

Synergy Dance Academy

Classes For Our Level II

Ballet Technique and Choreography

Build a beautiful foundation for a lifetime of dance! Ballet develops the strength, technique, control, and artistry that support dancers in every style they pursue.

In this non-syllabus class, dancers will explore classical ballet technique influenced by Russian, Cecchetti and other training methods. Classes focus on proper body placement, turnout and rotation, balance, flexibility, musicality, pirouettes, leaps, and performance quality. As dancers progress, they'll gain greater strength, coordination, confidence, and attention to detail.

Ballet is especially encouraged for younger dancers and those studying multiple styles, as the technique and discipline developed in class provide an invaluable foundation for growth in all areas of dance.

Tap

Make some noise and discover the rhythm of Tap! Designed for dancers ages 6–9, this energetic Level II class introduces basic tap terminology, steps, and combinations in a fun and encouraging environment.

Dancers will develop rhythm, musicality, coordination, balance, spatial awareness, and motor skills while learning how to create different sounds and rhythms with their feet. Tap also strengthens counting and listening skills that can benefit dancers across all styles of dance.

With upbeat music, exciting footwork, and plenty of opportunities to make some noise, Tap is a fun and engaging choice for both new and continuing dancers!

Ballet/Hip Hop

Get the best of both worlds in one of Synergy's most popular combo classes! Dancers begin with 30 minutes of ballet, building strong technique, balance, coordination, and a solid foundation for dance. Then it's time to switch gears, turn up the energy, and get funky with Hip Hop!

Combo classes are a great way for dancers to experience two different styles while enjoying the convenience of one class. From the structure and grace of ballet to the energy and personality of Hip Hop, dancers get to explore two completely different ways to move and express themselves.

As an added bonus, this class performs **two routines in the recital**, giving dancers the opportunity to show off everything they've learned in both styles!

Hip Hop

Get ready to move, groove, and find your own rhythm! This high-energy class introduces dancers to the fun and expressive style of Hip Hop in an upbeat, encouraging environment. Dancers will learn exciting choreography while also having opportunities to freestyle, build confidence, and show off their own personality.

With energetic music, bigger movements, and plenty of room for self-expression, this class keeps dancers moving from start to finish. Hip Hop is a great choice for dancers of any age who are new to dance, full of energy, or simply love to move and have fun!

Lyrical

Discover the beauty of movement and the power of expression! Lyrical combines fluid movement, strong technique, flexibility, and creativity to give dancers the opportunity to tell a story through dance.

Dancers will explore expressive choreography while developing musicality, control, strength, and their own individual style. With an emphasis on both proper technique and creative freedom, this class encourages dancers to push beyond their comfort zone, connect with the music, and bring emotion and personality to every movement.

A beautiful choice for dancers who love to express themselves, explore new movement, and bring stories to life through dance!

Build Your Own Combo

Mix it. Match it. Make it yours!

Create the perfect class for your dancer! Choose **two or more styles** from Ballet, Tap, Hip Hop, and Musical Theater. It's a fun and flexible way for dancers to explore different styles, build new skills, and discover what they love!

BALLET

Build strength, balance, flexibility, and beautiful technique while creating a strong foundation for all styles of dance.

TAP

Make some noise! Develop rhythm, musicality, coordination, and counting skills through fun tap steps and combinations.

HIP HOP

Get moving with upbeat music, high-energy choreography, and plenty of personality! Build confidence, coordination, and your own unique style.

MUSICAL THEATER

Bring the stage to life! Combine dance, acting, and storytelling while developing expression, stage presence, and performance skills.

Choose 2, 3, or all 4 — you build the combo, and we'll bring the fun!

Acro Dance (Intermediate Level)

Build strength, flexibility, confidence, and exciting new skills! Acro combines important conditioning and technique with the fun and challenge of learning basic through advanced acrobatic movements.

Dancers will work on floor-based skills while developing the strength, balance, coordination, and flexibility needed to perform them safely and

successfully. As students progress, they'll build a strong foundation that helps them take on more challenging skills and incorporate acrobatics into their dancing.

Perfect for dancers who love to tumble, challenge themselves, and add that extra "wow" factor to their performances!