



Dance Class Descriptions

The Ashville Junior Theater School of Dance is a vibrant and inclusive dance school dedicated to nurturing artistic talent and fostering a love for the performing arts. Offering a diverse range of dance classes for children, teenagers and adults, the school provides expert instruction in various dance styles, including ballet, tap, jazz, acro, contemporary, lyrical, hip hop, and musical theater. With a focus on creativity, performance, and technique, students have the opportunity to develop their skills, build confidence, and express themselves through dance in a supportive and encouraging environment. Led by experienced instructors who are passionate about the performing arts, the Ashville Junior Theater School of Dance strives to inspire the next generation of dancers and performers while promoting artistic excellence and personal growth.

Acro: Dive into the exciting world of acrobatics. Designed for those eager to learn the essential skills of acrobatics, this class provides a solid foundation in balance, coordination, and strength. Under the guidance of our experienced coaches, you'll embark on a progressive journey, starting with fundamental techniques and gradually advancing to more complex maneuvers. From handstands and cartwheels to basic tumbling and partner balances, each session offers a dynamic mix of skill-building exercises and playful challenges. Our supportive and encouraging environment ensures that every participant feels empowered to push their boundaries and unleash their inner acrobat. Whether you're dreaming of joining the circus or simply looking to improve your fitness in a fun and engaging way, Acro is the perfect starting point. Join us and discover the joy of mastering new skills, building confidence, and unleashing your full potential in the exhilarating world of acrobatics!

Acro 4-7: Welcome to our exciting Acro class designed especially for little ones aged 4 to 7! In this dynamic and playful class, children will explore the thrilling combination of acrobatics and dance. They'll learn to balance, tumble, and stretch in a safe and supportive environment, discovering new skills and building confidence along the way. From cartwheels to bridges, our enthusiastic instructors will guide them through fun and age-appropriate exercises that promote strength, flexibility, and coordination. Come join us for a fantastic adventure filled with flips, tricks, and lots of smiles!

Adult Broadway Jazz: Get ready to shine under the bright lights of Broadway with our electrifying adult Broadway Jazz class! Designed to capture the energy and glamour of the stage, this class offers a thrilling fusion of classic jazz technique and Broadway showmanship. You'll learn iconic choreography inspired by the greatest hits of Broadway musicals. From high-energy kick lines to sassy isolations, you'll master dynamic combinations that will transport you

straight to the heart of the Great White Way. Whether you're a seasoned performer or simply a Broadway enthusiast looking to channel your inner star, our class welcomes dancers of all levels to strut their stuff and unleash their theatrical flair. So put on your dancing shoes, strike a pose, and get ready to take center stage in our adult Broadway Jazz class!

Ballet: Indulge in the timeless elegance and grace of ballet. Perfect for dancers of all ages and skill levels, this class offers a nurturing environment where you can explore the beauty and precision of classical ballet technique. Led by experienced instructors, you'll embark on a journey of artistic expression, mastering fundamental positions, movements, and vocabulary while developing strength, flexibility, and poise. Through delicate pliés, graceful arabesques, and fluid port de bras, you'll discover the joy of movement and the power of storytelling through dance. Whether you're dreaming of dancing on stage or simply seeking a graceful way to stay fit, our ballet class invites you to embrace the magic of dance and unleash your inner dancer. Join us and let your dreams take flight!

Ballet 4-7: Step into the enchanting world of ballet in our magical class tailored for little dancers aged 4 to 7! Join us as we twirl, leap, and pirouette through the basics of ballet technique in a whimsical and nurturing atmosphere. From graceful pliés to elegant tendus, our young dancers will explore the beauty of movement while fostering creativity and imagination. Led by our caring instructors, your child will develop poise, balance, and confidence while discovering the joy of expression through dance. Come join us for a delightful journey into the wonderful world of ballet!

Contemporary: Dive into the boundless realm of movement and expression with our exhilarating contemporary dance class! Blending fluidity, athleticism, and emotional depth, this class invites you to explore the limitless possibilities of movement and storytelling. From intricate floorwork to dynamic partnering, you'll delve into a diverse range of techniques and styles, drawing inspiration from modern dance pioneers and cutting-edge choreographers. Through improvisation, choreography, and guided exploration, you'll cultivate creativity, artistry, and a deeper connection to your body and emotions. Whether you're a seasoned dancer or stepping into the studio for the first time, our contemporary dance class offers a welcoming space to push boundaries, challenge conventions, and unleash your inner artist. Join us and let your passion for movement ignite!

Creative Movement: Welcome to Creative Movement, where imagination takes center stage and little feet come alive with creativity! Our children's creative movement class is a delightful journey for young ones to explore the joy of expression through dance and play. Each session is filled with colorful adventures and imaginative storytelling. Through a combination of music, props, and guided movement activities, children are encouraged to unleash their imagination, build confidence, and develop coordination in a fun and supportive environment. Through creative exploration, they'll learn to express themselves freely, cultivate a love for movement, and build social skills as they interact with their peers. Creative Movement is a magical space where every movement is celebrated and every imagination is set free. Join us and watch as your little one blossoms into a confident, creative mover!

Hip Hop: Get ready to groove and express yourself with our electrifying hip hop class! Designed for dancers of all levels, this class offers an immersive experience in the vibrant world of hip hop culture. You'll learn a variety of hip hop styles, from old school to new school, while mastering foundational moves such as popping, locking, and breaking. Embrace your individuality as you explore rhythmic patterns, body isolations, and dynamic choreography that will challenge and inspire you. Whether you're looking to sharpen your skills, unleash your creativity, or simply

have fun, our hip hop class is the ultimate destination to vibe, connect, and move to the beat of the urban rhythm. Join us and let's dance!

Hip Hop 4-7: Get ready to groove and move in our hip hop class specially designed for kids aged 4 to 7! Join us as we pop, lock, and bust a move to funky beats and catchy rhythms. In this high-energy class, young dancers will learn fun and age-appropriate hip hop moves that will have them busting out their best dance moves with confidence and style. Our instructors will lead the way in creating a fun and supportive environment where kids can express themselves and let their inner dance superstar shine. Come join the fun and let's get grooving together!

Jazz: Step into the world of rhythm, style, and expression with our jazz class! Designed to ignite your passion for dance, our jazz class offers a fusion of dynamic movements, syncopated rhythms, and expressive storytelling. From high-energy leaps to soulful isolations, this class celebrates individuality while emphasizing technique, musicality, and performance quality. You'll explore a diverse range of jazz styles, from classic to contemporary allowing you to unleash your creativity and expand your dance repertoire. Whether you're a seasoned dancer or just starting your journey, come join us and experience the exhilarating artistry of jazz!

Jazz 4-7: Step into the world of Jazz with our fun and lively class designed just for kids aged 4 to 7! In this energetic and expressive class, young dancers will learn the basics of Jazz dance while grooving to upbeat music and catchy rhythms. From sassy kicks to fancy footwork, our enthusiastic instructors will lead your child through a variety of age-appropriate movements and combinations that will have them dancing with joy and confidence. Whether your little one is new to dance or already loves to move, our Jazz class promises to spark creativity, improve coordination, and inspire a love for dance. Come join us and let's jazz it up together!

Leaps & Turns: Elevate your dance skills to new heights with our dynamic leaps and turns class! Designed for dancers looking to enhance their technique and artistry, this class focuses on mastering the precision, control, and athleticism required for breathtaking leaps and graceful turns. You'll delve into a comprehensive curriculum that covers a wide range of leaps, jumps, and turning sequences, from grand jetés to pirouettes. Through targeted exercises and personalized feedback, you'll refine your alignment, strength, and coordination, unlocking the secrets to effortless elevation and graceful rotations. Whether you're preparing for auditions, competitions, or simply seeking to elevate your performance quality, our leaps and turns class provides the perfect platform to soar, spin, and shine on stage. Join us and take your dance skills to the next level!

Lyrical: Embark on a journey of emotion and expression with our captivating lyrical dance class! Seamlessly blending the fluidity of ballet with the emotive storytelling of contemporary dance, this class offers a unique opportunity to explore movement with depth and meaning. You'll learn to connect your movements with the music, allowing the lyrics and melodies to inspire your choreography. Through sweeping arcs, delicate balances, and expressive gestures, you'll discover how to convey emotion and narrative through the language of dance. Whether you're drawn to the ethereal beauty of lyrical movement or seeking a creative outlet for self-expression, our class welcomes dancers of all levels to dive deep into the artistry of lyrical dance. Join us and let your spirit soar as you dance from the heart!

Musical Theater: Step into the spotlight and unleash your inner performer with our exhilarating musical theater class! Perfect for aspiring actors, singers, and dancers alike, this class offers a dynamic exploration of the magical world where music, dance, and drama collide. You'll dive into the rich repertoire of Broadway classics and contemporary hits, honing your skills within the

Broadway arts. From show-stopping dance numbers to heartwarming ballads, you'll learn to embody characters, tell stories, and command the stage with confidence and charisma. Whether you're dreaming of gracing the Broadway stage or simply seeking a fun and fulfilling way to express yourself, our musical theater class welcomes performers of all levels to come together, create magic, and shine in the spotlight! Join us and let your talents take center stage!

Strength and Conditioning: Unlock your full potential and build a stronger, fitter, and more resilient you with our invigorating strength and conditioning class! Tailored to individuals of all fitness levels, this class is designed to sculpt lean muscle, boost endurance, and enhance overall athleticism through a dynamic combination of exercises. You'll engage in a variety of functional movements, bodyweight exercises, and resistance training techniques to target every muscle group and improve your cardiovascular fitness. From core-strengthening planks to explosive plyometrics, each session is thoughtfully crafted to challenge your limits and maximize your results. Whether you're striving to achieve personal fitness goals, elevate your athletic performance, or simply enhance your overall health and well-being, our strength and conditioning class offers a supportive and motivating environment to help you unleash your inner strength and unlock your full potential. Join us and embark on a transformative journey towards a stronger, healthier, and happier you!

Tap/Ballet Combination: Embark on a unique dance journey with our combination tap and ballet class, where rhythm meets grace in a harmonious blend of two classic styles. This dynamic class offers the perfect balance of technical precision and artistic expression, allowing students to explore the intricate footwork of tap while mastering the fluid movements of ballet. Designed for the beginner dancer, this class will foster creativity, musicality, and confidence. Join us and experience the joy of dance in a supportive and vibrant environment!

Tap: Tap into the rhythmic world of dance with our exhilarating tap class! Tap class offers a vibrant fusion of percussive footwork, intricate rhythms, and expressive movement. You'll learn the fundamentals of tap technique, from crisp shuffles to intricate time steps, while developing musicality, coordination, and performance skills. Whether you're drawn to the infectious energy of Broadway tap or the smooth sophistication of rhythm tap, our class welcomes dancers of all levels to explore the rich traditions and innovative styles of this timeless art form. Come join us and discover the joy of making music with your feet!

Tap 4-7: Join us for a toe-tapping adventure in our delightful tap class designed just for kids aged 4 to 7! Get ready to explore the world of rhythm and movement as we learn fun and easy-to-follow tap steps. From cheerful shuffles to bouncy time steps, we'll dance to exciting music and discover the joy of making music with our feet. Our friendly instructors will help your child develop coordination, musicality, and confidence in a supportive and playful environment. Come join the fun and let's tap away together!