

# COMBO CLASSES

are for beginner dancers ages 2½ - 7 years old. Students learn to interact with others, take turns, listen to music, respond to audio cues, perform for an audience, and set personal dance goals. All classes (except BOBCATS) include both ballet and tap dance.



**BOBCATS** introduces 2½ - 3½ year old dancers to creative movement and basic ballet. Dancers are encouraged to attend class independently. This class explores balance control, coordination, following directions, creative expression, interaction with other dancers, and independence.

**CLASS AGES** 2½ - 3½ YEARS **CLASS LENGTH** 30 MINUTES



**PUMAS** are 3½ - 4½ year old dancers learning the basics of ballet and tap dance or dancers who have completed **BOBCATS**. The dancers use creative movement to explore movement of the body, rhythm, and feelings, as well as begin to memorize basic ballet and tap vocabulary.

**CLASS AGES** 3½ - 4½ YEARS **CLASS LENGTH** 45 MINUTES



**LEOPARDS** are 4½ - 5½ year old dancers who are new to dance or dancers who have completed the **PUMAS** level. Students improve upon their ballet and tap skill foundation and explore more complex movements. Dancers begin memorizing performance choreography and understand the importance of the recital and well-polished routine.

**CLASS AGES** 4½ - 5½ YEARS **CLASS LENGTH** 45 MINUTES



**PANTHERS** are 5½ - 6½ year old dancers who are new to dance or dancers who have completed the **LEOPARDS** level. This class introduces ballet barre etiquette and tests the dancers ability to identify and match tap rhythms to music. Dancers are challenged to recall recital choreography and perform without student teacher assistance.

**CLASS AGES** 5½ - 6½ YEARS **CLASS LENGTH** 55 MINUTES



**JAGUARS** is a teacher invitation-only class for 6-7½ year old **PANTHERS** who excel in ballet and tap, have a strong work ethic, and are eager to improve. This class prepares dancers interested in becoming a member of the DanceCats Performance Team by participating in additional community performances.

**CLASS AGES** 6 - 7½ YEARS **CLASS LENGTH** 55 MINUTES

## ATTIRE REQUIRED

## PERFORMANCES

### CLOTHING

Leotard, tights, ballet skirt (girls)  
Free-moving clothing (boys)

### SHOES

Pink (girls) or black (boys) ballet shoes, black tap shoes (both)

### HAIR

Pulled back off face and neck

Dancers participate in two recitals a year, one in December and one in June. These performances showcase student progress and are an opportunity to celebrate your child's success.

[www.gymcats.com/dance](http://www.gymcats.com/dance)

# ACRO

blends gymnastics tumbling and flexibility skills with the beauty and execution of dance. Acro is the perfect fit for gymnasts who want to get a feel for dance or a dancer who wants to learn some acrobatic tricks!



## ACRO 1

**ACRO 1** is for beginner dancers and focuses on acro safety, flexibility, strength, and proper body, foot, and leg positions. Acrobatic skills include elbow stands, bridges, handstands, cartwheels, and beginning walkovers.

*\*Dancers are encouraged to enroll in a jazz or gymnastics class in conjunction with acro.*

**CLASS AGES**

**6-10 YEARS** (approx)

**CLASS LENGTH**

**45 MINUTES**



## ACRO 2

**ACRO 2** is for beginner/intermediate dancers able to do a front and back walkover or who have completed **ACRO 1**. Dancers learn increased flexibility, strength, and consistency of proper skill execution. Acrobatic skills include front and back walkovers, round-offs, controlled handstands/elbowstands, and handsprings.

*\*Dancers are encouraged to enroll in a jazz or gymnastics class in conjunction with acro.*

**CLASS AGES**

**8-12 YEARS** (approx)

**CLASS LENGTH**

**55 MINUTES**



## ACRO 3

**ACRO 3** is for intermediate dancers able to do a back handspring or students who have completed **ACRO 2**. Class focuses on increased strength, power, control, and proper skill execution. Acrobatic skills include side aerials, handsprings, transitioning handstand/elbowstand positions, acrobatic partnering, and tumbling series.

*\*Dancers are encouraged to enroll in a jazz or gymnastics class in conjunction with acro.*

**CLASS AGES**

**10-14 YEARS** (approx)

**CLASS LENGTH**

**55 MINUTES**



## ACRO 4

**ACRO 4** is for intermediate/advanced dancers or gymnasts able to do a side aerial or who have completed **ACRO 3**. Dancers work on back & limb flexibility while maintaining controlled core balance. Acrobatic skills include layouts, hand walking, handstand presses, back tucks, controlled elbow/handstand transitioning, partnering, and tumbling series.

*\*Dancers are encouraged to enroll in a jazz or gymnastics class in conjunction with acro.*

**CLASS AGES**

**12-16 YEARS** (approx)

**CLASS LENGTH**

**55 MINUTES**



## ACRO 5

**ACRO 5** is for advanced dancers or gymnasts able to do a front aerial or students who have completed **ACRO 4**. In this class, dancers will demonstrate exceptional flexibility, control, and strength as well as advanced execution of tumbling progressions.

*\*Dancers are encouraged to enroll in a jazz or gymnastics class in conjunction with acro.*

**CLASS AGES**

**13-18 YEARS** (approx)

**CLASS LENGTH**

**55 MINUTES**

### ATTIRE REQUIRED

#### CLOTHING

Form fitting clothing or leotard

#### SHOES

ACRO 1 & 2: tan paws  
ACRO 3-5: tan half soles

#### HAIR

Pulled back off face and neck

### PERFORMANCES

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# BALLET

is the foundation of all dance! These classes focus on classical ballet and build strength, flexibility, and technique. Various adagios are used to develop a sense of line, balance, and poise which enables dancers and gymnasts to perform with grace.



## BALLET 1

**BALLET 1** is for dancers **ages 7+** with prior ballet experience or who have completed **PANTHERS/JAGUARS**, or beginners **ages 8+** with no prior ballet experience. Class includes basic barre exercises and center work for developing awareness of body alignment in addition to teaching basic ballet vocabulary and technique.

**CLASS AGES**

**7-12 YEARS** (approx)

**CLASS LENGTH**

**45 MINUTES**



## BALLET 2

**BALLET 2** is for beginner/intermediate dancers **ages 8+** with previous ballet experience or who have completed **BALLET 1**. Dancers learn proper body alignment, movement quality, carriage of upper body, and flexibility through the execution of barre work, center, and across the floor exercises.

**CLASS AGES**

**8-14 YEARS** (approx)

**CLASS LENGTH**

**55 MINUTES**



## BALLET 3

**BALLET 3** is for intermediate dancers **ages 9+** with previous ballet experience or who have completed **BALLET 2** or with teacher approval. Class focuses on classical ballet technique through a professional class progression designed to improve technique, as well as performance quality and confidence.

**CLASS AGES**

**9-15 YEARS** (approx)

**CLASS LENGTH**

**55 MINUTES**



## BALLET 4

**BALLET 4 / PRE-POINTE** is for intermediate/advanced ballerinas **ages 12+** who have completed **BALLET 3** or with teacher approval. This class focuses on gaining the necessary foot, ankle, and lower leg strength and flexibility needed to execute proper pointe technique.

**CLASS AGES**

**10-16 YEARS** (approx)

**CLASS LENGTH**

**55 MINUTES**



## POINTE 5

**POINTE** is for advanced ballerinas **ages 12+** with teacher **AND** doctor approval. This class works on gaining the strength and knowledge needed for pointe shoes, maintaining proper positions throughout the whole body while on pointe, and basic knowledge in how to care for shoes and feet.

**CLASS AGES**

**12-18 YEARS** (approx)

**CLASS LENGTH**

**90 MINUTES**

### ATTIRE REQUIRED

#### CLOTHING

Leotard, tights, ballet skirt

#### SHOES

Pink ballet (pointe) shoes (girls)  
Black ballet shoes (boys)

#### HAIR

Pulled back off face and neck

### PERFORMANCES

Dancers participate in two recitals a year, one in December and one in June. These performances showcase student progress and are an opportunity to celebrate your child's success.

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# HIP HOP

explores old-school hip hop as well as present-day hip hop styles, using current pop music to keep class fun and upbeat. Students are encouraged to bring their own individual style and personality to the movements.



**COUGARS**



**COUGARS** introduces the beginning principles of hip hop to **4½ - 7 year old** dancers. Students explore basic musicality and how to isolate and control different parts of the body while moving safely through space, alone and with others.

**CLASS AGES**

**4½ - 7 YEARS**

**CLASS LENGTH**

**45 MINUTES**



**HIP HOP 1**

**HIP HOP 1** is for beginner dancers **ages 7+** or those who have completed **COUGARS**. Dancers learn basic music listening skills, explore body movement, rhythm, and range of motion while enjoying being a kid!

**CLASS AGES**

**7-12 YEARS (approx)**

**CLASS LENGTH**

**45 MINUTES**



**HIP HOP 2**

**HIP HOP 2** is for beginner/intermediate dancers **ages 8+** or those who have completed **HIP HOP 1**. Dancers are challenged with more complex choreography, including groundwork, popping, and locking, to gain a keener sense of rhythm and counting.

**CLASS AGES**

**8-14 YEARS (approx)**

**CLASS LENGTH**

**55 MINUTES**



**HIP HOP 3**

**HIP HOP 3** is for intermediate dancers **ages 9+** or those who have completed **HIP HOP 2**. This class expands upon students' knowledge of hip hop fundamentals and infuses the latest styles of street dancing, breaking, popping, and locking.

**CLASS AGES**

**9-15 YEARS (approx)**

**CLASS LENGTH**

**55 MINUTES**



**HIP HOP 4**

**HIP HOP 4** is for intermediate/advanced dancers **ages 10+** or those who have completed **HIP HOP 3**. Original choreography is taught to encourage confidence building, independent creativity, and teamwork.

**CLASS AGES**

**10-16 YEARS (approx)**

**CLASS LENGTH**

**55 MINUTES**



**HIP HOP 5**

**HIP HOP 5** is for advanced dancers **ages 11+** or those who have completed **HIP HOP 4**. Students are asked to bring their own individual style and personality to the movements and are challenged to create some of their own choreography.

**CLASS AGES**

**11-18 YEARS (approx)**

**CLASS LENGTH**

**55 MINUTES**

## ATTIRE REQUIRED

## PERFORMANCES

### CLOTHING

Free moving clothing, not overly baggy

### SHOES

Tennis shoes, **NO CROCS!**

### HAIR

Pulled back off face and neck

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# JAZZ

is a fun, upbeat dance style using traditional ballet technique along with upbeat music to perform various movements, turns, and leaps. Fusion style ranges from modern, commercial jazz to traditional, Broadway “Fosse” style.



## JAZZ 1

**JAZZ 1** is for beginner dancers **ages 7+** or those who have completed **PANTHERS or JAGUARS**. Class focuses on the fundamentals of jazz, flexibility, body movement, muscle engagement, body isolation, and basic leaps, walks and turns.

**CLASS AGES**

**7-12 YEARS** (approx)

**CLASS LENGTH**

**45 MINUTES**



## JAZZ 2

**JAZZ 2** is for beginner/intermediate dancers **ages 8+** or those who have completed **JAZZ 1**. This class builds on strength and range of movement, multiple turns, chaine and pique turns, jazz walks, use of levels, jete leaps, battement style kicks, and performance quality.

**CLASS AGES**

**8-14 YEARS** (approx)

**CLASS LENGTH**

**55 MINUTES**



## JAZZ 3

**JAZZ 3** is for intermediate dancers **ages 9+** or those who have completed **JAZZ 2**. This class is high energy with focus on leaps, turns, jumps, and musicality and is designed to combine technical skills.

**CLASS AGES**

**9-15 YEARS** (approx)

**CLASS LENGTH**

**55 MINUTES**



## JAZZ 4

**JAZZ 4** is for intermediate/advanced dancers **ages 10+** or those who have completed **JAZZ 3**. This class is for dancers who like precision, rhythm, physical challenges, and personal style and expression.

**CLASS AGES**

**10-16 YEARS** (approx)

**CLASS LENGTH**

**55 MINUTES**



## JAZZ 5

**JAZZ 5** is for advanced dancers **ages 11+** or those who have completed **JAZZ 4**. This class combines advanced technical skills such as triple and quad turns, leaps, jumps and kicks with music and jazz choreography.

**CLASS AGES**

**11-18 YEARS** (approx)

**CLASS LENGTH**

**55 MINUTES**

### ATTIRE REQUIRED

### PERFORMANCES

#### CLOTHING

Form fitting clothing or leotard

#### SHOES

Tan split-sole jazz shoes

#### HAIR

Pulled back off face and neck

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# LYRICAL

is an evolving form of dance combining ballet with a variety of jazz and modern dance styles. Lyrical performances are characterized by the expression of strong emotions based on the choreographer's interpretation of the song lyrics.



**LYRICAL 1**

**LYRICAL 1** is appropriate for beginner dancers **ages 8+** with at least 1 year of ballet training. Class concentrates on an individual approach and expressiveness of emotions.  
*\*Dancers are encouraged to enroll in a ballet and/or jazz class in conjunction with lyrical.*

**CLASS AGES** 8-13 YEARS (approx) **CLASS LENGTH** 45 MINUTES



**LYRICAL 2**

**LYRICAL 2** is for beginner/intermediate dancers **ages 9+** with at least 2 years of ballet training. Grace and fluidity of movement are prioritized, as well as proper body alignment, center of balance, and beginning turns, jumps, and floor work.  
*\*Dancers are encouraged to enroll in a ballet and/or jazz class in conjunction with lyrical.*

**CLASS AGES** 9-15 YEARS (approx) **CLASS LENGTH** 55 MINUTES



**LYRICAL 3**

**LYRICAL 3** is for intermediate dancers **ages 10+** with at least 3 years of ballet training. In this level, dancers work to connect their steps together in fluid combinations with increased control and balance of turns, jumps, and extensions.  
*\*Dancers are encouraged to enroll in a ballet and/or jazz class in conjunction with lyrical.*

**CLASS AGES** 10-16 YEARS (approx) **CLASS LENGTH** 55 MINUTES



**LYRICAL 4**

**LYRICAL 4** is for intermediate/advanced dancers **ages 11+** with at least 4 years of ballet training. At this level, emphasis is placed on storytelling through precise and fluid movement utilizing the accents in music and lyrics.  
*\*Dancers are encouraged to enroll in a ballet and/or jazz class in conjunction with lyrical.*

**CLASS AGES** 11-17 YEARS (approx) **CLASS LENGTH** 55 MINUTES



**LYRICAL 5**

**LYRICAL 5** is for advanced dancers **ages 12+** with at least 5 years of ballet training. Students are asked explore the emotional aspects of the music and choreography to achieve a desired performance quality.  
*\*Dancers are encouraged to enroll in a ballet and/or jazz class in conjunction with lyrical.*

**CLASS AGES** 12-18 YEARS (approx) **CLASS LENGTH** 55 MINUTES

## ATTIRE REQUIRED

## PERFORMANCES

**CLOTHING** Form fitting clothing or leotard

**SHOES** Tan split-sole jazz shoes

**HAIR** Pulled back off face and neck

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# MUSICAL THEATER

is a jazz-based style filled with Broadway-style dancing and music. This class emphasizes performance skills such as connecting with the audience and facial expressions. Outgoing or shy, those with or without acting experience are welcome!



## MUSICAL THEATER 1

**MUSICAL THEATER 1** is for beginner dancers **ages 7+**. Students learn basic acting skills in a creative, supportive, and FUN environment as they begin to build self-confidence and discover talent.

*\*Dancers are STRONGLY encouraged to enroll in a jazz class in conjunction with musical theater.*

**CLASS AGES**

**7-12 YEARS** (approx)

**CLASS LENGTH**

**45 MINUTES**



## MUSICAL THEATER 2

**MUSICAL THEATER 2** is for beginner/intermediate dancers **ages 8+**. Each class uses acting exercises, improvisation, creative dramatics, and beginning scene work to introduce students to acting and character development.

*\*Dancers are STRONGLY encouraged to enroll in a jazz class in conjunction with musical theater.*

**CLASS AGES**

**8-14 YEARS** (approx)

**CLASS LENGTH**

**55 MINUTES**



## MUSICAL THEATER 3

**MUSICAL THEATER 3** is for intermediate dancers **ages 9+**. This class teaches development of character, presentation, and dance skills. Students learn the techniques necessary to play a character believably and honestly.

*\*Dancers are STRONGLY encouraged to enroll in a jazz class in conjunction with musical theater.*

**CLASS AGES**

**9-15 YEARS** (approx)

**CLASS LENGTH**

**55 MINUTES**



## MUSICAL THEATER 4

**MUSICAL THEATER 4** is for intermediate/advanced dancers **ages 10+**. Class focuses on characterization, improvisation, creative dramatics, and scene work to strengthen acting skills and explore the technical aspect of scene work.

*\*Dancers are STRONGLY encouraged to enroll in a jazz class in conjunction with musical theater.*

**CLASS AGES**

**10-16 YEARS** (approx)

**CLASS LENGTH**

**55 MINUTES**



## MUSICAL THEATER 5

**MUSICAL THEATER 5** is for advanced dancers **ages 11+**. This class helps students prepare for professional experiences and promotes a lifelong appreciation for theater. Public performances may serve as a culmination of specific instructional goals.

*\*Dancers are STRONGLY encouraged to enroll in a jazz class in conjunction with musical theater.*

**CLASS AGES**

**11-18 YEARS** (approx)

**CLASS LENGTH**

**55 MINUTES**

### ATTIRE REQUIRED

### PERFORMANCES

#### CLOTHING

Form fitting clothing or leotard

#### SHOES

Tan split-sole jazz shoes

#### HAIR

Pulled back off face and neck

Dancers participate in two recitals a year, one in December and one in June. These performances showcase student progress and are an opportunity to celebrate your child's success.

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# TAP

is a dance style characterized by tapping sounds made with attached metal taps on the toes and heels of tap shoes. Tap dance is known for its syncopated beats, rhythms and harmonies.



TAP

1

**TAP 1** is for beginner dancers **ages 7+** or those who have completed **PANTHERS or JAGUARS**. Dancers learn basic tap terminology and fundamentals such as balance and general alignment.

**CLASS AGES**

**7-12 YEARS** (approx)

**CLASS LENGTH**

**45 MINUTES**



TAP

2

**TAP 2** is for beginner/intermediate dancers **ages 8+** or those who have completed **TAP 1**. Musicality is stressed while teaching the student to count their sounds between the beats to create more complex rhythms.

**CLASS AGES**

**8-14 YEARS** (approx)

**CLASS LENGTH**

**55 MINUTES**



TAP

3

**TAP 3** is for intermediate dancers **ages 9+** or those who have completed **TAP 2**. More intricate variations are added at this level and the complexity of the steps increases.

**CLASS AGES**

**9-15 YEARS** (approx)

**CLASS LENGTH**

**55 MINUTES**



TAP

4

**TAP 4** is for intermediate/advanced dancers **ages 10+** or those who have completed **TAP 3**. Dancers strive for clean sounds while executing difficult combinations. Dancers are taught to perform, not to just execute their steps.

**CLASS AGES**

**10-16 YEARS** (approx)

**CLASS LENGTH**

**55 MINUTES**



TAP

5

**TAP 5** is for advanced dancers **ages 11+** or those who have completed **TAP 4**. Higher speed steps, more complex rhythms, and tricks are taught to challenge students at this level.

**CLASS AGES**

**11-18 YEARS** (approx)

**CLASS LENGTH**

**55 MINUTES**

## ATTIRE REQUIRED

## PERFORMANCES

### CLOTHING

Form fitting clothing or leotard

### SHOES

Black tap shoes, NO split sole, lace-up preferred

### HAIR

Pulled back off face and neck

Dancers participate in two recitals a year, one in December and one in June. These performances showcase student progress and are an opportunity to celebrate your child's success.

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