

Class Descriptions

Acro

Ages 5-8: 30 minutes

Ages 9 & Up: 60 Minutes

This class is based on the combination of gymnastic skills, contortion, and dance. Warm up consists of core work, strength, and toning exercises. Beginners learn basic gymnastics skills that are further developed as the advance. Once students master a skill they will then move on to more difficult level of tumbling. Flexibility skill will be taught and routinely gone over until each individual has mastered each skill.

Ballet

Ages 3-8: 30 minutes

Ages 9 & Up: 60 Minutes

This class focuses on the terminology, discipline, and foundation of classical ballet technique. This class will consist of structured barre exercises to learn correct alignment, posture, and balance as well as gain the proper terminology used in class. Center work includes petite allegro, adagio, grande allegro, and reverence. All dancers will learn to turn, jump, and leap progression through each level.

Ballet - Intensive

Ages 10 & Up: 90 Minutes

This class examines all of the curriculum of our regular ballet class, but in a lengthened intensive format. Students desiring more intensive ballet training that can be optionally paired with a 60 minute ballet class should take this class.

Clogging

Ages 8 & Up: 30 Minutes

Using the rhythm of music, a clogger dances on the heel of the tap shoe more than a traditional tap dancer. Students will learn basic clog and partner steps.

Combo

Ages 3-4: 45 Minutes

The perfect class to introduce children to dance! This class combines the basic skills of ballet and tap into one fun filled and creative class for the beginner level dancer. Introduce your child to two genres of dance while keeping the costs low!

Conditioning

Ages 8 & Up: 30 Minutes (Non-Recital Class)

This class is strongly encouraged for gaining flexibility, strength and endurance. Warm-up consists of core work strength and toning exercises as well as cardiovascular stamina. This is a non-recital class and is solely for improving a dancer's overall control and muscle tone.

Contortion & Flexibility

Ages 8 & Up: 30 Minutes (Non-Recital Class)

This class is for students interested in contortion or improving their active flexibility. The class focuses on building strength and range of motion in the hips, back and shoulders to enable students to improve their lines in all dance disciplines. Students will learn useful strength drills and stretches.

Feet & Legs

Ages 8 & Up: 30 Minutes (Non-Recital Class)

Although dance training on its own strengthens the body, it doesn't necessarily target every muscle needed to maintain ideal placement and minimize the risk of injury. This class will focus on the exercises you need to improve your technique, pointe, muscle tone and protect yourself from injuries. This class will give your entire body a workout while concentrating on making your feet and legs stronger and more flexible.

Hip Hop

Ages 5 -9: 30 Minutes

Ages - 10 & Up: 60 Minutes

This class is a fun and high energy form of dance that requires little formal dance training. Students will learn a variety of hip hop styles through choreography and combinations. Hip Hop helps to develop coordination and rhythm for any dancer.

All Male Hip Hop

Ages 8 & Up: 30 Minutes (Evening Recital)

This class is a fun and high energy form of dance that requires little formal dance training. Students will learn a variety of hip hop styles through choreography and combinations. Hip Hop helps to develop coordination and rhythm for any dancer.

Jazz

Ages 5-8: 30 minutes

Ages 9 & Up: 60 Minutes

This class incorporates various turns, jumps, and leaps that give the dancer a variety of skills that can be utilized in many jazz styles. Warm-up preparation focuses on stretching, flexibility, conditioning, and toning of the body. Progressions across the floor and combinations are the foundation of jazz technique.

Leaps & Turns

Ages 5 & Up: 30 minutes (Non-Recital Class)

This class incorporates various turns, jumps and leaps that give the dancer a variety of skills that can be utilized in many jazz styles. Warm-up preparation focuses on stretching, flexibility, conditioning and toning the body. Progressions across the floor and combinations are the foundation of jazz technique.

Lyrical

Ages 8 & Up: 60 Minutes

This class combines the skills learned in ballet & jazz classes. Lyrical is an extremely expressive form of dance that allows students to further their musicality while dancing. This class begins with a warm-up based upon ballet & jazz principle. It continues with across the floor combinations that challenge the dancers to move beyond their boundaries. Center exercises are used to help each dancer advance through each level.

Aside from a few age constraints, our classes have no prerequisites. Students are free to take any combination of classes they choose.

"Mini Me" Creative Movement

Ages 18mo - 2.5 yr: 45 Minutes

(Non-Recital Class)

This non-recital class introduces children to dance through music and creative movement with the assistance of an adult. Class utilizes fun games for the children to assist in exploring body movement and rhythm. Class meets in six-week sessions.

Modern

Ages 10 & Up: 60 Minutes

This class utilizes each student's strengths and improves on their weaknesses. Modern is a more physical & expressive form of dance. As part of this class, students will learn anatomy and physiology of the body. Some aspects of this class include but are not limited to inversions, floor work, partnering, and dancing to the extremes.

Musical Theatre

Ages 5 & Up: 30 Minutes

This class is designed for the dancer that desires to perform. Joining acting skills and dance together allows for a high energy, fun filled class that will help any triple threat dancer further their career. Performance skills and stage presence are key aspects that are incorporated into the class.

Pointe

Ages 9 & Up: 60 Minutes

Students interested in furthering their ballet training and who have developed enough strength and control are encouraged to begin Pointe technique. This class focuses on balance, strengthening of the legs and ankles, and the artistry of pointe work. Beginners will learn a series of barre exercises to gain balance and control. Only after the dancer has become extremely controlled at the barre, will they begin center work. Advanced level students will further their training to include advanced adagio's and choreography work.

Tap

Ages 3 - 9: 30 Minutes

Ages 10 & Up: 60 minutes

This class teaches rhythm and coordination through sound. Basic sounds will be developed in the beginner level classes and will be further developed for the advanced dancer. Every class will learn progressions across the floor as well as center exercises to help train the ear and body to learn the difference in the tap sounds.

Yoga for Dancers

Ages 10 & Up: 30 Minutes (Non-Recital Class)

Yoga is a series of coordinated movements which involve control, fluid movement, breathing and concentration. Every exercise requires core engagement, which is activated by proper breathing. Yoga enhances postural alignment, coordination, strength and flexibility. Results include overall body toning in shoulders, arms, back, core, thighs and legs. Additional benefits include stress relief, injury prevention, reduction of pain and increased flexibility.

BDA Dress Code

All dance gear is available for purchase or special order from the studio office.
Blair Dance Academy families are not required to purchase their dance gear from BDA.

***No socks permitted unless with Hip Hop or Tap Shoes.**

Acro

Females Ages 5-8: black leotard, tan stirrup tights, no shoes
Females Ages 9 & Up: black leotard, tan stirrup tights, tan jazz boots
Males: solid color t-shirt, black pants/shorts, no shoes or jazz boots

Ballet

Females Ages 3-8: pink leotard, pink tights, ballet skirt, pink leather ballet shoes
Females Ages 8 & Up: black leotard, pink tights, ballet skirt, pink canvas ballet shoes
Males: solid color t-shirt, black pants, ankle/no show socks, black leather ballet shoes

Ballet - Intensive

Females: black leotard, pink tights, ballet skirt, pink canvas ballet shoes
Males: solid color t-shirt, black pants, ankle/no show socks, black leather ballet shoes

Clogging

Females: pink or black leotard, pink or tan tights
Males: white T-shirt, black pants
Black Clogging shoes required for all classes

Combo

Females: pink leotard, pink tights, ballet skirt, pink leather ballet shoes, tan leather buckle tap shoes
Males: solid color t-shirt, black pants, ankle/no show socks, black leather ballet shoes, black oxford tap shoes

Conditioning

Females: black leotard, tan stirrup tights, dance short, no shoes
Males: solid color t-shirt, black pants/shorts, no shoes

Contortion & Flexibility

Females: black leotard, tan stirrup tights, dance short, no shoes
Males: solid color t-shirt, black pants/shorts, no shoes

Feet & Legs

Females: black leotard, tan stirrup tights, dance short, no shoes
Males: solid color t-shirt, black pants/shorts, no shoes

Hip Hop

Females: black leotard, tan footed tights, dance shorts, black sneakers
Males: solid color t-shirt, black pants, black socks, black sneakers

Jazz

Females: black leotard, tan footed tights, dance shorts, tan slip-on jazz boot
Males: solid color t-shirt, black pants, ankle/no show socks, black lace up jazz shoe or black jazz boot

Leaps & Turns

Females: black leotard, tan stirrup tights, half-sole shoes
Males: solid color t-shirt, black pants/shorts, half-sole shoes

Lyrical

Females: black leotard, tan stirrup tights, nude pirouettes
Males: solid color t-shirt, black pants/shorts, nude half-sole shoe or barefoot

"Mini Me" Creative Movement

Females: pink leotard, pink tights, pink leather ballet shoes with elastic straps
Males: solid color t-shirt, black pants, black ankle/no show socks, black leather ballet shoes
Adults: Dress comfortably in bare feet or socks

Modern

Females: black leotard, tan stirrup tights, nude pirouettes
Males: solid color t-shirt, black pants/shorts, nude half-sole shoe or barefoot

Musical Theatre

Females Ages 5-12: black leotard, tan footed tights, dance shorts, tan pedini
Females Ages 12 & Up: black leotard, tan footed tights, dance shorts, tan t-strap character heel
Males: solid color t-shirt, black pants, ankle/no show socks, black lace up jazz shoe or black jazz boot

Pointe

Females: black leotard, pink seamed tights, pointe shoes (selected with instructor for fitting)

Tap

Females 5-8: pink leotard, pink or tan tights, ballet skirt or dance shorts, tan leather buckle strap shoes
Females 8 & Up: black leotard, tan tights, dance shorts, black Bloch lace-up tap shoes. Black dance pants may also be worn in the intermediate/advanced tap levels.
Males: solid color t-shirt, black pant, ankle/no show socks, black Bloch lace-up tap shoes

Yoga for Dancers

Females: black leotard, tan stirrup tights



Rebecca Reese – 2012 Young Alumni Award Winner

