

2025-2026 Ballet, Jazz, and Tap Classes

Class Descriptions

<u>Ballet</u> - A minimum of two students must be registered for each class or the class will be cancelled.	
Pre-Ballet <ul style="list-style-type: none"> •meets for 45 minutes •beginning class for students 3-5 years old •center work, gentle stretching, across the floor movement, and introductory ballet steps 	Beginning Ballet <ul style="list-style-type: none"> •meets for 1 hour •beginning class for students age 5 and older to learn technique and proper placement
Intermediate Ballet <ul style="list-style-type: none"> •meets for 1 hour •flat class for students with at least 3 years of dance experience and teacher approval •it is recommended that ballet dancers in the intermediate and advanced levels take at least two ballet classes each week •please consider taking the technique and conditioning class offered as your secondary ballet class 	Advanced Ballet/Pointe <ul style="list-style-type: none"> •meets for 2 hours •for advanced students dancing en pointe or preparing for pointe •teacher approval required •it is recommended that ballet dancers in the intermediate and advanced levels take at least two ballet classes each week •please consider taking the technique and conditioning class offered as your secondary ballet class
Technique and Conditioning for Intermediate and Advanced Dancers <ul style="list-style-type: none"> •meets for 1 hour and 15 minutes •an optional, but highly recommended, additional class for dancers in intermediate and advanced classes •focus is on conditioning the body for dance through the use of therabands, strengthening exercises, ballet barre, stretching, and technique to help improve turn out, extension, flexibility, balance, and strength for improved jumps, turns, and center work •this class cannot be taken in lieu of the primary dance class that a student should be enrolled in •students must be enrolled in another ballet, jazz, or tap class to take this class •this class will not have a performance piece in observations or the end of the year production •adults wishing to take this class may do so with teacher approval (it is recommended that you have prior dance training - this is not a beginning ballet class) •teacher approval is required 	

OMNIA CLASSICAL SCHOOL

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<u>Tap</u> - A minimum of two students must be registered for each class or the class will be cancelled.
Beginning Tap and Jazz Combo •meets for 1 hour (30 minutes each style) •beginning class for students 5-9 years old •introduction of jazz and tap
Intermediate Tap •meets for 1 hour •intermediate class for students with 2 years of training and teacher approval
Advanced Tap •meets for 1 hour •advanced class for students with 3 years of training and teacher approval
<u>Jazz</u> - A minimum of two students must be registered for each class or the class will be cancelled.
Beginning Tap and Jazz Combo •meets for 1 hour (30 minutes each style) •beginning class for students 5-9 years old •introduction of jazz and tap
Intermediate Jazz •meets for 1 hour •intermediate class for students with 2 years of training and teacher approval
Advanced Jazz •meets for 1 hour •advanced class for students with 3 years of training and teacher approval