

FFAM Dance Class Descriptions:

First half of the dance year focuses on learning and improving skills and technique, and the second half of the year primarily focuses on learning the recital dances.

Level 1 Combo Class

Combo class suitable for 3 year old dancers (by September 1, 2026). In this combo class these tiny dancers will learn the basics in ballet, jazz, and tap in a fun manner. This class is 60 minutes and dancers will rotate through the different techniques.

Level 2 Combo Class

Combo class suitable for 4 year old dancers (by September 1, 2026). In this combo class these petite dancers will continue to learn the basics in ballet, jazz, and tap in a fun manner. This class is 60 minutes and dancers will rotate through the different techniques.

Level 3 Combo Class

Combo class suitable for 5 year old dancers (by September 1, 2026). In this combo class these little dancers will continue to learn the basics in ballet, Jazz, and tap in a fun manner. This class is 60 minutes and dancers will rotate through the different techniques.

Level 4 Combo Class

Combo class suitable for 6 year old dancers (by September 1, 2026). In this combo class these sweet dancers will continue to learn the basics in ballet, jazz, and tap in a fun manner. This class is 60 minutes and dancers will rotate through the different techniques.

Level 5 Classes

Level 5 classes are for beginner/intermediate dancers 7+ years old/2nd grade and up. Dance experience is not required for this level. This level continues to build on the basic skills, terms, and technique taught in the earlier levels. Classes offered at this level are ballet, lyrical, jazz, hip hop, and Broadway.

Level 6 Classes

Level 6 classes are for intermediate dancers typically 9+ years old/4th grade and up. Dancer experience of 1-2 years is preferred. The skills and technique taught and refined at this level work to bridge the gap to the junior and senior levels. Classes offered at this level are ballet, lyrical, jazz, tap, hip hop, and Broadway.

Junior and Senior Classes

Director and teacher approval needed before signing up. Dance experience required as these levels of classes are advanced and need a certain level of skill, technique, and knowledge of dance terms. Classes offered at these levels are ballet/pointe, contemporary, jazz, hip hop, and Broadway dance.

Techniques Offered:

Ballet - Ballet is the foundation of all dance and is highly recommended as a fundamental study and compliments for all styles of dance. In ballet dancers are taught proper dance terminology and technique that is age and level appropriate. Dancers will work at the barre, center, and across-the-floor to further develop grace, poise, and flexibility which result in freedom of movement on stage. Pre-pointe work is incorporated into level 5, level 6, junior, and senior ballet classes which includes multiple strength exercises for the dancer's feet and ankles. All ballet classes level 5 and above are an hour long. Available in all levels.

Pointe - A more advanced form of ballet utilizing pointe shoes. This class is based upon the ballet teachers' discretion. Students must have a strong ballet background and preferably be taking 2 ballet classes each week. Pointe shoes will be allowed once a dancer has shown the necessary strength and skills needed and typically a minimum of 11 years of age. We take a slow methodical approach in order to assure a safe and solid foundation that will help students to be in control when dancing on pointe. Pointe is integrated into all ballet classes for those who the teachers have approved.

Open Ballet - Is a special hour long ballet class offered for those looking to take more ballet, interested in pointe, or already in the pointe class and needing a second ballet class.

Lyrical/Contemporary - Lyrical and contemporary are expressive styles of dance that allows the dancer to interpret and express emotions, lyrics, and story associated with a piece of music. Students will learn to use song lyrics to inspire movements and express emotions based on musical interpretation. This class includes a warm-up focusing on overall strength and flexibility, progressions, and center floor combinations. A solid, ballet-based technique is an essential component of this style of dance. Dancers will learn to extend and sustain lines while connecting to the music to tell a story. Available in levels 5 and up.

Jazz - Jazz is an exploration of style and presentation. Classes emphasize musicality and body alignment, conditioning, stretch and strengthening, rhythm and stylization as well as fun and innovative choreography. Our jazz classes include full body conditioning, progressions, center work, style, and choreography. We try to teach different styles of jazz to help create a well rounded dancer. Available in all levels.

Broadway Dance - Is a musical theater style jazz class with focus on learning proper dance technique while exploring the various dance styles used in Broadway shows. Class curriculum is based on ballet technique layered with Broadway style jazz movement and includes proper warm-up, stretches, isolations, across-the-floor progressions, and combinations. Emphasis will also be placed on learning performance skills such as connecting with the audience and telling a story through dance and performance quality. The junior/senior level class requires teacher/director approval. New this year we are opening up a class for levels 5 & 6. Space limited in both classes.

Hip Hop - Hip Hop incorporates a variety of old and new urban dance styles. The dancing represents body movements that go with the beat and rhythm of hip hop music. Hip Hop dancing is very dynamic and helps the dancer improve flexibility, along with developing body balance, rhythm, musicality, and coordination. There are many different styles of hip hop that incorporate jazz, funk, lyrical, and urban movements. Available in level 5 and up.

Tap - Tap is a classic form of dance that not only involves how one looks, but also how one sounds. Tap is a fun, upbeat, rhythmic style of dance that allows the dancer to develop their coordination, balance, rhythm, and musicality. Tap is an expression of rhythm- a vocabulary of percussion woven together to create music. Different tap steps, skills, and intricate rhythms will be explored through improvisation, tempo, and style.

****not always offered in Level 5 and up, depends on time and teacher availability****

Stretch, Conditioning, & Technique - Students will work to improve their skills & technique through strength, flexibility, center work, and across-the-floor combinations that include jumps, turns, & extensions. This class includes a strong emphasis on proper technique, alignment, and movement quality. Students also work on strength training to help improve dance skills and technique. Strictly a technique class, no choreography is taught in this class though short combinations might be used to line skills together. Great class for those interested in pointe and also those looking to improve their extensions and flexibility.