

Dance Classes

Acrobatics (Acro)

Similar to the floor skills of gymnastics, Acro is a high-energy performing art that focuses on strength, flexibility, balance and partnering work (stunting). Basic tumbling includes backbends, cartwheels, handstands/headstands, rolls, walkovers, handsprings, aerial tricks and more. TPAC is a certified studio of Acrobatic Arts, a training program for teachers based on safe and effective progressions.

Ballet

Ballet at TPAC is fun and dynamic with a strong basis in technique. We provide dancers with superior technical training in a challenging and encouraging atmosphere. Ballet students will gain an appreciation for ballet etiquette as well as an introduction to French terminology. Dancers will refine and enhance their technique in a rigorous class setting. We place a strong emphasis on placement, alignment, coordination, and quality and artistry of movement. Ballet is the foundation of dance!

Contemporary

Contemporary utilizes a strong focus on ballet technique combined with one or more varieties of other styles including Jazz, Modern or Hip-Hop. These classes will encourage not only the development of technique, strength and flexibility but also of musicality, dynamics, stylization and emotional expression.

Hip-Hop

Hip-Hop incorporates basic jazz technique and urban dance styles with an edge, danced to contemporary music. Our Hip-Hop classes incorporate age-appropriate music and choreography with a fierce blend of attitude and style.

Jazz

Jazz has roots in ballet, but is more energetic with quick footwork, leaps and turns. Styles of Jazz vary greatly and are a reflection of its history in America. Jazz represents individual style and has influences from Broadway to African, Street to Contemporary. Your TPAC Jazz class will include a warmup and stretching, then focus on proper dance technique which can include isolations and across-the-floor progressions. Every class will finish with fun, innovative choreography.

Lyrical

Lyrical is the fusion of ballet and jazz dance techniques. It is expressive, simultaneously subtle and dynamic, and focused on conveying musicality and story telling. Choreography is commonly set to popular music with dramatic vocals / rich instrumentation expressing emotions.

Modern

Modern has a classical ballet influence, in its purest technical sense, and the movement is generally very fluid and often weighted to the earth.

Pointe

Pointe is the advancement of ballet class to hard boxed pointe shoes. Advancement to Pointe depends greatly on a dancer's muscular and skeletal development, ballet training, as well as dedication to practice.

Tap

Tap is one of the only forms of dance that incorporates sound! Both traditional and contemporary tap techniques are taught at TPAC!



Theater Dance

A technique-based class with an emphasis on learning choreography quickly and effectively. Designed to introduce students to all types of dance seen on Broadway from Jazz, Fosse, Ballet, and even Hip-Hop!