



**Levels IV-VII MUST be enrolled in 2 ballet classes in order to participate in The Nutcracker.  
The Nutcracker - December 17 & 18, 2022. School Show December 19. CNHS Erne Auditorium  
Labor Day, Monday, September 5, 2022. No Classes.  
Fall Break, October 10-14, 2022. No classes.  
Thanksgiving Break, November 23-27, 2022. No classes Wednesday & Thursday, 11/23-24.**

All classes marked with an \* are Nutcracker rehearsal classes. Levels IV-VII MUST be enrolled in two ballet classes in order to participate in The Nutcracker.

**Dance With Me:** Little ones and an accompanying adult (parent, grandparent, other caregiver) get to explore the joy of movement and music together through games. For children around 3 years of age.

**Creative Movement:** Children will be introduced to dance through activities that focus on motor skills, musicality, and self expression. Basic ballet concepts will be introduced. For children at least 4 years of age.

**Primary:** This level expands upon Creative Movement with more ballet introduced. For children at least 5 years of age.

**Ballet Levels I-VII:** A student's level is determined by many factors including age, strength, technique, maturity, and work ethic. Placement classes are available for new students to determine which level best suits their needs.

**Pointe Conditioning:** This class will focus on building strength and alignment needed for pointe work. Required for students before being approved for pointe shoes. Students currently en pointe may also enroll. Note that enrollment in this class does not guarantee being approved for pointe shoes, it is meant to help students prepare for pointe work. Many factors are considered for pointe readiness.

**Variations:** Students will explore artistry and musicality through learning famous variations from classical ballets. For students in levels VI and VII.

**Modern:** Students will be introduced to modern dance styles such as Horton, Limon, and Graham. Improvisational games are also used for self expression and exploration. **Beginning:** levels II and III **Intermediate:** levels IV and V **Advanced:** Levels VI and VII

**Hip Hop:** Students learn the basics of street and pop dance styles. Individual style is encouraged while working on rhythm and coordination. **Beginning:** levels III-V **Advanced:** levels V-VII

**Jazz:** This class will focus on the strength and musicality used in rhythmically complex jazz techniques. For students levels V-VII

**Turns and Leaps:** Students will work on technique to improve the power of their jumps and add multiple rotations in turns. For levels V-VII

**Conditioning:** Dancers are artists and athletes. Exercises in this class are catered to dancers to help them improve their technique and maintain healthy bodies. For students levels V-VII

**Adult Ballet/Modern:** Short session classes for adults. All experience levels are welcome!