 by Dec 31, 2024, to register for the class and be on the IMD Company team (audition for placement is available for non-company students). The students will learn standard jazz skills that include and are limited to proper stretching, kicks, turns, leaps, walks, pivots. The level of this class is intended to develop Level 3 IMD Company dancers and is also open to dancers not on the IMD Company aged 11+ that are more advanced than the Jazz 9+ class. Students are required to wear form fitting, dance appropriate clothing and tan pirouette dance shoes. Hair must be pulled back, out of the face and in a ponytail or braid. (class time is 1.5 hour)

Lyrical Level 3(\$60.00): Students must be 10 by December 31, 2024, to register for the class. Lyrical is a style of dance that combines ballet and jazz elements. It is recommended that the student have knowledge of either jazz or ballet to assist them in their learning. This style is an expressive style of dance that focuses on expression and storytelling within the dance. The level of this class is intended to develop Level 3 IMD Company dancers and is also open to dancers not on the IMD Company. Students will learn choreography weekly and may have some across the floor work when necessary. Students are required to wear form fitting dance appropriate clothing and tan pirouette dance shoes. Hair must be pulled back, out of the face and in a ponytail or braid. (class time is 1.5 hour)

Tap Level 3(\$45.00): Students must be 10 by Dec 31, 2024, to register for the class and be on the IMD Company team. The students will be learning tap skills that extend on the knowledge gained in Level 2 and prepare them for competition tap routines/performances. They will do center floor work and across the floor work. Weekly/monthly combos will be taught to assist the students in learning how to blend the steps taught in the class for choreography. Students are required to wear form fitting dance appropriate clothing and black tap shoes. Hair must be pulled back, out of the face and in a ponytail or braid. (class time is 45 minutes due to no barre or stretch warm up required)

Leaps Turns and Stretch Level 3 (\$60.00): Students must be 10 by Dec 31, 2024, to register for the class and/or be on the IMD Company Team. **This is a required class for all Level 3 In Motion Dance Company**

Team members. The students will be learning skills that will extend their knowledge gained in Level 2 and prepare them for competition and performances in all styles of dance. The class will focus on the basics pertaining to flexibility, leaps and turns. This class will not learn monthly combos and will not participate in the annual recital. Students are required to wear form fitting dance appropriate clothing and have either pirouettes or Bloch socks. Hair must be pulled back, out of the face and in a ponytail or braid. Teacher approval is required to register for this class. (class time is 1.5 hour)

Hip Hop (\$55.00): Students must be the minimum age for the class by Dec 31, 2024, to register for the class. The students will learn standard jazz skills infused with hip hop that include and are limited to proper stretching, kicks, turns, leaps, walks, pivots. The level of this class is intended to develop dancers with previous jazz experience and looking for a different style and flavor from the standard jazz technique. Students are required to wear form fitting, dance appropriate clothing and tan pirouette dance shoes. Hair must be pulled back, out of the face and in a ponytail or braid. (Class time is 1.0 hour)

Contemporary (\$55.00): Students must be 10 by December 31, 2024, to register for the class. The students will learn contemporary skills that include and are limited to proper stretching, kicks, turns, leaps, walks, and isolations. The level of this class is intended to develop dancers with previous jazz, lyrical and ballet experience and looking for a different style and emotion of dance. Students are required to wear form fitting, dance appropriate clothing, and have tan pirouette dance shoes. Hair must be pulled back, out of the face and in a ponytail or braid. (Class time is 1.0 hour)

Adult Tap 1(\$45.00): Students must be 18 by Dec 31, 2024, to register for the class. The students will be learning tap skills that range from beginner to intermediate level tap. They will do center floor work and across the floor work. Weekly/monthly combos will be taught to assist the students in learning how to blend the steps taught in the class for choreography. Students are required to wear clothing easy to move in. (class time is 45 minutes due to no barre or stretch warm up required)

Adult Stretch (\$55.00): Students must be 18 by Dec 31, 2024, to register for the class. The students will learn beginner to intermediate stretches that will assist in everyday function and mobility. The stretches will be dance and Pilates inspired. Students are required to wear athletic clothing that is not too loose. Students must bring their own Pilates mat to class weekly. (Class time is 1.0 hour)

