



DANCE

Toddlers & Tutus (20 mo-3 yrs)

A mommy-and-me style class that introduces children to creative movement and basic gymnastics equipment. This 45-minute class is split up into a creative movement section in the dance studio and a series of rotations in the gym. This class offers an opportunity for parents or caregivers to bond with their child and help them build strength, confidence, body awareness, and basic listening/following directions skills. **Toddlers & Tutus does not participate in the summer recital.**

Dance/Gym Combo (Combo I: Ages 3-4) (Combo II: Ages 4-5) (Combo III: Ages 5-6)

A 55-minute class that introduces ballet, tap, and gymnastics. This class is designed to introduce basic ballet and tap movements and terminology using creative instruction and music during the first 25 minutes of class. The class spends the remaining 30 minutes in the gym for gymnastic instruction. This is a great first class and will help all students build strength, confidence, and body awareness. **Level II/III is instructor recommendation.**

Hip Pop Combo (Ages 5-7)

A dynamic, upbeat class that teaches hip hop and jazz fundamentals and gymnastics basics. Dancers learn rhythm and coordination through age-appropriate choreography.

Ballet I, II, III

The foundation of all dance, IA's ballet classes focus on posture, placement, and traditional ballet technique. Dancers will learn both terminology and application of technical elements at the barre and in center combinations as well as the self-discipline it takes to succeed in dance. Ballet classes participate in recital. **Level I is a beginner class. Level II/III is instructor recommendation.**

Jazz I, II, III

Jazz classes build upon ballet technique and layer in more modern movement and choreography to create a style of dance that lets each dancer express his or her individuality. Students will be exposed to many different styles of jazz, including classic, Broadway, street, and contemporary to help create a well-rounded dancer. Jazz classes participate in recital. **Level I is a beginner class. Level II/III is instructor recommendation.**

Tap I, II, III

Interactive Academy is excited to be offering the Al Gilbert tap curriculum to all levels of tappers. Tap classes are designed to help students develop rhythm and sound. Emphasis is placed on developing proper tap technique and creating clear sounds using a combination of barre work, center work, and choreography. Students will be introduced to many different styles of tap, including Broadway and rhythm tap. Tap classes participate in recital. **Level I is a beginner class. Level II/III is instructor recommendation.**

Hip Hop I, II, III

IA's hip hop classes focus on age-appropriate hip hop dances and music. This is a high-energy class that contains technical work and choreography. **Level I is a beginner class. Level II/III is instructor recommendation.**

Lyrical

IA's lyrical class builds on ballet and modern technique and terminology and emphasizes musicality, rhythm, and emotional expression as tools to enhance performance. This class builds body awareness, confidence, and discipline. **Students must be currently enrolled in Ballet II or III to register for lyrical.**

Conditioning for Dancers (Ages 8 & up)

Build strength, stamina, flexibility, and technique with a focus on the skills needed to become a strong, consistent dancer. In addition to cardiovascular exercise, stretching, and dance technique in this class includes workouts in this class includes workouts inspired by yoga and Pilates. Additional focus is placed on kicks, leaps, and turns. **Conditioning for dancers does not participate in recital.**

Twirl

(Ages 6 & up)

Dance twirl combines basic dance and baton twirling and is taught by national twirling champion, Miss Rachael. This class contains 25 minutes of dance followed by 20 minutes of twirl technique and combinations. Dance Twirl participates in recital. **Dancers must be placed in Jazz I or higher to register for Twirl.**

Petite Team (Ages 5-6)

This class is for dancers in Combo III who are interested in joining IA's competitive dance team. This extra half-hour rehearsal time allows dancers to further develop their dance technique and learn fun routines that will be performed at community events throughout the year, including IA's summer recital and one competition in the spring. *Petite Team requires a higher level of commitment than recreational classes, including community performances and extra rehearsals as needed.*

Please contact Lorenda Carr at Lorenda.Carr@interactivegym.org with questions about the Team Program.

Tumbling for Dancers (Ages 10 & up)

Taught by tumbling director Brian Kidder. This class exposes dancers to acrobatic skills that cross over into the realm of dance. Athletes will build strength and flexibility and will master basic tumbling skills. *Tumbling for Dancers does not participate in recital.*

Check Online
for
Class Times!

Dance Team

(Mini: Ages 6-8)

(Junior: Ages 9-12)

(Teen: Ages 13 & up)

Interactive Academy Dance Team (IADT) is an audition-only, year-round competitive dance program geared toward dancers who love all styles of dance and are looking to be challenged beyond recreational classes. The competition teams attend up to 3 dance competitions in the spring as well as conventions and master classes throughout the rest of the year. In addition to competitions, IADT can be seen performing at many community events and the annual recital. Auditions are held in the spring and a new season begins in August. *IADT requires a higher level of commitment than recreational classes, including weekend competitions, community performances, and extra rehearsals as needed.*