

Class Descriptions

Cuties - Students aged three(3)- four (4) will enjoy a 30-minute class of Jazz and Ballet combination. Students will have one (1) dance in our year-end recital. For many students, this will be their first experience doing an activity on their own. This class will be without parents. Although this can be a difficult transition for some, our teachers will try to make it as smooth as possible. Students will build gross motor skills, confidence and social skills within the class. In this class setting, students will learn creativity through movement and using their imaginations while learning basic dance steps. Students will learn musicality by using instruments to sing songs and learning to count. Students will gain balance and co-ordination through running, galloping and skipping and above all else, they will be having FUN!

Tiny Tots - Join us in our Tiny Tots mini session for ages 18 months - 3 years old. In our 8 week program, tots will explore the world of dance through imagination, singing, and musical instruments.

Petite Tap, Petite Ballet and Petite Jazzy- Hop - These classes are for our 5,6 and 7 year olds and are a 45 minute long class each. Students will start to learn the basics of each style. Please see the style descriptions below.

Ballet - An excellent foundation for all forms of body movement and training. Proper training enhances co-ordination and improves balance and flexibility. All ballet classes are based off Royal Academy of Dance and ADAPT Syllabus. At Teknique School of Dance, we teach ADAPT ballet exams. Pointe - Pointe work is a lengthy process and starts at the barre for proper development and takes several months or even years before the student is strong enough to move to center. Pointe work is decided by the ballet teacher only, once the students have reached the proper age and have shown the proper technique and control on demi-pointe. This is important to avoid injury. Pointe is a Technique class and students will only participate in a recital dance when asked by the instructor at an extra cost for the extra class and costume.

Jazz - Jazz is a performance and technique style of dance. It combines fast-paced music with the techniques taken from ballet. There are many styles of jazz dance such as Broadway or Theater Jazz, Jazz Funk, Contemporary Jazz and many others. Jazz combines the technical aspects of ballet with isolation movements and sassy/fun flair. At Teknique School of Dance, we teach ADAPT Jazz exams.

Tap - Tap is a rhythmic style of dance with the bonus of making lots of noise. Tap combines Jazz and Ballet techniques with rhythmic movement of the feet. It allows students to explore, and become more aware of rhythm, timing and syncopation. It's like playing an instrument with your feet!

Musical Theatre - Musical Theatre is a combination of song, dance and drama. In this class, students will explore how to show emotions of a theatre or Broadway song while lip syncing the words and dancing. This fun style of dance includes using drama games to help students explore these emotions through their actions and facial expressions.

Lyrical - Lyrical is a form of dance that uses ballet techniques, but to music with lyrics. The songs help the student to express the feeling of the song to tell a story through dance. Lyrical is a very emotional and passionate style of dance. Lyrical is great for those with a strong Ballet and Jazz background. Teknique School of Dance offers lyrical for students ages nine (9) and up.

Acro - a mix of Acrobatics and Jazz, students will learn the basics steps of Jazz, Ballet and Lyrical to combine with their Acro skills. Students will learn to create fluid and smooth transitions between their dance technique and Acro tricks. Students will build the strength and flexibility needed for their Acro tricks through learning trick families. Please note that our Acro program is not gymnastics, we combine tricks with dance moves to create an elegant and creative dance with proper technique.

Hip Hop - Hip Hop is a fun and energetic style of dance performed to Hip Hop music or fun and energetic music. It is a fun style that allows you to move in other ways outside of regular technique. This form of dance will include learning styles such as Popping, Locking, and Breaking.

Pre-Competitive and Competitive Performance Team - Competitive performance team members are chosen by Staff members and participate in three competitions per year. Student training is at a higher intensity than our recreational program. Students must take Ballet, Tap, and Jazz technique classes as well as Stretch and Strength in addition to their weekly choreography classes. Students must be aged six (6) before they are added to our performance team.

What we look for: Teachers look for students who have taken the same classes for at least two years in a row, who work hard but have fun, and who understand corrections and work hard to make them. If you take ballet, tap and jazz, this is a huge benefit.