

Class Levels & Descriptions – 2025-26

DANCE EXPRESS RECREATIONAL LEVELS:

Mini movers (ages 2-3): 0 years of dance experience

Pre-school (ages 3-5): 0-1 years of dance experience

Kinderdance (ages 5-6): 0-2 years of dance experience

Primary 1 (ages 6-7): 0-3 years of technical experience (typically 1st graders)

Primary 2 (ages 7-9): 1-4 years of technical experience (typically 2nd & 3rd graders)

Intermediate 1 (ages 9-12): 2-5 years of experience in specified dance style (typically 4th & 5th graders)

Intermediate 2 (ages 11-13): 3-6 years of experience in specified dance style (typically 6th - 8th grade)

Teen (ages 13 +): 4 + years of experience in specified dance style

***** Placement/approval is at the studio/instructor's discretion for each class. Please check with us if you are not sure which class level is right for your dancer. We will be sending out recommended class levels for your dancer.***

MINI-MOVERS (CREATIVE MOVEMENT) – (AGES 2 & 3)

This 45-minute class is geared for our youngest inexperienced dancer. It is an exploration of their bodies through music, movement, and game playing. They learn to control their bodies and share spaces with others. It is less structured than the normal ballet/tap combo class. It is a great introduction to dance through free movement and play along with incorporating discipline, listening skills, rhythm exercises and basic gross motor skill movements.

****This class has 1 costume and 1 dance for recital.**

PRE-SCHOOL (AGES 3-5)

This 45-minute combination class includes: ballet, tap and creative movement. Dancers begin to learn the basic foundations of tap and ballet along with confidence, coordination, and agility. The fundamentals of motor skills, balance, musicality, and imagination are incorporated into their weekly class.

****This class has 1 costume and 1 tap dance and ballet finale for recital.**

KINDERDANCE (AGES 5-6)

This 1-hour class combines ballet and tap with a little more focus on technique. Kinderdancers learn to focus on the disciplines of ballet and tap technique while having fun. The fundamentals from pre-school/mini movers continue to be developed.

****This class has 2 costumes and 2 dances in recital.**

PRIMARY 1 (AGES 6-7) – “Typically” GRADE 1

This class divides ballet, jazz and tap into 30-minute increments. You may choose to do all 3 or take a 1-hour combination of 2 classes (ballet/jazz, ballet/tap, or jazz/tap). Dancers continue to develop basic technique, memory, and confidence while incorporating rhythm, timing, and coordination. We recommend that dancers have done a year of Kinderdance before moving to Primary 1 (unless they are entering 1st grade).

****This class has a costume and dance for each class they take (ballet, tap, jazz).**

PRIMARY 2 (AGES 7-9) – “Typically” GRADES 2 & 3

This more advanced version of our combination class of ballet, jazz and tap is for students who have completed at least one year in our Primary 1 class. Emphasis is on technique and discipline to prepare students for the intermediate level. A 30-minute hip-hop class is available at this age as well. This is a beginner class for those with minimal hip-hop experience. It includes a warmup concentrating on building stamina, improving strength, body conditioning and rhythm isolations. They will focus on basic hip-hop movements, across the floor exercises and short combinations to today's popular music.

****This class has a costume and dance for each class they take (ballet, tap, jazz, hip hop).**

**** Dancers in the primary levels must take a combination of a 1-hour class between the 4 dance subjects offered.**

INTERMEDIATE 1 (AGES 9-12) – “Typically” GRADES 4 & 5

(Ballet): This is a 1-hour class with a strong focus on classical ballet movements with proper placement and alignment. Students will build strength and flexibility through longer barre and center work.

(Jazz): This is a 1-hour class continuing the focus from primary age on basic isolations and jazz movements. Dancers will continue to work on flexibility, rhythm, and coordination. Dancers at this level will be expected to be able to perform basic jazz movements on their own and know their basic jazz terminology.

(Tap): This is a 45-minute class incorporating faster rhythms and syncopated tap steps. Dancers will learn a variety of tap styles from Broadway to rhythm tap. Exercises will focus on building flexibility of the knees and ankles, coordination, and speed of movement along with their basic tap technique.

(Hip-Hop): This is a 45-minute class that reinforces the same techniques as in the primary level. Basic hip-hop movements, across the floor, and combinations will now have more emphasis on body conditioning and transitions. It will also focus on an ear for rhythms and exploring syncopation through music and choreography.

(Contemporary/Lyrical): This is a 45-minute introduction class incorporating elements from modern, ballet, and jazz. This is designed for intermediate to advanced dancers with previous training in ballet. **Dancers must be in their 2nd year of Intermediate 1 to take this class or at teacher's approval.** It emphasizes interpretation of music lyrics while telling a story through movement which can be fluid or abstract. We highly recommend dancers taking ballet class along with contemporary/lyrical.

**** There is a costume and dance for each class that is taken.**

INTERMEDIATE 2 (AGES 11-14) – “Typically” GRADES 6 – 8 **** this age group will either stay with the Intermediate 1 level or go into the Teen level (**based on teachers' recommendation)**

(Ballet): This is a 1-hour class and a continuation from Intermediate 1 Ballet. We recommend dancers complete at least 1-2 years of Intermediate 1 Ballet before advancing to Intermediate 2. This will be at the teacher's recommendation & discretion.

(Jazz): This is a 1-hour class and a continuation from Intermediate 1 Jazz. We recommend dancers complete at least 1-2 years of Intermediate 1 Jazz before advancing to Intermediate 2.

(Tap): This is a 45-minute class and a continuation from Intermediate 1 Tap. We recommend dancers complete at least 1-2 years of Intermediate 1 Tap before advancing to Intermediate 2. This will be at the teacher's recommendation & discretion.

(Hip Hop): This is a 45-minute class and a continuation from Intermediate 1 Hip Hop. We recommend dancers complete at least 1-2 years of Intermediate 1 Hip Hop before advancing to Intermediate 2. This will be at the teacher's recommendation & discretion.

(Contemporary/Lyrical): This is a 1-hour class incorporating elements from modern, ballet, and jazz. This is designed for intermediate to advanced dancers with previous training in ballet. It emphasizes interpretation of music lyrics while telling a story through movement which can be fluid or abstract. We highly recommend dancers taking ballet class along with contemporary/lyrical.

**** There is a costume and dance for each class that is taken.**

TEEN (AGES 13 +) – “Typically” GRADES 9 – 12

(Ballet): This is a 1-hour class and a continuation of Intermediate 1 & 2 Ballet. We recommend dancers having done at least 1 year of the Intermediate level. This will be at the teacher’s recommendation & discretion.

(Jazz): This is a one-hour class and a continuation of Intermediate 1 & 2 Jazz. We recommend dancers having done at least 1 year of the Intermediate level. This will be at the teacher’s recommendation & discretion.

(Tap): This is a 45-minute class and a continuation of Intermediate 1 & 2 Tap. We recommend dancers having done at least 1 year of the Intermediate level. This will be at the teacher’s recommendation & discretion.

(Hip-Hop): This is a 1-hour class and a continuation from Intermediate 1 & 2 Hip Hop. We recommend dancers having done at least 1 year of the Intermediate level. This will be at the teacher’s recommendation & discretion.

(Contemporary/Lyrical): This is a 1-hour class incorporating elements from modern, ballet, and jazz. This is designed for intermediate to advanced dancers with previous training in ballet. It emphasizes interpretation of music lyrics while telling a story through movement which can be fluid or abstract. We highly recommend dancers taking ballet class along with contemporary/lyrical.

**** There is a costume and dance for each class that is taken.**

****ACRO CLASS**

Acrobatic class is a fun class for students to increase agility, flexibility, and strength. During a typical Acro class, students explore the concepts of flexibility, muscle control, strength, balance, and discipline. Students will learn tricks such as headstands, chin stands, elbow stands, cartwheels, back bends, and front & back walkovers. As students’ progress - back handsprings, side ariels and contortion tricks may be introduced.

**** We will have 1 class offered for our recreational dancers: beginner class (ages 7-11 approx.) and intermediate/advanced (ages 11 & up) for our team dancers it will be part of their Friday technique classes.**

****Acro will not do a recital dance.**

COMPETITIVE ENSEMBLE TEAMS

This is offered to those dancers ages 8 & up who want a stronger focus at a competitive dance level. Audition information will be available at the studio. Requirements are a 1 hour 15-minute ballet class and a 1 hour 15-minute jazz class. Added classes are optional.

- **Weekly attendance is required, and excessive absences (more than 3) will be considered when joining for the following year.**

****There are many extra costs and commitments to Ensemble than our normal recreational classes.**

Please make sure you are ready to make this commitment before auditioning for our ensemble.

****We recommend dancers attend the studio for a year before auditioning.**

DE PERFORMANCE TEAMS

Open to all dancers in a Primary 2 dance class or older. This is open to dancers who are interested in dancing more often (this is separate from our Competitive Dance Ensemble).

Although this is not as structured as our Competitive Ensemble Team, **weekly attendance is required and excessive absences will be considered when joining for the following year.**

- Dancers must be enrolled in a 1-hour combo class (ballet/jazz or jazz/tap class)
- Or a 1-hour ballet
- Or 1-hour jazz class.

Performance teams will participate in extra events in the community and charity events throughout the year along with performing at the annual recital. **** PERFORMANCE TEAMS DO NOT PARTICIPATE IN COMPETITIONS.**

****You can sign up online directly for this class and do not need to audition.**

*** This year’s performance team classes will be held on Wednesday nights.**