

Class Descriptions

Open Level Ballet (Zoom Only)

We will work on weight transitions, alignment, musicality, and quality of movement. Barre work sets dancers to feel centered and ready to connect larger movements with efficiency and grace.

Beginner/Intermediate Ballet (In-Person Only)

An introductory ballet class open to all levels. This class will work on weight transitions, alignment, musicality and quality of movement. Barre work will set dancers up to feel centered and ready to connect larger movements with efficiency and grace.

Advanced Ballet (In-Person Only)

This class will work on weight transitions, alignment, musicality, and quality of movement. Barre work will set dancers to feel centered and ready to connect larger movements with efficiency and grace. An intermediate/advanced ballet class for students with a considerable amount of experience in ballet technique. Classes will be targeting pre-professional/professional dancers.

Intermediate/Advanced Modern – Graham (Zoom Option & In-Person Option)

Martha Graham technique explores principles of contraction, release, spiral, and shift of weight. The classes will begin on the floor with a series of exercises developing into standing sequences and culminating with dynamic movement phrases. We will build strength and flexibility over the course. Instructors are dancers from the Martha Graham Dance Company.

Open Level Latin Social Dance (In-Person & Zoom)

This class will introduce dancers to the basics of Latin Social Dance, drawing on styles such as bachata and salsa. These dances are often done in a social setting while switching partners.

Beginner/Intermediate Modern – Horton (In-Person & Zoom)

The Horton Technique, developed by Lester Horton, is a Modern Dance technique that incorporates folk dance, gestures, and isolations designed to fortify, stretch, and strengthen the body. Created with a knowledge of human anatomy, the technique emphasizes a whole body, an anatomical approach designed to correct physical faults while enhancing the dancer's widest range of motion. Combined with varying contemporary styles that engage full movements done to musical phrasing at varying lengths and dynamics, Horton training prepares dancers for any type of movement style.

Open Level Odissi (In-Person & Zoom)

Odissi is an ancient Indian classical dance that originated in the Hindu temples of Odisha – an eastern coastal state of India. Odissi, in its history, was performed predominantly by women and expressed religious stories and spiritual ideas, particularly of Vaishnavism. Odissi performances have also expressed ideas of other traditions such as those related to Hindu gods Shiva and Surya, as well as Hindu goddesses.