

## Class Descriptions and Dress Code Information 2025/26

ClubHouse Academy observes a dance dress code. A uniform dress code helps keep distractions to a minimum, instills discipline, and keeps everyone looking and feeling professional. Our Ballet students will have a class color based on their level, but a black leotard is always acceptable attire. Tights must always be worn for ballet classes. For other dance styles, students are expected to wear appropriate dance attire, including dance shoes, with hair off of the face and no distracting large bows or hair pieces.

**Preschool Dance** Introduction to the world of dance, through child friendly music, rhythm, creative movement, and simple dance moves. All preschool classes are designed to enhance the creative ability, attention span, physical coordination, and musicality in the young beginner while fostering a love and appreciation for the art of dance.

**Preschool Ballet** Pre-dance students begin to learn basic ballet vocabulary, cooperation, classroom etiquette and memorization through fun songs and the use of props.. Activities constantly change to hold onto those short attention spans! This class is an imaginative story-based journey that weaves together an appreciation for the beauty of classical music, ballet technique, and friendship

**Preschool Jazz Tap** A creative jazz tap class for young children who enjoy moving fast and love percussive music. It's great fun & full of excitement while exploring all the basic skills of jazz dance. Tap dance emphasizes the flow of movement by teaching the dancer to find rhythms and beats not only in music but in their own bodies.

**\*Attire for Preschool Ballet:** Ballet Pink Ballet slippers. [Attire for Preschool Tap/Jazz:](#) Tap Black Tap shoes **Jazz:** Black jazz shoes or sneakers. Any dance attire is fine, hair should be off the face.

**Acro-Jazz** is the fusion of dance technique and the precision and athleticism of acrobatic elements. Acro jazz, or acrobatic jazz, is a style that blends dance with acrobatic movements, such as cartwheels, aerials, handsprings, and handstands. It's known for its athleticism, unique choreography, and incorporation of gymnastic-like elements. Acro dance can help dancers develop strength, flexibility, coordination, and self-confidence

**Jazz-Jazz** is a dance form that appeals to everyone because of its energy, variety and vitality. It is a form that is inspired by swing, blues, pop, soul, and funk. Jazz is sharp and fluid movements to create a visually technical dance and style. It is usually done to popular music. Body isolations, stretching, turning, leaping, and technical steps are taught in this class.

[\\*Required Attire for Acro Jazz](#) [Required Attire for Jazz](#) Jazz shoes (black preferred) and dance attire should be worn, such as leotards, tights, dance shorts, leggings etc. Boys- Black bike or basketball shorts, t-shirt or tank (no jeans, t-shirts over leotards, long skirts or street clothes). Hair should be pulled off the face.

**Ballet 1-6 and Variations** Our classes range from Beginner Level 1 to the more advanced Level 6+. They cover the fundamentals and more advanced levels of classical ballet technique. It is a more formal setting that will give students the discipline to mature as dancers. The importance of strength, flexibility, rhythm, musicality, focus and memorization will be stressed. Performance technique will be taught. Your child will develop a sense of classroom behavior and manners as well as confidence, grace, and poise while having fun. \* Level 2, Level 3 and 4 classes are by teacher placement only. Once placed in Level 2 and above, students are encouraged to take more than one class per week in ballet or other styles,

[\\*Required Attire for Level 1](#) :Pink leotard, pink tights, and pink ballet slippers.

[\\*Required Attire for Level 2:](#) Blue leotard, pink tights, and pink ballet slippers.

[\\*Required Attire for Level 3](#) : Red leotard, pink tights, pink ballet slippers.

[\\*Required Attire for Level 4:](#) Dark Blue leotard, pink tights, pink ballet slippers.

[\\*Required Attire for Level 5:](#) Purple leotard, pink tights, pink ballet slippers or pointe

[\\*Required Attire for Level 6+](#) [Required Attire for Variations](#) Any colored leotard, pink tights, and pink ballet slippers or pointe shoes.

**Note:** For all class levels, students may wear a dance skirt or tight fitting dance shorts to wear over their leotard and tights (no jeans, leggings, t-shirts over leotards, long skirts or street clothes). **Hair should be pulled back in a bun. A headband for shorter hair is fine, to pull hair out of the face.**

[\\*Required Attire for Boys](#) Young boys may wear black bike shorts, gym shorts and a fitted dance T-Shirt. As they mature, dance belts are required. Black ballet shoes with elastic sewn on and white socks. Hair neatly combed back out of face and secured

**Contemporary**-Contemporary dance is a style of expressive dance that combines elements of several dance genres including modern, jazz, lyrical and classical ballet. It's known for its emphasis on fluidity, freedom of movement, and emotional expression, and it's considered less rigid than other styles, allowing dancers to interpret performances in their own way.

**Modern** - Modern dance is a highly expressive style of dance that challenges the

structured dance technique of classical ballet. The focus of modern dance is expression, rather than following a rigid set of postures or technical positions that ballet dancers are trained in. Floorwork is used extensively in modern dance, particularly Graham and Hawkins technique. Floorwork changes the body's relationship with gravity, and requires dancers to navigate between higher and lower levels

**Lyrical** Lyrical is a style of dance that grew from a combination of ballet and jazz technique. Rather than deriving from a base in rhythmic dancing, lyrical dance helps dancers to interpret the lyrics of a song and convey emotion through dance. It is a beautiful and freeing style, especially for those who enjoy the beautiful, flowing movements of ballet, but also enjoy the modern and sharp music and movement of jazz dance.

**Lyrical/Jazz** Lyrical/Jazz is a combination class with elements of jazz and lyrical dance styles. Dancers will learn the fundamentals of both styles, working on leaps, turns, jumps, and other technical skills. Dancers will learn choreography in both lyrical and jazz combinations to a broad range of musical styles.

**\*Required Attire for Contemporary and Modern, Required Attire for Lyrical and Jazz** Ballet slippers (pink preferred), half-sole dance shoes, "Foot Undeez" (in skin color), or barefoot and dance attire should be worn, such as leotards, tights, dance shorts etc. Boys- Black bike or basketball shorts, t-shirt or tank (no jeans, leggings, t-shirts over leotards, long skirts or street clothes). Hair should be pulled off the face.

**Hip Hop** This class will consist of the fundamentals of hip-hop, including; breakin', popping, grooves, and choreography. Strength in the dancers' arms and core are very important for floor work and will be focused on in this class.

**Afro Caribbean**-Afro Caribbean Dance is a fusion of movement that unites dance, rhythm, and song from the African, Spanish, and indigenous people in the Caribbean islands. Students will develop skills in isolations and polyrhythmic movement as well as self expression. This dance style will create an environment and dance community that nurtures, heals, renews, and inspires the body and spirit.

**\*Required Attire for Hip Hop and Afro Caribbean:** Sneakers or Jazz Shoes and comfortable clothes you can move in like sweats, leggings or dance attire should be worn. (no jeans, skirts or street clothes). Hair should be pulled off the face.

**Tap** The rhythm and movement of tap, created by the metal taps on the heels and toes of a dancer's shoes, transforms the dancer into a percussive musician. Tap dance emphasizes the flow of movement by teaching the dancer to find rhythms and beats not only in music but in their own bodies.

**\*Required Attire for Tap:** Black Tap shoes and dance attire should be worn, such as leotards, tights, dance shorts etc. Boys Black bike or basketball shorts, t-shirt or tank

(no jeans, t-shirts over leotards, long skirts or street clothes). Hair should be pulled off the face.

**Musical Theatre Performance Technique, JR. and SR. (Vocals, Acting, Dance)** This fun, engaging, high-energy class will help you develop the skills you need to become a triple threat. Focusing on all the aspects of musical theatre, students will hone their vocal, acting, and dance technique. This class allows students to grow in a process-focused environment. Topics include audition technique, performing as a soloist, performing as an ensemble, monologue and scene work, dance technique, dance repertoire, characterization, improvisation, and more.

\*[Required Attire for Musical Theatre Dance](#): Jazz shoes (black preferred) and dance attire should be worn, such as leotards, tights, dance shorts etc. Boys- Black bike or basketball shorts, t-shirt or tank (no jeans, leggings, t-shirts over leotards, long skirts or street clothes). Hair should be pulled off the face.