

## **Dance Descriptions for the 2025-26 Season – Dance In Style Studio Inc.**

**Ballet** – Dance In Style Inc. will train our Ballet students in the Royal Academy of Dance (RAD) curriculum that focuses on technique and graceful movements. Ballet is fundamental in all styles of dance and helps develop a well rounded dancer. We do not offer ballet exams.

**Tap** – Dancers will learn how to turn their feet into percussion instruments. The goal of this dance style is to achieve clear sounds, understand music and rhythm, and to work together to sound like one tapper. Dancers will develop speed, agility, and physical coordination. Tap technique involves progressions and a knowledge of the history of tap all set to fun music.

**Jazz** – A high-energy class with focus on technique and style. Jazz classes will develop a dancer's flexibility, strength, and knowledge of dance steps. Upbeat popular music is the backdrop for exercises across the floor and centre combinations.

**Lyrical** – This discipline of dance combines the technique of ballet with the style and expression of jazz. These dances are set to slower, emotional music and dancers are encouraged to use a range of emotions.

**Acro** – Acro blends classic dance technique with gymnastic elements. During this fun dance class we focus on balance, flexibility and tumbling. At Dance In Style Studio, we make sure your dancer is in a safe environment by using mats and proper equipment. Our teachers are certified and follow the Acrobatic Arts syllabus.

**Tumbling** - Tumbling is a class focused solely on gymnastic elements. This class is perfect for students who are wanting to just work on their tumbling skills without the dance element. This class is not in recital and focuses on skill building throughout the year. Some skills that are worked on are somersaults, cartwheels, handstands, bridges, and more acro progressions.

**Musical Theatre** – This class combines jazz dance and theater. Students will use music from a variety of musicals and Broadway shows. This class challenges students to work on their stage presence by being taught the basics of acting. This class is fun, comedic, and allows dancers individuality to shine through.

**Hip Hop** – This discipline encompasses a range of styles, including isolations, break-dancing and jazz-funk moves. This class is filled with teamwork, fast-paced and current music that make this class fun and engaging. Hip Hop allows students to explore rhythmic and free movements that make this a great class for anyone!

**Contemporary** – Improvisation, story-telling, and movements that break the traditional mold; best for dancers looking for a challenge! Contemporary classes combine skills from Ballet, Jazz, Acro, and Modern to create unique choreographic pieces. Students can expect to learn partnering, composition, and floor-work. There will be an emphasis on new combinations both across the floor and in the centre. Get ready to get creative and build flexibility and a strong core.

**Performance Team** – For dancers 8+ looking for extra time in the spotlight! Best for dancers who have trained in at least two different styles of dance. This team will require an extra time commitment including evenings, weekends, some holidays, and performances will continue throughout the Summer months. In the past, our Performance Team has been spotted at fundraisers, parades, festivals, nursing homes, local schools, and fairs! Dance In Style Studio has expanded this program to include both large and small group numbers, duos and trios. If your dancer wants to learn more disciplines of dance and to train with multiple instructors this is the team for you!

**Music and Motion** - During this 30-minute class, tiny dancers learn basic dance moves and explore props independently, without a guardian. Our educators have carefully designed the music and motion curriculum to align with age-appropriate developmental milestones, ensuring a fun and supportive introduction to movement and rhythm.

**Creative Dance**- Creative Dance invites young dancers to explore movement through imagination. They begin to build a foundation in age-appropriate ballet, jazz, and acro techniques—nurturing both creativity and coordination in a fun, supportive environment.

**Tot Dance**- This program is specially designed for our toddler dancers. Through fun, age-appropriate props and guided movement, little ones learn to follow directions while building balance and coordination in a playful, supportive setting.

**Acro Tot/Tiny Acro** - This dance class is designed for our toddler dancers to begin exploring basic acro skills. With a focus on age-appropriate movement, they'll build strength, coordination, and balance—all in a fun and encouraging environment.

**Parent and Tot** - In this class, tiny dancers dance *alongside their grown-ups* learning fundamental movements and exploring props. Our educators have carefully designed the curriculum to align with age-appropriate developmental milestones, ensuring a fun and supportive introduction to movement and rhythm.