

Spring Classes 2026

June 1st - June 22nd

Technique Class- This technique class is designed for dancers of all levels looking to enhance their skills in various styles. Each week, we'll focus on a different form of dance to provide a holistic understanding of movement, technique, and expression.

Strength and Flexibility- This class is designed for dancers of all levels, focusing on enhancing physical strength and improving flexibility through a variety of dance techniques and exercises. In this class, students will engage in targeted strength training routines that build muscle and endurance, essential for executing dance movements with power and precision.

Baby Bop- This energetic and fun-filled hip-hop dance class designed specifically for young kids! Aimed at ages 3 to 6, this class introduces little ones to the exciting world of hip-hop through simple choreography, rhythmic movements, and playful music.

Join us for a high-energy class where kids can leap, spin, and groove to their favorite tunes, all while having a blast and making new friends!

Open Mat- This class will provide an open mat environment where students can explore various acrobatic techniques under the guidance of experienced instructor. They will have the freedom to work on individual skills, like flips, cartwheels, and other essential tumbling passes. Students will practice technique and progression strategies to improve their confidence and performance at their own pace!

Pre- Pointe- This exciting Pre-Pointe Dance class is designed for aspiring ballet dancers who are eager to take their skills to the next level before transitioning onto pointe shoes. Geared towards students with a solid foundation in ballet technique, this class focuses on building strength, flexibility, and proper alignment necessary for safe and effective pointe work.

Intro to Contemporary- In this class dancers will learn foundational techniques that blend elements of ballet, modern dance, and jazz, focusing on body awareness, improvisation, and emotional expression. Dancers will develop strength, flexibility, and coordination while gaining insight into contemporary dance artistry. Whether you're a complete beginner or transitioning from another dance style, this class offers a great opportunity to express yourself and explore the world of contemporary dance!

Intro to Company- This class is a perfect opportunity for aspiring dancers that would like to gain insight into the company experience, the dynamics of group choreography, teamwork, and performance. Dancers will learn foundational techniques in various dance styles such as Ballet, Tap, and Jazz. Join us to discover the joy of dancing as part of a company and take your skills to the next level!



Studio 1

Studio 2

Monday

Miss Norma

AGES		
6-8 yrs	3:45-4:30	Technique
6-8 yrs	4:30-5:15	Acro
9-12yrs	5:15-6:00	Acro
9-12yrs	6:00-6:45	Technique

Miss Jacquie

AGES		
3-4yrs	3:45-4:30	Creative Ballet/Tap
4-5 yrs	4:30- 5:15	Baby Bop
6-8yrs	5:15-6:00	Hip Hop
	6:00-6:45	Adult Hip Hop

Tuesday

Miss Norma

AGES		
5-6 yrs	3:30-4:30	Kinder Ballet /Jazz
13+	4:30-5:15	Strength and Flexibility
13+	5:15-6:00	Technique
	6:00-6:45	Open Mat
	6:45-7:30	Pre- Pointe (invite only)

Miss Kelsey

AGES		
6-8yrs	3:45-4:30	Strength and Flexibility
6-8yrs.	4:30-5:15	Intro to contemporary
9-12yrs	5:15-6:00	Strength and Flexibility
9-12yrs	6:00-6:45	Contemporary

Wednesday

Miss Christina

AGES		
13+	3:45-4:30	Turns and Leaps
13+	4:30-5:15	Ballet
13+	5:15-6:00	Pointe

Miss Norma

AGES		
6-8yrs	3:45-4:30	Intro to Company
9-12yrs	4:30-5:15	Ballet
9-12yrs	5:15-6:00	Turns and Leaps

Cost: \$110 for 1 class - \$ 75 each additional class

Register online at www.allaboutdance1.com

Spaces are limited. Registering early is advisable.

For more information, please contact misslisa@allaboutdance1.com

****Two Spring classes are mandatory for all Company Dancers**