



CLASS DESCRIPTIONS

2026-2027 Recreational Classes



DANCE PLAY

A fun and energetic introduction to dance for our youngest students! Dancers explore movement, rhythm, coordination, and creativity through music, games, and age-appropriate activities.

TINY TUMBLE

A beginner tumbling class designed for little ones! Dancers work on body awareness, balance, flexibility, coordination, and introductory skills such as rolls, bridges, and beginner handstands.

DANCE PLAY & TUMBLE

The perfect combination for young dancers! This class blends creative movement and beginner dance concepts with fun, age-appropriate tumbling activities.

BALLET/TAP

Dancers receive an introduction to both ballet and tap. Ballet develops grace, balance, posture, and technique, while tap builds rhythm, musicality, coordination, and confidence.



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HIP HOP

A fun, energetic class featuring age-appropriate hip-hop movement and music. Dancers develop rhythm, coordination, confidence, style, and performance quality.

LYRICAL

A beautiful style combining ballet and jazz technique with expressive movement. Dancers learn to connect their movement to the music while developing flexibility, control, and emotion.

CONTEMPORARY

A creative style that combines elements of jazz, ballet, and modern dance. Dancers explore musicality, expression, movement quality, floorwork, and unique choreography.

POM

A high-energy class combining dance technique with sharp, clean pom motions. Dancers work on coordination, rhythm, strength, performance quality, and teamwork.



CAROLINA DANCE PRODUCTIONS

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ACRO

A combination of dance and acrobatic skills! Dancers build strength, flexibility, balance, and control while safely progressing through skills such as rolls, handstands, bridges, cartwheels, and more.

LEAPS & TURNS

A technique class focused on improving turns, leaps, jumps, balance, flexibility, strength, and control. This class helps dancers develop the skills needed to grow across multiple dance styles.

MUSICAL THEATRE

A fun, expressive class combining dance, acting, character work, and storytelling. Dancers build confidence, stage presence, facial expressions, and performance skills through Broadway-inspired choreography.

ADULT FITNESS

A welcoming, upbeat workout class for adults of all experience levels! Participants improve strength, flexibility, endurance, coordination, and overall fitness while moving to fun music. No previous dance experience is required.