

Littles – Ages 2 ½ and 4 Years Old

Creative Movement: Monday 4:15-5:00pm or Saturday 9:45-10:30am

Our youngest students ages 3-5 years old will learn to express themselves through dance by creating classical dance movements through make-believe and imagination activities to explore dancing.

LEVEL I AND KIDS - Ages 5 to 8 Years Old

Ballet and Tap Combo: Monday 5:00-6:00pm or Saturday 10:30-11:30am

The most important foundation for every young dancer is ballet training and one of the most fun-filled types of dancing is tap. Dancers will learn grace, technique, discipline, and flexibility of ballet and learn to capture the coordination and musicality of tap, as well as fun exploration activities.

Ballet I: Tuesday 4:15-5:25

The most important foundation for every young dancer is ballet training. This class is designed for our youngest dancers, who will learn grace, technique, discipline, along with flexibility.

Jazz I: Wednesday 4:15-5:15pm

Young dancers begin to explore the exciting dance style of jazz that uses fluid movements through instruction that teaches stretching, turning, leaping, and beginning to learn combinations. Minimal ballet experience recommended.

Tap I/II: Monday 6:15-7:15pm

Designed for the young dancer, this class will focus on the fundamental principles of tap, vocabulary, rhythm awareness, and coordination of movement. The dancers have so much fun with movement and listening to the sounds! Typically, this tap class has the best costumes like Singing in the Rain for the June recital was off-the charts!

Contemporary I/II: Tuesday 4:15-5:15pm

Beginning instruction in contemporary dance that is a fluid form of movement usually danced to slower music. In this class, dancers will begin to interpret his or her movement to tell a story or paint a picture of a song that portrays their feeling through movement. Ballet experience recommended.

Kids Contemporary: Thursday 5:16-6:15pm

Beginning instruction in contemporary dance that is a fluid form of movement usually danced to slower music. In this class, dancers will begin to interpret his or her movements to tell a story or paint a picture of a song that portrays their feeling through movement. Minimal ballet experience recommended.

Kids Hip Hop: Thursday 6:15-7:15pm

For our youngest dancers, Hip Hop will focus on learning basic hip hop moves and dancing

based on popular choreography and a fusion of dance genres that have been influenced by street dance styles.

Acro I: Wednesday 5:15-6:15pm

Students will learn basic tumbling skills and skills that will focus on improving balance, flexibility, and strength. Learn basic acrobatic dance skills, such as inversions, rolls, handstands, cartwheels, backbends and more.

LEVEL II - Ages 8 to 11 Years Old

Ballet II: Tuesday 5:15-6:15pm

Increased complexity in ballet training to provide foundation of classical ballet techniques. Dancers will start to incorporate grace, technique, discipline, flexibility, and endurance in their capabilities, as well as proper extension of legs, correct form of feet, and balance. Requires Ballet I pre-requisite.

Tap I/II: Monday 6:15-7:15pm

One of oldest forms of dance, tap is about rhythm, timing, and coordination. Designed for the young dancer, this class will focus on the fundamental principles of tap, vocabulary, rhythm, body control and coordination of movement. Students will learn to become a tap dancer through classical tap instruction about rhythm and syncopation. Throughout the year, students will learn new types of tap and combinations and have fun! Having experience with other genres is a plus.

Jazz II Wednesday 4:15-5:15pm

Students explore the exciting dance style of jazz that explores fluid movements through instruction that teaches body isolation, stretch, turning, leaping, technical movements while learning to create visual art in their dances. Jazz requires strong technical skills that incorporate creativity and music awareness.

Contemporary I/II: Tuesday 4:15-5:15pm

Beginning instruction in contemporary lyrical dance that is a fluid form of movement usually danced to slower music. This genre borrows from ballet, modern, jazz, and international forms of dance and requires strong technical skills and control. In this class, dancers will continue to interpret his or her movements to tell a story or paint a picture of a song that portrays their feeling through movement. Previous Ballet I and Contemporary I experience recommended. An additional ballet class is recommended to strengthen the dancer's technique.

Modern II: Tuesday 5:15-6:15pm

In this beginning class, dancers will learn the fundamentals of modern dance, which pushes the boundaries of traditional ballet classical training to explore and examine movement. Modern dance is best defined as an interpretive style of dance that embraces innovation by specific training of the Graham, Limon, and Horton techniques (and more) and is the foundation of contemporary dance and improves technique. Students will learn to use their

body as an expressive tool. This class will focus on improvisation, new body movements, and complex rhythmic patterns.

Hip Hop I/II: Wednesday 6:15-7:15pm

Beginning Hip Hop will focus on popular choreography and a fusion of dance genres that have been influenced by street dance styles. Hip Hop class is fun, energetic and a popular mix of funk and street dance that is very upbeat. Students will begin to learn complex footwork and learn to show some personal skills!

Musical Theatre II/III: 7:15-8:15pm for Ages 10-15

In Musical Theatre, music plays a major role in telling the story. Students will learn the basics of jazz technique (rhythm, improvisation, body control) and learn terms such as Jazz Hands, Jazz Square, Fan Kick and more. Dancers will also learn the use of dialogue, music, song, choreography and characters for classroom skits and a stage performance at recital.

Acro/Gymnastics I/II: Wednesday 4:15-5:15pm

Our Acro dance classes are a very strong technical based class which incorporates creativity, body, and music awareness in an energetic and fun dance class. Students Learn acrobatic dance skills, such as back bends, kick overs, front/back walkovers, roundoff and more. Highly recommended for all dancers.

Strength Training II, III, IV & V: Thursday: 5:00-6:00pm

This class will include cardio & full body workouts that will help prevent injuries for dancers. We highly recommend dancers take this class!

LEVEL III - Ages 10 to 13 Years Old

Ballet III: Monday 5:00-6:15pm

Additional focus on ballet training to provide foundation of classical ballet techniques. Dancers will continue to incorporate grace, technique, discipline, flexibility, and endurance in their capabilities. Technique is built through training in center, strength, barre work, leaps and turns. Requires Ballet I/II pre-requisite or equivalent.

Contemporary II/III: Tuesday 6:15-7:15pm

For experienced intermediate dancers, this class will increase instruction of jazz and ballet techniques and contemporary movement by working on strength, flexibility, and technical skills. Dancers will explore and discover the joys of emotional expression based on strong technical skills and control. Requires Contemporary I/II pre-requisite or equivalent.

Jazz III: Wednesday 5:15-6:15pm

This class will focus on the techniques and principles of classic jazz dance and requires strong technical skills and control. With an emphasis on developing overall body awareness and control, dancers will work on strength, flexibility, alignment, rhythm, and spatial awareness. With a mix of conditioning, progressions, and combinations in the center, dancers will not

only build a strong foundation of jazz technique but also improve upon performance skills and movement. Requires Jazz I/II pre-requisite or equivalent.

Tap III/IV: Thursday 5:00-6:00pm

Intermediate rhythm and syncopation. Throughout the year, students will learn new types of tap and more complex combinations while having fun! Requires Tap I/II pre-requisite or equivalent.

Musical Theatre II/III: 7:15-8:15pm for Ages 10-15

In Musical Theatre, music plays a major role in telling the story. Students will learn the basics of jazz technique (rhythm, improvisation, body control) and learn terms such as Jazz Hands, Jazz Square, Fan Kick and more. Dancers will also learn the use of dialogue, music, song, choreography and characters for classroom skits and a stage performance at recital.

Acro/Gymnastics III/IV: Wednesday 6:15-7:15PM

Students will advance acro skills including back handsprings, front handsprings, aerials, back tucks, front tucks and combos including these skills.

Beginning Turns and Leaps: Tuesday 7:15-8:15pm

This class focuses on the basic foundational elements of dance such as turns, jumps & leaps. Dance elements are practiced across the floor in repetitive 'progressions' to develop alignment, strength, and flexibility. Here, dancers will learn proper body placement, weight distribution, and appropriate technique to further expand their dance abilities.

Strength Training II, III, IV & V: Thursday: 5:00-6:00pm

This class will include cardio & full body workouts that will help prevent injuries for dancers. We highly recommend dancers take this class!

Company Rehearsal: Thursday 7:45-9:00pm

LEVEL IV - Ages 11 to 15 Years Old - Teacher recommendation required for all classes

Ballet IV/V: Monday 6:15-7:30pm and Thursday 6-7:15pm

Intermediate level requires several years of pre-requisite training in Ballet III or equivalent based on students previous experience at other studios. Classes continue instruction across the floor, floor combinations, as well as barre, center, turns, and leaps.

Pre-Pointe: Monday 6:30-7:30pm for Ages 11 to 15 years old

Teacher recommendation required and 2+ years of experience in ballet technique.

Jazz IV: Wednesday 5:15-6:15pm

Intermediate level requires Jazz III pre-requisite or equivalent. Dance at this level progresses into more difficult jazz technique, and to different genres of jazz, such as Jazz Funk (our director's favorite).

Contemporary IV: Tuesday 5:15-6:15pm

Intermediate level requires Contemporary III pre-requisite or equivalent. The movement of dance intensifies and becomes more complex, incorporating use of lifts, turns, leaps, and partnering.

Tap III/IV: Thursday 5-6pm

Intermediate level requires level Tap I/II or recommendation by teacher.

HipHop III/IV/V: Wednesday 8:15-9:15pm

Enjoy increased footwork and complexity of movement. Dancers will need to be able to pick up choreography quickly. This level requires Hip Hop I/II pre-requisite or recommendation by the teacher.

Acrobatics/Gymnastics III/IV: Wednesday 6:15-7:15

Students will continue to develop skills, techniques, and strength. Skills include back handsprings, front handsprings, head-springs, kip-ups, and aerials. Requires Acrobatics I/II as a prerequisite or recommendation by the teacher.

Intermediate Turns and Leaps and Acro: Thursday 6:00-7:15pm

This class focuses on refining the dancer's technique of turns, jumps & leaps along with correct body placement. Dance elements are practiced across the floor in repetitive progressions to develop alignment, strength and flexibility with increasing difficulty and skills. Requires beginning Turns and Leaps or equivalent.

Strength Training II, III, IV & V: Thursday: 5:00-6:00pm

This class will include cardio & full body workouts that will help prevent injuries for dancers. We highly recommend dancers take this class!

Company Rehearsal: Thursday 7:45-9:00pm

Level V - Ages 13 to 18 Years Old

Level V

The dancers are very experienced and advanced. Acceptance in this class is based on review of current dance practices at the studio and previous dance history. Please note, that Pointe requires a teacher recommendation as well.

Strength Training II, III, IV & V: Thursday: 5:00-6:00pm

This class will include cardio & full body workouts that will help prevent injuries for dancers. We highly recommend dancers take this class!

Company Rehearsal: Thursday 7:45-9:00pm

Adult for 18 Years and Older

Have you had a long workday and want to focus on yourself with some quality me-time. Come dance with RDA instructors and do something fun for yourself!

Ballet: 7:15-8:15pm All Levels

This class caters to all adults who would like to start or continue ballet instruction.

Hip Hop Beginning: Friday 7-8pm

This class is a classic Hip Hop class including popping, locking, and house rhythms.

Hip Hop Intermediate to Advanced: Friday 6:00-7:00pm

This class is an upbeat and more intense/high energy Hip Hop class taking instruction to the next level.

Jazz: Tuesday 7:15-8:15pm

Instruction will include the newest contemporary and jazz forms and will explore breath, alignment, and the fundamentals of jazz and jazz technique.

Zumba: Tuesday 6:15-7:15pm and Wednesdays 6:15-7:15pm

Zumba takes the work out of workout with a mix of low-intensity and high intensity moves to burn calories. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise.

Heels Beginning: Friday 6:00pm-7:00pm

Heels dance is an upbeat workout that typically utilizes high heels to accentuate movements. It often consists of choreographed sequences that involve a variety of hip hop, jazz style moves. The moves in a heels dance class draw on go go, and hip hop dance influences. Its growing popularity has led to a rise in classes and tutorials for those who want to learn.

Heels Intermediate to Advanced: Friday 7:00-8:00pm

When you're ready to move from beginner level, move to a class that is structured for performance level dancing. Or just for fun at a more intense level of training!

BodyBarre: Monday 6:15-7:15 & 7:15-8:15 All Levels

BodyBarre is a whole-body, work-at-your-own-pace, fitness method based on ballet, Pilates, and yoga in a high-energy HIIT style workout designed to keep your heart rate up and to strengthen muscles. No dance experience is necessary, all bodies, all ages & fitness levels are welcome! As a zero-impact method, we work barefoot with a yoga mat. Bring your water and let's go!