

# Our Programs: Club Energize

## Grades

1st - 12th Grade

## What is Club Energize?

School-age students have the opportunity to choose one or more dance disciplines at Energize Dance Studio. Our classes have a focus on movement, fun, and self-esteem while teaching adolescent children and teenagers the important foundations of outstanding dance technique.

### Ballet, Pre-Pointe, Pointe

Ballet training is the foundation of dance. It teaches proper placement, alignment, balance, technique, and control.

\*Dancers in level 3-4 may be eligible to begin pre-pointe or pointe. Dancers who are ready to begin either pre-pointe or pointe will be notified by their teacher.

### Jazz

Jazz is a stylized, fast-paced form of dance that employs many of the same concepts of ballet with some different technical aspects. It is recommended that dancers take both ballet and jazz as co-requisites.

### Tap

Tap is all about rhythm. This dance form is an exciting form that creates sounds, rhythm, and syncopation with your feet.

### Hip Hop

Hip Hop movements are fast, bouncy, and funky! Lots of attitude is needed for this class!

### Lyrical

Lyrical blends ballet and jazz for a more fluid dance form. Ballet is a required co-requisite for lyrical.

### Leaps and Turns

Leaps and Turns is a technique class focusing on both leaps and turns. Dancers will learn proper technique in order to execute leaps and turns safely.

\*Ballet and Jazz are required co-requisites to Leaps & Turns



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## Class Lengths & Tuition

Club Energize classes last for the entire dance season (August - June) and perform in the Year-End Recital in June. Tuition is calculated for the entire 10 month season and is broken into monthly payments for your convenience. Register for 3 classes and get 10% off your third class, Register for 4 or more classes and get 15% off each additional class added.

45 min class: \$58/mo

1 hr class: \$70/mo

1.5 hr class: \$116/mo

## Dress Code

### Ballet

Black Leotard

Pink Tights

Pink Ballet Shoes



### Tap

Leotard, Tights, Leggings,

Booty Shorts, Sports Bra,

Tank top or Fitted Shirt (any color)

Black Lace-up Tap Shoes



### Jazz, Lyrical, & Leaps and Turns

Leotard, Tights, Leggings, Booty

Shorts, Sports Bra, Tank top or

Fitted Shirt (any color).

Skin Tone Jazz Shoes



### Hip Hop

Fitted Shirt (any color)

Leggings (any color)

Sneakers

