

Preschool Dance Classes

1 - 5 years old

Our Preschool program offers classes that work for each stage of your child's development! Your child will be mesmerized by music, movement, and fun!

The Itty-bitty Ballet and Tip-toe Tots classes, with parent participation, is a great way to introduce your preschool child to ballet! With you there to assist your child, they will learn to adjust to the classroom environment while being encouraged to have fun with dance.

Our Combo Dance program alternates between ballet and tap dance, and is perfect for your 3 - 4 year old! Combo Dance 1 includes beginning fundamentals of ballet and tap dance with five to ten minutes of tumbling! Tap and Ballet help students with motor skill development, cognitive development, engage the core and activate the vestibular system. As your child begins to master the fundamentals of dance, they may be invited into our Combo Dance 2 class. In this class, instructors will be asking a little more of each dancer, and introducing the concepts of right and left, foot

Itty Bitty Ballet 1– 2 years old Parent Participation 30 min

This parent participation class is a great way to introduce the fun and joy of movement to your child! This exploratory dance class includes songs and games/lap rides, rhythm exploration, dance with fun props that stimulate movement and development of motor skills, and a variety of music!

Tip-Toe Tot: 2 – 3 years old Parent Participation 30 min

This parent participation class is a great way to introduce your preschool child to ballet! With you there to assist your child, they will learn to adjust to the classroom environment while being encouraged to have fun. This class includes beginning fundamentals of ballet, songs, games, and creative movement with a focus on parent and child interaction.

Combo Dance 1: 3 – 4 years old TAP & BALLETT 45 min

Your child will fall in love with the world of dance in this entry-level class. This class includes beginning fundamentals of ballet and tap dance with ten minutes of tumbling!

Combo Dance 2: 4 – 5 years old TAP & BALLETT 45 min

This intermediate preschool-level combo dance class is for students who have begun to master the beginning fundamentals of dance and are ready to move on. In this class, instructors will be asking a little more of each dancer, and introducing the concepts of right and left, foot articulation and ballet barre. Placement based on skill level. Approval of dance instructor required to enroll.

Why are your combo classes Ballet and Tap?

Combo Dance is Ballet and Tap (and trampoline!)- We chose these styles of dance and skills because they help with motor skill development, cognitive development, engage the core and activate the vestibular system.

-**Tap** specifically helps with fine motor movements like foot articulation. It also gives auditory feedback which helps students better understand and grasp concepts like loud and quiet, fast and slow, big and small, finding and keeping rhythm... etc. With its auditory component it is able to cover all 3 learning styles, Visual, Auditory, and Kinesthetic.

- **Ballet** helps to develop important muscle groups, improve alignment and joint tracking. These help motor development, and promote safety and injury prevention from growing bodies into adulthood. Ballet also covers all the basic building blocks of dance as a whole, allowing students to succeed in later classes in all different styles of dance as well as other sports.

Ballet Classes

5+ years old

Your child will fall in love with the world of ballet at Encore. Each class includes ballet barre, centre, and across the floor. Encore's comprehensive levels for each stage of ballet training, from pre-ballet through pointe work, ensure that there is a class for everyone. Encore's dance teachers are trained in a variety of ballet disciplines, and our specially designed curriculum takes the best in technique and alignment to train safe, well-rounded dancers. Our advanced ballet classes also include contemporary ballet as well as classical ballet.

Pre-Ballet: 5 - 6 years old

45 min

Special hybrid class for students who are beginning ballet for the first time or those transferring from a Combo Dance class. This class includes beginning fundamentals of ballet barre, centre, and across the floor. Our Pre-Ballet class is special in that it combines Ballet class structure and technique, but with some of the developmental skills we include in our Combo dance program that students this age have begun to master. Class is specially designed to accommodate younger dancers development, attention span, and energy levels.

Ballet 1: 7+ years old

60 min

Your child will fall in love with the world of ballet in this entry-level class. This class includes beginning fundamentals of ballet barre, centre, and across the floor.

Ballet 2: 7+

60 min

This beginning/intermediate-level class is for students who have begun to master the beginning fundamentals of ballet and are ready for more. The emphasis on technique and musicality increases in this level, as well as the expectation of the dancers to perform some of the skills on their own. In this class, instructors will be asking a little more of each dancer technically. Placement based on skill level. Approval of dance instructor required to enroll.

Ballet 3: 8 + years old

75 min

***2 days per week enrollment required**

This intermediate-level ballet class is for students who have mastered basic technique and are ready for a challenge. This class includes intermediate ballet technique at barre, centre, petite allegro, grande allegro and across the floor. The emphasis on clean technique and increased body awareness, as well as the expectation of the dancer to perform sets of skills in combination makes Ballet 3 a significant step up from Ballet 2. Placement based on skill level. Approval of dance instructor required to enroll. *It is recommended that students in this level also enroll in a Jazz class or the strength and flexibility class.

Ballet 4: 9+ years old

90 min

***2 days per week enrollment required**

This intermediate/advanced-level ballet class is for students who have mastered basic technique and progressed through the intermediate level. The emphasis on clean technique and the ability to self-correct, as well as the focus on performance preparation makes Ballet 4 a significant step up from Ballet 3. This class also includes beginning fundamentals of Contemporary Ballet. Placement based on skill level. Approval of dance instructor required to enroll. *It is recommended that students in this level also enroll in a Jazz class or the strength and flexibility class.

Ballet 5/6: 10+ years old

90 min

***3 days per week enrollment required (2 classical ballet classes and 1 contemporary class)**

This advanced-level ballet class is for students who have both mastered basic and intermediate technique and are now ready for an advanced level. The emphasis on physical strength and awareness of proper body alignment, as well as the focus on foot articulation in preparation for pointe work makes Ballet 5 a significant step up from Ballet 4. As always, we will be expanding on our performance knowledge and on-stage characterization. This level includes a Contemporary Ballet class. Placement based on skill level. Approval of dance instructor required to enroll. *It is recommended that students in this level also enroll in a Jazz class as well as the Strength and Flexibility class to prepare dancers for beginning pointe work.

Jazz Classes

5+ years old

Your child will love the variety of jazz dance at Encore. Each class consists of Jazz technique and choreography, with level appropriate tumbling and acro-dance (dance-based gymnastic skills). Choreography includes different jazz-based styles such as lyrical, musical theatre, jazz/hip-hop fusion, acro-dance, and Fosse. With several levels to accommodate any dancer's experience, this program is specially designed to build well-rounded dancers with great technique!

Jr Jazz: 5 - 6 years old

45 min

Special hybrid class for students who are younger and beginning Jazz for the first time or those transferring from a Combo Dance class. Our Jr Jazz class is special in that it combines Jazz class structure and technique, with some of the developmental skills we include in our Combo dance program that students this age have begun to master. The class consists of Jazz technique, choreography, with beginning-level tumbling and acro-dance (dance-based gymnastic skills). Class is specially designed to accommodate younger dancers' development, attention span, and energy levels.

Jazz 1: 7+ years old

60 min

This class teaches beginning-level skills. The class consists of Jazz technique, choreography, with beginning-level tumbling and acro-dance (dance-based gymnastic skills). Choreography includes different jazz based styles such as lyrical, musical theatre, jazz/hip-hop fusion, acro-dance and Fosse.

Jazz 2: 7+ years old

60 min

This beginning/intermediate-level class consists of Jazz technique and choreography, with beginning/intermediate-level tumbling and acro-dance (dance-based gymnastic skills). Choreography includes different jazz based styles such as lyrical, musical theatre, jazz/hip-hop fusion, acro-dance and Fosse. The emphasis on technique and musicality increases in this level, as well as understanding changing body direction, and the expectation of the dancer to remember choreography and perform on their own. Placement based on skill level. Approval of dance instructor required to enroll. *It is recommended that students in this level also enroll in a Ballet class.

Jazz 3: 8 + years old

75 min

***2 days per week enrollment required**

This intermediate-level class consists of Jazz technique and choreography, with intermediate-level tumbling and acro-dance (dance-based gymnastic skills). Choreography includes different jazz based styles such as lyrical, musical theatre, jazz/hip-hop fusion, acro-dance and Fosse. Placement based on skill level. The emphasis on clean technique and increased body awareness, control over isolated body parts, increased strength and flexibility, and the expectation of the dancer to perform more complex choreography makes Jazz 3 a significant step up from Jazz 2. Approval of dance instructor required to enroll. *It is recommended that students in this level also enroll in a Ballet class or the strength and flexibility class.

Jazz 4: 9+ years old

75 min

***2 days per week enrollment required**

This intermediate/advanced-level class consists of Jazz technique and choreography, with tumbling and acro-dance (dance-based gymnastic skills). Choreography includes different jazz based styles such as lyrical, musical theatre, jazz/hip-hop fusion, acro-dance and Fosse. The emphasis on clean technique and increased body awareness, as well as skill level and complexity of movement make Jazz 4 a significant step up from Jazz 3. Dancers will also work more on their stage presentation and characterization in performing. As always, they will be increasing their acro-dance vocabulary and gymnastics skills in conjunction with their dance choreography. Placement based on skill level. Approval of dance instructor required to enroll. *It is recommended that students in this level also enroll in a Ballet class or the strength and flexibility class.

Jazz 5: 10+ years old

90 min

***2 days per week enrollment required**

This advanced-level class consists of Jazz technique and choreography, with tumbling and acro-dance (dance-based gymnastic skills). Choreography includes different jazz based styles such as lyrical, musical theatre, jazz/hip-hop fusion, acro-dance and Fosse. The emphasis on technique precision and body isolation, as well as skill level and complexity of movement make Jazz 5 a significant step up from Jazz 4. Dancers will also work more on their stage presentation and characterization in performing. Placement based on skill level. Approval of dance instructor required to enroll. *It is recommended that students in this level also enroll in a Ballet class or the strength and flexibility class.

5+ years old

School age classes in the morning:

Encore offers School Age dance classes during the day for students who may be homeschooled or on independent study. These classes are designed to cover three beginning-intermediate levels, and are available from ages 5 - 12. Encore is a vendor with Visions. While these classes are designed for our gymnasts and dancers who are home-schooled, all classes are open to everyone. Students from ALL homeschool programs are welcome.

EncoreGym is a Visions in Education voucher vendor. Restrictions, apply; please contact our office for more information PRIOR to ordering your vouchers.

Beginning School Age Jazz: 5 - 12 years old **60 min**

This class teaches beginning-level skills and students will move through levels Jr, 1, and 2. The class consists of Jazz technique, choreography, with beginning-level tumbling and acro-dance (dance-based gymnastic skills). Choreography includes different jazz-based styles such as lyrical, musical theatre, jazz/hip-hop fusion, acro-dance and Fosse. This class is scheduled at a time that is meant to be convenient for students in home-school programs, independent study, or on break for summer vacation, but is open to all.

Beginning School-Age Ballet: 5 - 12 years old **60 min**

Your child will fall in love with the world of ballet in this entry-level class. This class includes beginning fundamentals of ballet barre, centre, and across the floor and covers Pre-Ballet, Ballet 1 and Ballet 2 criteria. This class is scheduled at a time that is meant to be convenient for students in home-school programs, independent study, or on break for summer vacation, but is open to all.

Beginning School-Age Tap: 5 - 12 years old **60 min**

This class teaches beginning-level skills. This class includes beginning fundamentals of Tap centre, and across the floor and covers both Tap 1 and Tap 2 criteria. This class focuses on the beginning and intermediate basic tap steps, rhythm, speed, dynamics, and foot articulation. This class is scheduled at a time that is meant to be convenient for students in home-school programs, independent study, or on break for summer vacation, but is open to all.

ALSO AVAILABLE:

Intermediate School Age Jazz: 8 - 12 years old (levels 3 &4) **75 min**
(evening classes)

Teen/Adult Dance Classes

13+ years old

Our adult classes are specially designed to move at an accelerated pace working a multitude of levels in one class with a focus on technique and fitness. Our teachers are able to give modifications as needed for different students' abilities, and mobility needs. Classes are offered at times when children can be participating in a class of their own, or in our Mid-Day Mini-Camp (3+ years old), allowing adults with children the freedom to take a class. Adults experienced in dance may also to participate in our upper level classes with teacher approval.

Teen/Adult Tap : 13+ years old

60 min

This class is specifically designed to move at an accelerated pace and cover both Tap 1 and Tap 2 criteria, as well as prepare adult tappers for Broadway tap opportunities in theatre . This class focuses on the beginning and intermediate basic tap steps, rhythm, speed, dynamics, and foot articulation.

Teen/Adult Ballet : 13+ years old

60 min

This class is specifically designed to move at an accelerated pace and cover both Ballet 1 and Ballet 2 criteria, with modifications for those with more experience. This class includes beginning and intermediate ballet technique at barre, centre, petite allegro, grande allegro and across the floor.

Advanced Teen/Adult Jazz: 13+ years old

90 min

***2 days per week enrollment required**

This advanced-level class consists of Jazz technique and choreography, with tumbling and acro-dance (dance-based gymnastic skills) and covers levels 4+. Choreography includes different jazz based styles such as lyrical, musical theatre, jazz/hip-hop fusion, acro-dance and Fosse. There is an emphasis on technique precision and body isolation, as well as skill level and complexity of movement. Dancers will also work more on their stage presentation and characterization in performing. Placement based on skill level. Approval of dance instructor required to enroll. *It is recommended that students in this level also enroll in a Ballet class or the strength and flexibility class.

Specialty Classes

Pointe workshop: 12+ years old **an additional 30 min to level 6**
***4 classes per week enrollment required (Concurrent with ballet 5/6, with teacher permission)**

This class is for students who have reached advanced placement, have the age/development required, and can demonstrate the strength, foot articulation, and alignment needed to begin pointe work. Approval of dance instructor required to enroll.

Strength and Flexibility: 8+ years old **90 min**

Our Dance program is announcing a new Strength & Flexibility class! This class will include a warm up, and then sport specific designed conditioning to promote strength, agility, foot articulation, and flexibility every dancer needs. This class is open to any students 8+ years old and is recommended for students level 3+.