



Class Descriptions

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Ballet - Highly technical form of dance with its own vocabulary of classical steps and movements; characterized by light, graceful, precise, fluid movements; emphasizes turn-out and correct body alignment.

Pointe - The advancement of ballet class to hard-boxed pointe shoes, in which a dancer supports all body weight on the tips of the toes; resulted from a desire for female dancers to appear weightless.

Pre-Pointe - Focuses on developing the strength and technique that will be necessary for pointe work. Pre-pointe training includes special exercises for building strength and flexibility in the feet, ankles, and legs. Pre-pointe training will also focus on core strength and proper alignment.

Tap - Exciting form of dance that involves dancers wearing special shoes equipped with metal taps; tap dancers use their feet like drums to create rhythmic patterns, and the goal is to produce clear, clean sounds; emphasizes building flexibility of the knees and ankles, coordination, style, and speed of the movement.

Jazz - Fun, upbeat, and energetic form of dance that consists of isolations of the body, fancy footwork, big leaps, and quick turns; showcases a dancer's individual style and improves performance quality; there are various styles of jazz, including jazz funk, musical theatre, ballroom, and concert jazz.

Lyrical - Consists of jazz and ballet technique; emphasizes strength, control, and interpretation; performed to the lyrics or mood of the music.

Modern - Rejects the limitations of classical ballet and favors movements derived from the expression of inner feelings; deliberate use of gravity and is grounded and earthy.

Contemporary - Consists of ballet, jazz, and modern technique; has the shapes & lines of classical ballet; has the intense athleticism and groundedness of jazz and modern; can be expressive or aesthetic; performed to the beats and accents of the music.

Conditioning & Technique - Great for building stamina, strength, flexibility, and technique, focusing on conditioning that is important for the dancer's body; dancers will improve and learn new turns, pirouettes, battements, jumps, and leaps.

Hip Hop - Consists of street, funk, and music video dance styles, includes break dancing, popping, and locking; high energy, athletic, and popular, allows dancers to perform with freedom of movement, adding in their own personalities.

Tumbling: Learn the basics or work on advancing your skills in our all-levels tumbling class! This class consists of strength and flexibility exercises in addition to floor tricks and tumbling drills. Skills include handstands, cartwheels, bridges, rolls, round-offs, walkovers, handsprings, aerials, and more, all at each student's individual skill level. And it's fun, too!

Dancer Wellness: Miss Kat is recently trained in Sugarfoot Therapy, which is a physical therapy-based conditioning for dancers that can enhance dance technique as well as help reduce injury risk. She is also becoming a certified nutrition counselor and intends to incorporate some healthy eating tips into her Dancer Wellness classes.