

**Ovation Dance Academy**  
**2022-2023**  
**Class Descriptions and Dress Code**

**Dance class descriptions**

<b>Class</b>	<b>Age</b>	<b>Description</b>	<b>Dress Code</b>
Wiggles and Giggles	3-5 years old (Preschool-PreK)	Upbeat creative movement class for dancers ages 3-4. Gross motor skills will be developed as well as imaginative expression through dance and movement. Dancing, tumbling, and free expression!	Females: any color leotard or dance dress, tights, and pink ballet slippers. Males: fitted t-shirt or tank top, shorts or pants. Black ballet slippers.
Itty Bitty Ballet, Bitty Ballet	2-4 years old	Creative movement and ballet class for dancers 2-4 years old. Gross motor skills will be developed as well as proper dance class etiquette and working as a team!	Females: any color leotard or dance dress, tights, and pink ballet slippers. Males: fitted t-shirt or tank top, shorts or pants. Black ballet slippers.
Pre Combo	4-5 years old (Pre-K)	Tap and Ballet class for dancers in Pre-K	Females: any color leotard or dance dress, tights, and pink ballet slippers, black tap shoes Males: fitted t-shirt or tank top, shorts or pants. Black ballet slippers, black tap shoes
Combo I/II	K-2nd grade	Tap and Ballet class for dancers ages K-2nd grade. Students in Combo I could be brand new to dance or have completed our Pre Combo program. Students in Combo II should have previous tap/ballet experience.	Females: any color leotard or dance dress, tights. Pink ballet slippers, black tap shoes Males: fitted t-shirt or tank top, shorts or pants. Black ballet slippers, black tap shoes
Combo III	2nd grade	Tap and Lyrical class for dancers in 2nd grade with previous dance experience. During the tap portion, students will continue to build on tap skills they have begun developing in previous years of dance. During the lyrical portion, dancers will be introduced to jazz technique and continue learning ballet basics as they utilize those skills in the expressive lyrical dance form.	Females: any color leotard or dance dress, tights, tan slip on jazz shoes, black tap shoes Males: fitted t-shirt or tank top, shorts or pants. Tan slip on jazz shoes, black tap shoes
Hop and Roll (Hip Hop/Tumbling Combo)	K-2nd grade	Age appropriate Hip Hop and Tumbling combo class. During the tumbling portion of the class, students will learn basic tumbling moves- forward rolls, cartwheels, backbends as well as hip hop moves like coffee grinder and stalls. During the hip hop portion, students will learn all the latest moves in an age appropriate environment.	Females: leotard and fitted shorts or biketard. Tennis shoes dedicated to dance (not worn outside the studio) Males: fitted athletic wear. Tennis shoes dedicated to dance (not worn outside the studio)

Tap/Jazz I-III	3rd-12th grade	Tap and Jazz class for dancers ages 3rd grade and up. Dancers in Tap/Jazz I could have previously completed our Combo classes or could be completely new to dance. Dancers in Tap/Jazz II should have previous tap/jazz experience.	Females: any color leotard or fitted dance top, dance shorts or leggings. Tan slip on jazz shoes, black oxford style (lace up) tap shoes. Males: fitted top and shorts or pants. Tan slip on jazz shoes, black oxford style (lace up) tap shoes.
Musical Theatre Dance	3rd-12th grade	Broadway style jazz/dance class. Technique, choreography from musicals and performance expression will be explored.	Any fitted dancewear or leotard, tan jazz shoes.
Leaps and Turns I	3rd-8th grade (by skill)	Jazz class focusing on technique and skills. Dancers should have mastered a single pirouette, working towards a double. Dancers will continue to work on proficiency executing chaine turns, pique turn, saute chat (leaps), battements (kicks), tilt battements, flexibility and extension. This is not a performance class.	Any fitted dancewear or leotard, tan jazz shoes.
Leaps and Turns II	4th-12th grade (by skill)	Jazz class focusing on technique and skills. Dancers should have mastered all Leaps and Turns I skills. Dancers are working towards proficiency in executing the following with proper technique: Double and triple pirouettes, chaine turns, pique turns, saute chats, center leaps, calypsos, axels, battements, tilt battements, extensions and flexibility. This is not a performance class.	Any fitted dancewear or leotard, tan jazz shoes.
Leaps and Turns III	6th-12th grade (by skill)	Jazz class focusing on technique and skills. Dancers should have mastered all Leaps and Turns I and II skills. Dancers will continue to work on proficiency in executing with proper technique: triple pirouettes, turns in second, center leaps, switch leaps, calypsos, pique and chaine turns changing spots, and advanced combinations. This is not a performance class.	Any fitted dancewear or leotard, tan jazz shoes.
Leaps and Turns IV	8th-12th grade (by skill)	Jazz class focusing on technique and skills. Dancers should have mastered all Leaps and Turns I-III skills. Dancers should have mastered with proper technique: triple pirouettes, turns in second, saute chats, center leaps, and battements. Dancers will work towards proficiency changing spots, switch leaps, spinning discs, and advanced combinations. This is not a performance class.	Any fitted dancewear or leotard, tan jazz shoes.

Ballet I-IV	3rd-12th grade	Traditional ballet class following progressive curriculum for dancers 3rd-12th grade.	Females: any color leotard, pink tights, pink ballet slippers. Skirts are optional. Hair secured in a bun. Males: white t-shirt, black fitted pants/shorts, black ballet slippers. Hair away from the face and off the neck.
Hip Hop I-III	3rd-12th grade	Upbeat and age appropriate hip hop classes for dancers 3rd grade and up.	Any dancewear/athletic wear. Tennis shoes dedicated to class (not worn outside the studio)
Lyrical I-III	3rd-12th grade	Ballet and Jazz fuse to create this expressive class. This is not a jazz/ballet technique class, therefore dancers are strongly encouraged to take Jazz or Ballet with Lyrical.	Any fitted dancewear or leotard, tan jazz shoes.
Dance Team Prep	5th-12th grade	Class focusing on skills needed for a high school or collegiate dance team. Dancers will work on jazz technique, leaps and turns, lyrical, hip hop, pom, and kick. This is a great class for dancers wanting to tryout for a dance team or wanting to improve their overall skills! Previous jazz experience is needed.	Any fitted dancer or leotard. Tan jazz shoes.
Dance conditioning	3rd-12th grade	Cardio and conditioning class focused for dancers.	Any dancewear/athletic wear. Tennis shoes dedicated to class (not worn outside the studio)
Adult Tap	16 and up	Fun tap class for adults! Performances are encouraged but not mandatory.	Any dancewear/athletic wear. Tap shoes

## Tumbling class descriptions

**Dress code:** All female participants should wear a leotard and shorts or a biketard. No shoes, socks or tights. Male participants should wear a fitted top and shorts or pants. Hair must always be pulled back from the face and off the shoulders (ponytail, bun, braid, etc.)

Class	Age	Description	
Tot Hop and Roll	3-5 years old (Preschool-PreK)	Upbeat creative movement and tumbling class for dancers ages 3-5.	Females: leotard and shorts or biketard. NO T-SHIRTS OR LOOSE FITTING TANK TOPS Males: fitted top and shorts or pants. No socks or footed tights. Hair should be secured back away from the face and off the shoulders- ponytail, bun, braid

Pre Tumbling	4-5 years old (Pre-K)	Beginning tumbling class for Pre-K dancers.	Females: leotard and shorts or biketard. NO T-SHIRTS OR LOOSE FITTING TANK TOPS Males: fitted top and shorts or pants. No socks or footed tights. Hair should be secured back away from the face and off the shoulders- ponytail, bun, braid
Tumbling I	K-12th grade (by skill)	Students will learn backbends, cartwheels forward and backward rolls, flexibility and strength.	Females: leotard and shorts or biketard. NO T-SHIRTS OR LOOSE FITTING TANK TOPS Males: fitted top and shorts or pants. No socks or footed tights. Hair should be secured back away from the face and off the shoulders- ponytail, bun, braid
Tumbling II	1st-12th grade (by skill)	Students should have mastered Tumbling I skills. Students should be able to go down into a back bend and come up unassisted. Students will work towards proficiency with proper technique: front and back kickers, handstands, one handed cartwheels.	Females: leotard and shorts or biketard. NO T-SHIRTS OR LOOSE FITTING TANK TOPS Males: fitted top and shorts or pants. No socks or footed tights. Hair should be secured back away from the face and off the shoulders- ponytail, bun, braid
Tumbling III	2nd-12th grade (by skill)	Students should have mastered all Tumbling I and II skills. Students are working towards proficiency with proper technique: front and back walkovers, headsprings, kip-ups.	Females: leotard and shorts or biketard. NO T-SHIRTS OR LOOSE FITTING TANK TOPS Males: fitted top and shorts or pants. No socks or footed tights. Hair should be secured back away from the face and off the shoulders- ponytail, bun, braid
Tumbling IV	4th-12th grade (by skill)	Students should have mastered all Tumbling I-III skills. Students should have mastered or working towards backhand spring, aerial cartwheel. Must have clean front and back walk overs and able to do a back Arabian.	Females: leotard and shorts or biketard. NO T-SHIRTS OR LOOSE FITTING TANK TOPS Males: fitted top and shorts or pants. No socks or footed tights. Hair should be secured back away from the face and off the shoulders- ponytail, bun, braid
Tumbling V	5th-12th grade (by skill)	Must be invited by Miss Kate	Females: leotard and shorts or biketard. NO T-SHIRTS OR LOOSE FITTING TANK TOPS Males: fitted top and shorts or pants. No socks or footed tights. Hair should be secured back away from the face and off the shoulders- ponytail, bun, braid