



## CLASS DESCRIPTIONS THE SPACE @ PROJECT DANCE

**PRE-BALLET** - Students focus on good posture and proper alignment. Simple stretches, isolation exercises, and sections of creative movement help to develop strength, flexibility and body awareness. Traveling movements such as gallops, skips and waltz steps encourage coordination and musicality. Listening skills and classroom etiquette are emphasized.

**PRIMARY BALLET**- a continuation of the work begun in Pre-Ballet. Children will be expected to focus for a longer period on the more advanced exercises that will prepare them for the rigors of Ballet 1. We will also introduce elements of tap which will further inform rhythm and the connections of sounds to body movement.

**BALLET I**- Students learn the basic ballet positions, the progression of a standard ballet barre, and the French vocabulary that defines all the steps in classical ballet. These students also move into beginning center work, away from the support of the barre.

**BALLET II, III, IV**- Students progress through these levels as through grades in any school: however, all students move at different rates. Some spend more than two years in one level while the mind and body learn to work together; some may progress much faster. When the student has learned the ballet technique appropriate for each level and when the student's body has become strong enough to accomplish those movements, then at the discretion of the instructor, the student is moved to the next level. Advancement is based on ability, not age. In this way the student begins to assimilate the layers of knowledge that form the foundation of ballet.

**JAZZ I, II, III, IV**-Jazz class will focus on learning proper dance technique such as isolations of the body, improving performance quality and developing complex rhythms and patterns. Students will be exposed to various styles of jazz such as Broadway, Street and Contemporary to help develop a well-rounded dancer.

**TAP I, II, III, IV**-Tap classes are designed to develop rhythm, style and sound. Students will learn a variety of tap styles from Broadway to Rhythm tap. Exercises focus on building flexibility of the knee and ankles, coordination, and speed of movement.

**CONTEMPORARY & MODERN:** Teachers incorporate an eclectic blend of contemporary and post-modern movement into their classes. Modern and Contemporary Dance forms allow students to explore their individual dance style outside of the structure of traditional ballet and jazz classes.

**ACRO ARTS:** AcroArts is a progression based program that builds the dancer up through strength, flexibility, balance, limbering, and tumbling for safe execution of acrobatic movement in dance.

**MUSICAL THEATRE:** Learn the basics of theatre skills; SING-DANCE-ACT!!!

**POWER PILATES:** 45-Minute Full-Body Strength & Conditioning Workout

Push your limits and power up your practice in this dynamic 45-minute class that blends the precision of Pilates with the intensity of functional bodybuilding-style strength training. Led by Chelsea Mudiam—an experienced instructor with a background in both disciplines—Power Pilates delivers a full-body workout designed for adults who want to work hard, build strength, and move with purpose.

Using a combination of mat-based exercises, resistance bands, and light to heavy free weights, this class focuses on core stability, muscular endurance, and total-body toning. Expect high-energy sequences, targeted movement patterns, and mindful transitions that challenge every major muscle group while improving balance, posture, and functional strength.

Whether you're a seasoned athlete or looking to elevate your fitness routine, Power Pilates offers an empowering environment where effort meets results.

Bring water, a mat, and get ready to sweat!