



LEGWORKS DANCE STUDIO

CLASS DESCRIPTIONS

* slow moving

** moderate pace

*** fast pace

Each class will be measured by a star system of 1-3 stars. This is to provide you with a better understanding of what kind of pace each class moves in. Some children may desire a slow moving class while others prefer a more physical and high energy class.

At Legworks class placement is very important. Each level provides a stepping stone used to build a foundation of necessary fundamentals, crucial in dance training. We place our dancers according to ability first and foremost. We feel strongly about giving children the chance to excel at their own individual pace. However, if you are new to our studio, we will place a child according to age first, and advance them as needed. Typically, each child spends two years in each age level before graduating to the next level. We lengthen the curriculum to advance over a two year span. Legworks has developed a set curriculum based on our 36 years of expertise in dance training and is reviewed and updated every season. Our curriculum is genre and level specific. This step by step process will allow each child to be successful in their abilities to learn dance.

SHINING STARS ages 2 -2 ½ ****Moderate Pace**

The shining stars class is the introductory level at Legworks. In this 30-40 minute class, we have anywhere from 1-3 assistants aiding the teacher for individualized instruction and attention. There are no more than 12 dancers in a class. We introduce many important exercises to develop a child listening skills, gross motor development, strengthening core muscles, building strength in their legs for jumps and leaps, all in an elementary and fun way! The shining stars class will learn a recital dance and always performs in our annual recital. These little dancers take the house down with their unbelievable cuteness! Requires ballet shoes. [Open dress code-all colors welcome](#)

CREATIVE MOVEMENT ages 2 ½ -3 ½ ****Moderate Pace**

The creative movement class briefly reviews all of the fundamentals in our shining star class and introduces the basic principles of ballet including the 5 positions, corners, arm placements, plie' and releve', ballet terminology intro, advances in strengthening, and finally a choreographed routine for recital. The class runs 45 minutes and usually has 1-2 assistants aiding the teacher for more individualized instruction and attention. We focus on listening, respecting one another, and the importance of practice. Requires ballet shoes. [Open dress code-all colors welcome](#)

BALLET/TAP COMBO 1 ages 3 ½ -4 ½ ****Moderate Pace**

In this level we introduce tap basics at the barre and teach dancers to travel these steps across the floor as well. Introductory level shuffles, flaps, ball change, digs, toe drops, and more! Dancers learn the vocabulary of each step with our repetitive sequences allowing dancers to work on articulation of the ankle and coordination as well. Then we switch our shoes to ballet and advance to ballet 101. In this level, we introduce more ballet terminology including arabesque, assemble', releve', attitude, battement, tondu, jete, degage', chaines, and more! This is a 50 minute class (half ballet, half tap) with 1-2 assistants aiding the teacher for more individualized instruction and attention. The teacher will pick either ballet or tap for the recital performance. Dancers learn how to count and a strong focus on timing is implemented. Requires ballet and tap shoes. [Open dress code-all colors welcome](#)

BALLET/TAP COMBO 2 ages 4 ½ -5 ½ **** Moderate Pace**

In the second level combo, the class reviews level 1 tap and starts level 2 tap barre and across the floor. We add additional vocabulary including riffs, running flaps, flap ball change, irish, suzie q, sugars, and more! Ballet includes a review of ballet/tap combo 1 terminology and also includes ballet facings, a basic ballet barre including demi plie's, port de bras, a strong focus on posture, developing and conditioning leg muscles, and more. It is important that dancers understand posture and placement before advancing in footwork. We strive for this in level 2 combo. The class runs 50 minutes (half ballet, half tap) includes 1 -2 assistants aiding the teacher for more individualized instruction and attention. Requires ballet and tap shoes. [Open dress code-all colors welcome](#)

JAZZ/TAP COMBO 2 ages 4 ½ – 5 ½ ****Moderate Pace**

In the second level combo offered to those students who want to move and shake their tush a bit more, the class reviews level 1 tap and starts level 2 tap barre and across the floor. We add additional vocabulary including riffs, running flaps, flap ball change, irish, suzie q, sugars, and more! For the jazz portion of class dancers learn basic jazz principals and positions very similar to ballet basics. Chases', chaines, pivots, forced arch, parallel positioning, battements, jetes, releve', and more! This class is high energy and fast moving. Includes 1-2 assistants aiding the teacher for more individualized instruction and attention. This is a 50 minute class. The instructor chooses either tap or jazz for the recital performance. Requires jazz and tap shoes. [Fitted dance attire-all colors welcome](#)

JAZZ/HIP HOP COMBO ages 5-6 *****Fast pace**

The perfect class for your little hip hopper! If your child likes to move, this is the perfect class! Learn hip hop basics as well as jazz terminology for the combo level. For the jazz portion of class dancers learn basic jazz principals and positions very similar to ballet basics. Chases', chaines, pivots, forced arch, parallel positioning, battements, jetes', releve', and more! This class is high energy and fast moving. Includes 1-2 assistants aiding the teacher for more individualized instruction and attention. Requires sneakers and/or jazz shoes. [Fitted dance attire-all colors welcome](#)

ACROBILITY ages 4-6 ****Moderate Pace**

Legworks fan favorite! This is our introductory level for acro. In this level dancers learn rolls, bridges, bridge walks, lots of conditioning and flexibility training including theraband resistance strengthening, developing balance, jumps jacks, runs, snakes, bear crawls etc. We focus a lot on flexibility in the back, and developing core strength. Includes 1-2 assistants aiding the teacher for more individualized instruction and attention. All tricks are spotted by the teacher or assistant. This is a non performing class. 1 hour. Requires sneakers. [Fitted dance attire-all colors welcome](#)

ACRO 1- Mixed age ****Moderate Pace**

Rolls, bridge walks, bridges, hand stands, front limber, bridge kick over, cart wheels, one hand cart wheels, chin stands, elbow stands, head stands, scorpions. Every child is spotted by the teacher and 1-2 assistants aid the teacher for more individualized instruction and attention. This is a non performing class. 1 hour. Requires no shoes.

Fitted dance attire-all colors welcome

ACRO 2- Mixed age ****Moderate Pace**

Includes everything in Acro 1 and front walkover, back walkover, handstand walks, toe rolls up and down, balancing on hands, hand stand rolls, round offs, aerial preps, dive cart wheels, cane work, chin rolls, scorpion extreme, flexibility tricks. Includes 1-2 assistants aiding the teacher for more individualized instruction and attention. This is a non performing class. 1 hour. Requires no shoes. **Fitted dance attire-all colors welcome**

ACRO 3- Mixed age ****Moderate Pace**

Includes everything in Acro 1 & 2 and spiders, front & side aerials, cane work & balancing, partner acro, rolling up from floor, walking hand stands, handstand balance, putting together floor work, and more! This is a non-performing class. 1 hour. Requires no shoes. **Fitted dance attire-all colors welcome**

ACRO 4- mixed age ****Moderate Pace**

Includes everything in Acro 1-3 and concentrates on tumble passes, front and side aerials, back handsprings, back tucks, cane work, partner acro, floor flexibility, and much more! This is a non-performing class. 1 hour. Requires no shoes.

Fitted dance attire-all colors welcome

BALLET- ages 6-8, 9-10, 11-12, 13 & up ***Slow Moving**

Ballet is the foundation of all the other dance genres. We strongly suggest accompanying all other classes with a performing or non-performing ballet class. The instructor reviews all basics introduced in combo level classes. We spend a lot of time focusing on barre work and strengthening the lower body as well as an emphasis on vocabulary and placement. As the levels ascend, we add adagio, allegro, across the floor combos, more vocabulary, facings, and offer a pointe class for those who are truly serious about Ballet. We also incorporate foot exercises with a theraband, tennis ball, and stabilization/balance increments are added to strengthen and stretch out the feet. 1-2 assistants in each class. Levels are categorized by age for your convenience. Ages 6-8, 9-10, 11-12, and 13 & up. 1 hour class. Performs in the recital. Pink ballet shoes required. **Black leotard and pink tights only. No skirts**

POINTE- teacher recommendation only ***Slow Moving**

You must get properly fitted for your shoes when participating in this class. We will start each dancer out with ballet shoes first until they build the proper strength needed to dance on pointe shoes. Only dancers recommended by the teacher can take this class.

LYRICAL- ages 6-8, 9-10, 11-12, 13 & up ***Slow Moving**

Lyrical is a very popular genre of dance combining ballet and jazz techniques. Each class begins with a 15-20 minute warmup followed by progressions across the floor. The best way to describe this genre is moving gracefully with lots of expression triggered by the words of a song. Lyrical is a very emotional style of dance which children love because they get to be so expressive. Combining both parallel and turned out placements, this dance form can be challenging as the focus is on strong body lines and elongation. As strong focus on improv and improv techniques are used in this class. We recommend accompanying lyrical with a ballet class for additional technique. 1-2 assistants in each class. Levels are

categorized by age for your convenience. Ages 6-8, 9-10, 11-12, and 13 & up. 1 hour class. Performs in the recital. Foot paws required. [Fitted dance attire-all colors welcome](#)

MUSICAL THEATER- ages 6-8, 9-12, 13 & up **** Moderate Pace**

A fan favorite here at Legworks! This is what we call a triple threat class! Singing, dancing, and acting! In musical theater you learn original repertoire from Broadway musicals. Depicting characters, improve skills, and lots of acting are just the tip of the iceberg in this class. 1-2 assistants in each class. Levels are categorized by age for your convenience. Ages 6-8, 9-12, and 13 & up. 45 minute class. Performs in the recital. [Fitted dance attire-all colors welcome](#)

JAZZ- ages 6-8, 9-10, 11-12, 13 & up *****Fast Pace**

Jazz is a fun and fast moving class combining ballet technique with jazz principals and lots of sass! Each class begins with a good 15-20 minute warm up followed by progressions across the floor. We start the first level with a more traditional style of jazz steps including, battements, turns, pirouettes, jazz walks, front and center leaps, pivots, chase's, and many more basic essentials. As each dancer graduates to the next level, we change the style to a more trendy contemporary approach. We strongly recommend accompanying jazz with a ballet class for additional technique. 1-2 assistants in each class. Levels are categorized by age for your convenience. Ages 6-8, 9-10, 11-12, and 13 & up. 50 minute class. Performs in the recital. Jazz shoes required. [Fitted dance attire all colors welcome](#)

TAP- ages 6-8, 9-10, 11-12, 13 & up *****Fast Pace**

Tap is one of the most creative dance genres. It is important to train and develop the ears as well as the feet. We train our dancers to count each step, learn vocabulary, as well as identifying each rhythm by listening to each sound. We train our first two levels with a more classic style approach focusing on staying on the balls of the feet. Learning tap vocabulary is a must, as well as the history of tap. Once the basics are established, we transform to a more rhythmic approach known as hoofing. We also work on tap improv, identifying rhythms, and lots of repetition to build strong articulation. 1-2 assistants in each class. Levels are categorized by age for your convenience. Ages 6-8, 9-10, 11-12, and 13 & up. 1 hour class. Performs in the recital. Tap shoes required. [Fitted dance attire-all colors welcome](#)

HIP HOP- ages 6-8, 9-10, 11-12, 13 & up *****Fast Pace**

Hip hop is a fan favorite at Legworks! This class begins with a short warm up, the strong hip fundamentals concentrating on stance, a sloped posture, an expressive demeanor, and strong footwork. There are many different styles of hip hop that we incorporate in class including specific hip hop styles for each decade. We also incorporate house dancing in our curriculum as well and use popular upbeat music during class. 1-2 assistants in each class. Levels are categorized by age for your convenience. Ages 6-8, 9-10, 11-12, and 13 & up. 45-50 minute class. Performs in the recital. Sneakers Required. [Expressive hip hop clothing-all colors welcome](#)

BREAKDANCING- ages 6 & up (levels 1-4) *****Fast Pace**

Breakdancing is a fun and physical class that incorporates a mixture of hip hop, acro, and bboy style. Start out learning the six step and pop & lock then advance to back flips and head spins! This class is great for any child who likes to be on their hands. It requires strict discipline, body conditioning such as cardio and pushups as well to ensure dancers safety. 1 hour class. Performs in the recital. Sneakers Required.

[Expressive hip hop clothing -all colors welcome](#)

BOYS HIP HOP – ages 6 & up (levels 1-3) *****Fast Pace**

Boys hip hop is an all boys class for the very active young man who loves to move and shake to the most upbeat songs of Pop and Hip Hop. We provide 3 levels based on experience first and foremost. Includes 1-2 assistants providing additional instruction for the teacher and a more individualized training. Sneakers required.

[Expressive hip hop clothing -all colors welcome](#)

ADULT CLASSES- ages 18 & up

Classes for adults are offered on a weekly basis. Hip Hop is offered through our Posfit studio on a walk-in basis and our ladies tap class is offered as a progressive learning class. Both classes are open level (not requiring any prior experience) and is a great time! Classes are 1 hour. We also offer 5 week clinics of additional dance forms like contemporary and lyrical as a special limited engagement. Be sure to check our facebook and website for these upcoming dates.

[Open dress code](#)

TECHNIQUE CLASSES- mixed ages

Legworks also offers “technique only” classes without the commitment of an end of the year performance. These classes focus on mastering the techniques of ballet, learning how to condition the body, and leaps & turns. We highly recommend these classes to any dancer who wants to refine their skills, or possibly work their way to a competition team level. Often times we select dancers to join us in “training” class when they show interest in being more involved with dance. Ankle weights are worn at various levels of lbs. Class lengths vary from 60-90 minutes depending on age. Shoes vary. [Leotard and shorts or sports bra](#)