

BALLET TECHNIQUE

AGES 8+UP

THIS DISCIPLINE WILL ENHANCE A DANCERS ALIGNMENT OF POSITIONS AS WELL AS THEIR FLEXIBILITY, TURNOUT, COORDINATION, STRENGTH, POISE & GRACE.

BALLET POINTE

AGE APPROPRIATE

SEE BALLET DESCRIPTION. PREREQUISITE FOR POINTE IS 2 BALLET CLASSES A WEEK OR RECOMMENDATION OF TEACHER.

BABY BOP

AGE 3

EXPLORING THE BASIC FOUNDATIONS IN ELEMENTARY DANCE MOVEMENT.

CARDIO DANCE

6WEEK

AN EXHILARATING AEROBIC WORKOUT WITH A VARIETY OF DANCE MOVES.

HIP HOP

AGES 8+UP

THE LATEST STYLES AND TRENDS OF FUNK.. BROUGHT TO YOU EXCLUSIVELY AT MTM.

HIP HOP FUN

AGES 5-7

EXPLORES THE FUNDAMENTALS OF DANCE IN A FUN AND HIP STYLE.

INTRO TO DANCE A. B. C.

AGES 4-7

THIS COMBO CLASS OF BALLET BASICS, TAP AND JAZZ IS FUN AND EFFECTIVE FOR CHILDREN TO LEARN HOW TO MOVE TO MUSIC WITH COORDINATION AND CONFIDENCE.

JAZZ LYRICAL

AGES 8+UP

JAZZ TECHNIQUE INCLUDING BALANCE, EXTENSIONS, TURNS AND LEAPS COMBINED WITH INTERPRETIVE MOVEMENT.

JAZZ TECHNIQUE

AGES 8+UP

ISOLATING ,RHYTHMIC AND FAST MOVEMENTS WITH BALLET TECH BASICS. WE OFFER TRADITIONAL AND UP AND COMING STYLES OF THIS DISCIPLINE.

JAZZ FUNK

AGES 8+UP

THE IDEAL MIX OF JAZZ TECHNIQUE WITH HIP HOP AND ETHNIC DANCE.

LATIN BALLROOM

6 WEEK

FUN AND UPBEAT RHYTHMS OF RUMBA, CHA-CHA, MERENGUE, SALSA AND SAMBA.

MODERN / STL

AGES 12+UP

A UNIQUE BLEND OF PRIMITIVE MOVEMENT FEATURING
CHOREOGRAPHY AND TECHNIQUE DISCIPLINES.

RHYTHM & POP

6 WEEK

AGES 5+UP

HIGH ENERGY HIP HOP CLASS FOR YOUNGSTERS.

SMOOTH DANCING

6 WEEK

FEATURING THE FLOWING BALLROOM DANCING
OF FOX TROT, TANGO AND WALTZ.

STREET DANCE

AGES 8+UP

LEARN NEW WAYS TO GET DOWN!
POPPIN, BOOGALOO, TICKIN, THE ROBOT, WAVING,
ANIMATING AND MORE FROM THE FUNK ERA.
COMBINES HOUSE, HIP HOP, STREET AND FREESTYLE.

TAP

AGES 8+UP

QUICK, RHYTHMIC AND PRECISE FOOT WORK.
GREAT FOR MUSICALITY.

THEATRE ARTS/ MUSICAL THEATRE

AGES 6+UP

COMBINING DRAMA, THE PERFORMANCE OF AN IMAGINARY

OR REAL LIFE SITUATION AND IMPROVISATION.