

Legacy Dance Academy Class Descriptions

Tumbling

Tumbling classes consist of warm-ups, strength, and conditioning, followed by tumbling skills for all levels. All of our tumbling classes are non-performing classes and do not require a costume.

Mini Movers: This is a parent/child class for children 12 months (must be able to walk) to 3 years old. This class will focus on language, social emotional, physical and cognitive development as we explore concepts of literacy, fine motor and social skills. Curriculum includes muscle and brain builders, tumbling and jumping, music and instruments, dancing, crafts, games, and free play.
(\$30 per 5 week session, 45 min classes)

Pre-Tumble: This class is for preschool aged children (3-5 years old) who are ready to participate in class without parent support. Students will learn tumbling basics and foundational skills.
(\$35/month, 45 min)

Tumble 1: Our level 1 tumbling class is for beginning tumblers ages 6 and older. Skills taught include forward and backward rolls, handstand, cartwheel, bridge, round off, and more. Emphasis on safety, strength, flexibility, and proper alignment. (\$40/month, 1 hr)

Tumble 2: You must have the following skills to be able to register for level 2: cartwheel, bridge, forward/backward roll. This level 2 tumbling class is for those who have mastered level 1 and are ready for more. Skills taught include: front and back walkover, cartwheel series, back handsprings, handstand forward rolls, and more. (\$40/month, 1 hr)

Hip Hop/Tumbling

Hip Hop/Tumbling classes provide 30 minutes of tumbling instruction and 30 minutes of hip hop dance instruction. Students in these classes will perform a hip hop routine with some tumbling tricks they have learned at both the Christmas and Spring recital. Their costume is nice and simple: a Legacy T-shirt (\$15) and their own unmarked, black leggings or shorts.

Hip Hop/Tumble 1: ages 5-7, 1 hr/week. Students will learn fun hip hop moves to age-appropriate music that will help improve coordination, rhythm, and creativity. Students will also learn tumbling skills listed in the Tumbling 1 class.

Hip Hop/Tumble 2: ages 8-10, 1 hr/week. Isolations, simple breakdance moves, and hip hop combinations will be taught as well as tumbling skills listed in the Tumbling 2 class, adapted as needed to fit the level of this class.

Combo Dance/Tumble

Combo classes are a combination of various dance styles, including: jazz, lyrical, hip hop, ballet, as well as an intro to tumbling. They will have one costume purchase as well as a \$10 costume rental fee (for Christmas) and perform at the Christmas & Spring recitals.

Minis: ages 3-5, 45 min/week

Combo 1: ages 5-7, 1 hr/week

Combo 2: ages 8-10, 1 hr/week

Ballet

Ballet classes will follow a classical ballet structure, including barre, stretching, adagio, petite allegro, center, turns across the floor, grande allegro, and reverence. Classical ballet technique and terminology will be taught. All ballet classes will perform 1 dance at the Christmas recital and be a part of our mini-ballet production at the Spring recital. They will have one costume purchase as well as a \$10 costume rental fee for Christmas.

Pre Ballet: ages 3-5, 45 min/week. This class will introduce children to classical ballet terminology and movements while including age-appropriate creative movement and teaching methods.

Ballet 1: ages 5+, 1 hr/week. This class will help students to improve their flexibility, strength, musicality, and coordination as they learn the important basics of ballet.

Ballet 2: ages 8+, 1 hr/week. Students will develop strong muscle memory in core skills to prepare to begin more complex work.

Ballet 3: ages 10+, 1 hr/week. This class transitions students from a beginner level to an intermediate level. Emphasis will be placed on alignment, port de bras, foot articulation, improving extension, and executing multiple turns.

Ballet 4: Instructor Approval Required.

Ballet 4 Pointe Prep: ages 10+, 30 min/week, \$5/month to add on to Ballet 3. This class is for students in Ballet 4 who are ready to start preparing to go en pointe. Focus will be on proper body alignment, strengthening ankles, ensuring correct turnout, increasing core and calf muscle strength, and holding balances on demi pointe. (In order to begin full pointe work with pointe shoes, a dancer must be at least 11 years old and be taking a minimum of 3 dance classes a week.)

Intermediate/Advanced Ballet: Instructor Approval Required. Ages 12+, 75 min/week. These classes focus on advanced technique with more complex combinations at the barre, in center, and across the floor. More focus will be given on expression and musicality. Advanced ballet includes pointe work in the 1.5 hour long class and anyone in Advanced ballet must already be en pointe.

Intermediate Pointe/Pre-Pointe: 30 min/week, \$5/month to add on to Intermediate Ballet. This class is held immediately following Int ballet class for any dancers in the Int class that are already en pointe or would like to begin pointe. Teacher approval required to begin this class.

Lyrical/Jazz

These recreational dance classes will learn proper technique and perform both lyrical and jazz dances. Jazz is a high-energy, fun form of dance with a focus on rhythm and usually accompanied by up-beat, popular music. Lyrical dance combines ballet and jazz technique to create expressive movement that is meant to reflect the emotion of the music. Classes will include warm up, isolations, strength and flexibility training, across the floor, combinations, as well as learning choreography. They will have 1 combo costume purchase and a \$10 costume rental fee (for Christmas) and perform at both the Christmas and spring recitals.

Jazz/Lyrical 1: ages 10-12, 1 hr/week

Jazz/Lyrical 2: ages 12+, 1 hr/week

Aerial Silks

Class will include warm up, flexibility training, and guided instruction for basic skills and tricks using aerial silks. No experience necessary for the beginning and level 1 classes! In order to register for a level 2 class, you must be able to climb the silk and have approval by the instructor. All silks classes are held in 6 week sessions.

Aerial Silks and Tumbling: ages 5-7 This class is a mix of tumbling and aerial silks. Students will learn tricks lower on the silks, since it is not safe to climb the silks at this age.

Aerial Silks, Beginning: ages 8-10 This class is a full silks class for 8-10 year olds

Silks Level 1: ages 10-18 This class is for older students who have not yet learned to climb the silks and need to gain strength to be able to move on to the next level.

Silks Level 2: To take this class, students must be able to confidently demonstrate the following:

1. Either a standard climb or a scoop climb to the top of the silk
2. Independently do a foot lock on both legs
3. Hang on the silks with hands-only for at least 20 seconds

Adult Classes

Adult Clogging: Come make some friends in this fun intermediate level adult clogging class! 1 hr/week, \$40/month

Adult Jazz/Lyrical: This non-performing class is a great way to try dancing in a safe environment. Enjoy learning fun combos and improve your dance technique.

Fitness Classes: We offer many fitness classes in the evenings! Join us for High Fit, Barre, PiYo, and more! Check out our social media for the latest information on these classes.

Rec-Competition & Competition Teams

Rec-Competition Teams

Our pre-competition team is perfect for our younger dancers who want to push themselves a little more and get a taste of what being part of a competition team is like, without as much time commitment. There will be competition fees associated with this team.

Jades: 2nd-3rd Grade, 2 hours/week. Perform lyrical and jazz at 2 showcases, 1 competition, and both recitals. Also perform hip hop at the spring recital. 2 costumes. (\$70/month tuition)

Crystals: 5th-8th Grade, 2 hours/week. Perform lyrical and jazz at 2 showcases, 1 competition, and both recitals. Also perform hip hop at the spring recital. 2 costumes. (\$70/month tuition)

Competition Teams (audition required):

All competition teams are required to take a ballet technique class. This is included in the total hours listed below. Pointe and pointe preparation classes are also offered but are optional. After tryouts, you will be able to register for your designated team (Sapphires, Emeralds, Garnets, Opals, Diamonds, or Diamond Elite). Then, please register for the ballet class that matches your age and skill level. If you need help determining which class is right for you, please contact Carmen. There will be competition fees associated with these teams.

Sapphires: 3rd-5th grade, 3 hours/week (1 hour tumbling, 1 hour technique and choreography, and 1 hour ballet). Perform jazz, lyrical, & hip hop at 2 showcases, 2-3 competitions, and both recitals. They will also perform ballet routines at the recitals. (\$115/month tuition, 3 costumes, and \$10 costume rental fee for Christmas)

Emeralds: 5th-7th grade, 3.5 hours/week (1 hour tumbling, 1.5 hours technique and choreography, and 1 hour ballet). Perform jazz, lyrical, & hip hop at 2 showcases, 2-3 competitions, and both recitals. They will also perform ballet routines at the recitals. (\$125/month tuition, 3 costumes, and \$10 costume rental fee for Christmas)

Garnets: 6th-8th grade, 3.5 hours/week (1 hour tumbling, 1.5 hours technique and choreography, and 1 hour ballet) Perform jazz, lyrical, & hip hop at 2 showcases, 3 competitions, and both recitals. They will also perform ballet and show routines at the recitals. (\$125/month tuition, 3 costumes, and \$10 costume rental fee for Christmas)

Opals: 7th-12th grade, 4.5 hours/week. (2.5 hours technique and choreography, 1 hour tumbling and 1 hour ballet) Perform jazz, lyrical, and hip hop at 2 showcases and 3 competitions. They will also perform ballet and show routines at both recitals. (\$140/month tuition, 3 costumes, and \$10 costume rental fee for Christmas)

Diamonds/Diamond Elites: 9th-12th grade, 6.5 hours/week. (4 hours technique and choreography, 0.5 hour Acro/Tricks and 1.5 hours ballet) Perform jazz, lyrical, and hip hop at 2 showcases and 3 competitions. They will also perform ballet and show routines at both recitals. (\$160/month tuition, 3 costumes, and \$10 costume rental fee for Christmas)