

AMERICAN BALLET ACADEMY  
DANCE EDUCATIONAL CENTER  
CLASS DESCRIPTIONS

**Ballet**

*Strengthen and point your feet, improve your turn-out and your body alignment in a classical ballet class. Use this class as a means to develop your ballet technique, or, establish it. Classes include barre work, dancing centre floor, and dancing in leaps, jumps, and turns.*

**Broadway**

*Discover your acting skills while exploring essential jazz moves that form the basis of musical theater choreography. As popularized by Bob Fosse in shows such as Chicago and Cabaret, you'll learn the smooth, lustrous moves seen everyday on the stages of Broadway. Also, you will learn the context and the setting of the movement so that you can not only dance, but perform as an actor, like the stars on Broadway!*

**Urban**

*If you want to learn how to dance like J.Lo, or groove like Justin, then this is the class for you! A fusion of high-energy dance styles equates to this dance style that is urban dance, which is featured in many music videos. Groove to the beats of the latest songs as you warm-up and learn an exciting, lively dance routine.*

**Jazz**

*This classical jazz style emphasizes strong and proper body alignment and clean technique through placement stretch and strength exercises. The class continues with jazz isolations and across the floor work on turns, kicks and jumps. With an emphasis on musicality and creating an overall visual picture, the class culminates in a choreographed combination to contemporary dance music, which gets the students dancing and having fun!*

**Leaps & Turns**

*Leaps & turns is a specialty class designed to teach proper technique for turns ( chaines, pirouettes, piques, axes, ect). We recommend this class be taken along with a students regular dance class but not in the place of their dance class.*

**Gymnastics**

*Our gymnastics classes will offer your child an introduction to the fundamentals of gymnastics with a focus that will provide the building blocks necessary for their potential development in gymnastics, Cheerleading, dance, & overall fitness. By learning the benefits of flexibility, balance, strength, & body control, your child will be equipped to safely enjoy & excel in all of his or her future athletic endeavors.*

**Tap**

*Tap is a fun style of dance & helps with coordination, fast footwork, musicality, & rhythm.*

**Lyrical**

*Lyrical dancing tells a story through dance and combines classical ballet, modern and jazz technique. This class helps develop strength, flexibility and balance with a strong ballet base.*

**Pointe**

*Pointe is the extension of ballet class. Dancers must be 11 years of age and take 2 ballet classes per week to be eligible for pointe. Pointe class is invitation only.*

**Preparatory**

*Preparatory or pre pointe class will develop the muscles and vocabulary skills need to advance onto pointe. When students demonstrate the strength and skill needed to progress to the next level, they will be permitted to take the class.*

**Modern**

*An interpretive & unconventional style of dance. Each movement has meaning & when you tie them Together, it tells a story. It's a great way for students to try new moves that may be very different From the other styles of dance they have already learned.*

**Production**

*A routine utilizing a group of a least 20 dancers incorporating any dance category or combination of styles. It has a time limit of 7 minutes in length. Production is invite only.*