

SOUND IN MOTION MUSIC & DANCE

Program Descriptions

Acro

This style of training focuses on the strength and flexibility needed for acrobatic movement such as rolls, handstands, cartwheels and walkovers. Our studio follows the Acrobatic Arts syllabus and training method. This ensures dancers are building healthy skills and bodies for advance movement later on. Ballet or another style of technical dance is recommended as a second class to support this style.

Ballet

An all-around great discipline for training technical movement in dance. Ballet is taught at all levels and based on the Royal Academy of Dance (RAD) syllabus and terminology.

Ballet Jazz

Little Stars ages 6 and younger explore the fundamentals of dance technique while building coordination and body awareness.

Ballet Lyrical

This program combines tradition ballet class components, like barre exercises, with contemporary training and music.

Drama

Classes focus on monologue and scene study. Students work on speech, theatre and play knowledge and performance.

Jazz Lyrical

This class explores the common technique between the two styles of jazz and lyrical. A great option for students who want to start learning studio dance technique or who take classes recreationally and want a diverse experience in learning styles in the same class.

Jazz

A fun, upbeat class studying jazz technique and exercises. Traditional and contemporary syllabus creates a great overall experience. Ballet is recommended as a second class to support this style.

Hip Hop

This program is currently offered in workshops in collaboration with our studio colleagues at 519 School of Hip Hop. Students explore movement and history from Hip Hop culture.

Lyrical

This style works to bring the technical skills from ballet and contemporary to bring to life movement inspired by lyrical, singer-song writer- style music. Ballet is recommended as a second class to support this style.

Musical Theatre

Singing and theatrical movement are explored in this expressive class. Students work towards song and dance numbers to perform.

Pointe

Dancers with advanced training are invited to add pointe to their studies. Pointe is usually part of the longer advanced ballet classes.

Tap

A percussive and satisfying style of dance, building skills in rhythm and dexterity.

Music Lessons

Taught one to one, students learn at their own pace in piano, voice, drums or guitar. Students should be at least 6 years of age to start piano, voice or drums. Students need to be at least 8 years old to start guitar. Music students need to have access to their own instrument for home practice.

COMPANY

Our Company dance program combines competitive-level training with dance theatre experience. Dancers work towards feature length dance productions, community events and shows. COMPANY provides more frequent opportunities for dancers to perform and be seen by family, friends and the community. COMPANY dancers gain advanced skills by training more often and showing dedication to rehearsals and engagements. This audition-based program has a minimum requirement for skill and weekly training hours. Be sure to ask us if COMPANY is right for your dancer!