

Beginner Program Overview

The conceptual curriculum for our beginner students centers on a developmentally appropriate syllabus of dance techniques and creative movement. This syllabus offers a very structured program for young children. Our Beginning Years Program aims to prepare students with foundational dance skills and conceptual knowledge that will prepare them for our future programs. Similarly, we value the importance of fostering social skills and peer engagement. The program offers growth in various skill areas presented in an educational environment. Students will learn about classroom etiquette, musical awareness, expressing emotions through movement, and more.

ADULT AND TOT: Age- walking- 4 yrs

Class Frequency: 1 class per week for 30 minutes

In this guided environment, caregivers, and teachers, together, will introduce the fundamentals of dance through creative movement using a conceptual approach. This class will foster the development of fundamental movement patterns for brain development, gross motor skills, listening skills, and social skills. Students will also be introduced to classroom etiquette and respect for the art of dance. Students will enhance gross motor skills by participating in obstacle courses and using props such as scarves, maracas, tambourines, hula hoops, Tumble Trak trampolines, cheese mats, roll mats, bean bags, and more. This is a great class for our youngest dancers!



Beginner Program Overview

First Steps: Age-2yrs

Class Frequency: 1 class per week for 30 minutes

In this environment, students will be introduced to the fundamentals of ballet concepts through Pre-Ballet, creative movement, music, and obstacle courses. This class will continue to foster the development of fundamental movement patterns for brain development and listening and social skills. Dancers will also be introduced to dance classroom etiquette and respect for the art of dance. Their gross motor skills will be enhanced using props such as scarves, maracas, tambourines, hula hoops, Tumble Trak trampolines, cheese mats, roll mats, and bean bags.

Level 1: Age- Age 3-4 yrs

Class Frequency: 1 class per week for 40 minutes

In this class, students will continue learning the fundamentals of ballet through conceptual creative movement and ballet mats for basic technique training. Students will learn the elements of dance: space, time, and energy. This class will continue to foster the development of gross motor skills, listening skills, and social skills. Students will continue to learn about classroom etiquette and respect for the art of dance. Additionally, students will continue enhancing gross motor skills by participating in movement using props such as scarves, maracas, tambourines, hula hoops, tumble Trak trampolines, cheese mats, roll mats, bean bags, and more. This level adds Tap class, where students learn Tap terminology and basic Tap dance fundamentals.

