



Expressions Dance Studio

Core Dance Classes

Ballet/Pointe - Tap - Jazz - HipHop - Contemporary- Musical Theatre

Individual dance classes allow a great deal of structure and technique throughout the year. Once a student has reached the age and dedication level of deciding what genre of dance that best fits them we can begin to fine-tune their style and technique in more depth. The genres of dance can flow together to keep dancers in the best shape as possible. Taking more than one class not only can benefit a dancer's body, but give them a wide range of dance education and experience. Terminology is a very important part of learning to dance, and we take that very serious. You can't expect a dancer to understand what they are expressing and how to effectively perform choreography if they don't understand what they are being asked to do. Individual classes run anywhere from 30-90 minutes and are based on age levels and experience levels. There are very specific expectations we ask of our dancers for an individual class to ensure they can get the very best dance education possible.

STUDENT EXPECTATIONS:

- 100% class attendance and participation is expected in every class and technique classes!
- Students are expected to be on time... every time.
- Students should bring water bottles and all dance supplies to every class. Students who do not bring the appropriate shoes that class will be asked to sit and observe. Students are expected to have their supplies within 30 days from registering.
- There will be no observers in class unless approved by the instructor.
- No gum/candy/food permitted in the dance room at any time.
- Hair must be off face and neck at all times
- Cell phones must remain on silent during class and must only be checked during a break. This is a huge distraction! everyone during a class, and excessive use will not be tolerated.

*STUDENT ATTIRE: *BASED ON CLASS STYLE*

- Dance leotard, any style/color- Preferred Black.
- Convertible/Stirrup Tights, any color- Preferred Classic pink ordered from our site.
- Dance shorts/pants/leggings/capris-NO JEANS OR SKIRTS
- Ballet shoes
- Tap shoes
- Jazz shoes/Studio Hip Hop Shoes
- Dance paws
- Pointe shoes
- Dance Notebook/ Pen- Any Class
- Ballet Book- Ballet/Point Classes only
- Tap Book- Level III and up
- Knee Pads- Optional
- Boys attire- Black cotton shorts/pants- Whit Top (Ballet, Tap, Jazz)
- Boys attire- Comfortable shirt/pants, Hip Hop shoes (Hip Hop)

Our core dance program can lead into competitive dance team options. If your dancer has interest in being on one of our competition teams, please speak with Miss. Nikki directly!

Experience E.D.S. - visit www.expressionsdanceplymouth.com for more information!