



Class Descriptions

Grown Up and Me Age 18-24 Months

This class will teach the fundamentals of dance and music while familiarizing students with the format of a standard dance class, all with the assistance of a grown-up. Get ready for a delightful and adorable experience with your little one! Dancers must be at least 18 months old by October 1st 2025. Class will run September-December.

Creative Movements: Age 2

This class combines elements of dance with music, sound, imagery, and props to teach basic motor skills, movement patterns, rhythm, balance and dynamics, all while being educational! Students must be at least 2 years old by October 1st 2025. Class will run September-December.

Pre-Ballet Ages 3-4

Class will include the basics of ballet. Students will use props to learn musical rhythm skills and movements. Age-appropriate crafts and snacks will be provided. Please note any food allergies on your registration form. Open to students turning at least 3 by October 1st 2025.

Ballet

Ballet classes are offered for girls and boys beginning with those entering kindergarten in the fall. Students are placed based upon age and ability. Serious dance students may opt to take more than one ballet class per week. **Ballet is required for all students until age 12. Unless only enrolled in Acro or Jazz Funk.**

Tap

Tap can be considered not only an entertaining and joyful style of dance but also a percussive instrument. Develops an understanding of rhythm, music theory, and the mechanics that the body requires to "play" their instrument. Encourages confidence in a welcoming and judge-free environment. Focusing on muscle strengthening, memory quickness, coordination, control, improvisation, rhythmic timing, and performance skills.

Jazz

An upbeat and energetic class, using current age-appropriate music. Designed to develop strength, body placement, coordination, musicality, and performance style. Focusing on proper terminology and technique.

Jazz Funk/Hip Hop

An expressive and innovative form of dance that combines hip hop soul and groove with jazz technique. Students will learn fast paced combinations of movement while finding their own personal style.

Pre-Pointe

Pre-pointe classes are offered to ballet students who are not yet on pointe, but are working towards being on pointe. This class helps the dancer to further develop and strengthen the muscles necessary to go en pointe. The class will stress correct alignment and correct classical ballet technique. Class is open to students in grades 5th and above.

Pointe

A one-hour class offered to students at least 12 years old with a minimum of 3 years of Ballet experience. Admission as a new student in the Pointe class is by audition only. Please contact us at info@brittanycodydancecompany.com to schedule a pointe evaluation.

Lyrical/Contemporary

Students are introduced to basic contemporary techniques and terminology of modern dance. Focus will be on beginning placement, control, contraction and release. Additional instruction will be given in how to use the body's center, breathing, balance, strength, musicality and individual artistry through flowing choreography and phrasing.

Acro/Tumbling:

Students will begin with basic stunts such as forward rolls, cartwheels, and beginner balances. More advanced students will continue to add to their repertoire with more advanced tumbling, balances, and partner lifts/stunts. Tiny Tot Tumble will NOT perform in the recital.

Mighty Movers:

Adaptive dance, also known as inclusive or integrated dance, is a dance form designed to be accessible and enjoyable for individuals of all abilities. It adapts movement, music, and choreography to accommodate various physical, cognitive, and sensory needs, fostering an inclusive environment for creative expression and physical activity.

New Students Interested in the Mighty Movers Program: Please email Michelle Cahill at chelle.lee85@gmail.com to schedule your assessment or fill out