

Dancemakers Northwest Class Descriptions

Ballet: Emphasizes correct body placement, poise, posture, balance and rhythm awareness. It is the basis for all other dance types.

Pointe: A form of Ballet presented on the tips of the toes using specialized pointe shoes. Students must have sufficient strength and Ballet technique before beginning pointe. Students should be at least 12 years of age or older.

Jazz: As an offspring of ballet, jazz uses many of the same techniques. Jazz moves quickly, teaches coordination and is a lot of fun. Ballet experience is helpful.

Tap: An expressive dance form that teaches music interpretation and rhythms through the combination of tap sound.

Lyrical: Is an expressive style of dance mixing ballet, jazz & emotion. Many movements are inspired by the lyrics of songs. Ballet or Jazz experience is helpful and strongly suggested.

Hip Hop: Street style of jazz. Similar to what you see on America's Best Dance Crew. Music used during class is age appropriate and family friendly. Jazz dance experience is very helpful and suggested.

Cheerleading: An energetic class teaching cheerleading techniques used for jumps, cheers, dances and stunting. Great for beginners or experienced cheerleaders who want to improve their skills.

Zumba: Is a Latin Based Fitness Class that will keep you moving, sweating and having a blast.

Zumbatomic: Designed exclusively for kids (ages 4-12), Zumbatomic classes are rockin', high-energy fitness-parties packed with specially choreographed, kid-friendly routines and all the music kids love, like hip-hop, reggaeton, cumbia and more. Parents love Zumbatomic because of the effects it has on kids, increasing their focus and self-confidence, boosting metabolism and enhancing coordination.

Stretch, Strength & Endurance: Increase flexibility and strengthen your core. This class will improve any dancers technique abilities.

Young Children Classes

Combo Classes: Children 3-6 years old. Combines two or three dance types (sample: ballet/tumbling).

Tumbling: Tumbling is offered in combination with other styles of dance for children 6 & under. Students will learn rolls, kart-wheels, back bends & more.

Tot Hop: Teaches hip-hop and jazz.

Dancemakers Northwest DRESS CODES

Young Children Classes: Combos, etc: Leotard and tights of any style and color. Skirts are O.K. Pink leather ballet shoes for girls, black ballet shoes for boys. Black tap shoes for tap combos.

Tot Hop: Tan jazz oxfords for girls, black for boys.

Ballet: Leotard and tights of any style and color. Skirts are O.K. No pants. Pink leather ballet shoes for girls, black ballet shoes for boys. Hair must be pulled back.

Jazz: Leotard and tights of any style and color. Jazz pants, crop top and tank tops are O.K. Tan jazz shoes or will be used for recital for most jazz classes. Black jazz shoes for boys. Foot thongs may be requested for older jazz classes. Adult Jazz classes may wear black sneakers for class and whatever clothing they feel the most comfortable dancing in.

Hip Hop: Comfortable athletic clothing (NO JEANS). Black hip-hop sneakers for ages 10 +. Tan Jazz oxfords for 7-9 year old hip-hop classes. No street shoes.

Tap: Leotard and tights of any style and color. Jazz pants, crop top and tank tops are O.K. Black tap shoes for girls and boys. No baggy clothing. Hair must be pulled back.

Cheerleading: Snug fitting shirt with shorts or athletic pants. Students need to wear white tennis/cheer shoes used only in cheer class.

Lyrical: Leotard and tights of any style and color. Skirts, shorts and pants are O.K. For class students may wear foot thongs, ballet shoes, lyrical sandals or barefeet. Instructor will determine shoe type for recital once the costumes have been selected.

Zumba and Zumbatomic: Fitness type clothing and clean sneakers.