

CDA DANCE STYLES



Creative Movement

Preschoolers will learn basic dance steps, follow-along group dances, how to find the beat of the music, and use colorful props to match movement with music. Dancers will discover the joy of moving and grow in creativity through movement! Dancers must be potty trained.

Bible & Ballet, and Bible, Ballet & Tap

This 90 minute class allows for parents and caregivers to drop off their 4-6 year old for a jam packed morning or afternoon! Children will participate in a Bible lesson, themed craft, 45 minute dance class, and play outside as weather permits. Dancers will purchase a costume and participate in our year end recital, just as they would in a typical dance class.



Hippity Hop

An exciting class offering that's perfect for energetic boys and girls! Dancers ages 4-6 will learn hip hop basics in a colorful and upbeat environment. Dancers will learn the basics of rhythm and finding the beat of the music.

Pom Jazz

An exciting and upbeat jazz class focusing on skills and tricks that may be found in pom dance teams. *Separate fee for pom poms is \$25 and due by first day of class.

Pilates

An exercise flow to strengthen muscles, increase flexibility, and improve overall health. Exercises mainly take place on a mat with movers on their back, stomach, or side-lying. This drop in class is suitable for the new or experienced pilates mover and modifications are offered for various experience levels.



Ballet

Ballet is characterized by graceful, fluid movements with the effort to give the illusion of weightlessness. Dancers will learn a blended method of classical ballet technique that builds and refines strength, flexibility, coordination, and precision. Exercises done at barre, in center, and moving across the floor will encourage dancers to grow in their musicality, self-expression, and ability to perform complex movement combinations, while also incorporating elements of history, terminology, and classical repertoire.

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Pointe

These classes are for intermediate and advanced dancers by instructor permission only. Classical pointe technique, as well as strength and conditioning exercises will be taught.

Modern

Dancers will explore movement through classical modern training and concepts such as rise/fall, push/pull, and contract/release. Classes are a fusion of modern techniques such as Limon, Horton, Release Technique, Paul Taylor, and Cunningham. Through floor work, center phrases, partnering, and across the floor movement dancers will gain improvisation skills, develop their own artistry, and grow in their dynamic range of movement.

Tap

An exciting, rhythmic dance form! Dancers will explore musicality, rhythm, accents, and expression through this percussive dance form.

Jazz

A energetic dance form that is a fusion of African and European dance traditions formed on American soil. We celebrate the diverse cultural influence woven throughout jazz dance. Dancers will learn traditional jazz technique and explore expression, individuality, improvisation, and musicality.

Hip Hop

Dancers will learn the basics of Hip Hop like popping, locking, and find contrast between smooth and accented street-styled dance movement.

Musical Theatre Dance

This class is fun, high energy, and focuses on expression through musical theatre jazz dance. Dancers will gain stage presence, confidence, and creativity as they explore dancing and acting.

Contemporary

An eclectic and evolving dance style incorporating elements of ballet, modern, and jazz. Contemporary is a very expressive style that encourages story-telling through movement.

Acting Classes

Grow in voice projection, creativity, improvisation, teamwork, and confidence through acting classes at CDA! Acting opportunities include the chance to audition for acting roles in our annual Christmas show and to participate in periodic acting workshops and summer camps. Reach out for more information on this growing offering!

