

Pre-Ballet 2 **M** **4:30-5:30** **Ages 6-7** **1 Unit** **Red Studio**
Performance, Max Limit = 20

An exciting beginning class for those students whose interest in ballet has just begun. This one hour class introduces the fundamentals of technique as well as focusing on musicality, strength-building, and following directions. The environment in the classroom is more structured; however, the emphasis of the class is on the students' pure joy of dance movement.

Female Students: A VIOLET TCH Leotard and pair of pink tights must be ordered via the [TCH Uniform Order Form](#) or purchased at The Culture Stage & Studio Store in Oak Park Mall. (Please see sizing chart and call the store for in-stock availability: 913-291-1972.)

Male Students: Some dance apparel is available for order or purchase

BALLET:

Ballet 1 **MW** **5:30-6:30** **Ages 7+** **2 Units** **Red Studio**
Performance, Max Limit = 20

This class is for students beginning their formal dance training who are ready to learn more of the technical aspects and skills associated with ballet. This class will teach the fundamentals of ballet with an emphasis in proper technique and discipline. Ballet vocabulary will be introduced. Students should be no younger than 7 years old. Most students spend a minimum of two years in this level.

Female Students: A LIGHT BLUE TCH Leotard must be ordered via the [TCH Uniform Order Form](#) or purchased at The Culture Stage & Studio Store in Oak Park Mall. (Please see sizing chart and call the store for in-stock availability: 913-291-1972.)

Male Students: Some dance apparel is available for order or purchase

Ballet 1+ (10 & up) /Ballet 2+ (11 & up) **T** **4:15-5:45** **Ages 10+** **3 Units** **Orange Studio**
Th **6:45-8:15** **Orange Studio**

Performance, Max Limit = 20

This class is for the older student ready for formal ballet training emphasizing technical aspects and skills, proper vocabulary, discipline and technique. Students should be no younger than 10 years old. The class will introduce students to some of the Ballet 2 curriculum. Most students will spend a minimum of two years at this level.

Female Students: A PLUM TCH Leotard must be ordered via the [TCH Uniform Order Form](#) or purchased at The Culture Stage & Studio Store in Oak Park Mall. (Please see sizing chart and call the store for in-stock availability: 913-291-1972.)

Male Students: Some dance apparel is available for order or purchase

Ballet 2 **T** **5:45-7:15** **Ages 9+** **3 Units** **Orange Studio**
Th **6:15-7:45** **Red Studio**

Performance, Max Limit = 20

Prerequisite: Completed two years in Ballet 1 and approved to move up.

For the student who has spent at least two school years in Ballet 1 and has mastered all concepts of that class. Ballet 2 will build on the fundamentals of Ballet 1 while introducing more vocabulary and more complex movements and structure. Most students will spend a minimum of two years at this level.

Female Students: A VIOLET TCH Leotard must be ordered via the [TCH Uniform Order Form](#) or purchased at The Culture Stage & Studio Store in Oak Park Mall. (Please see sizing chart and call the store for in-stock availability: 913-291-1972.)

Male Students: Some dance apparel is available for order or purchase

Ballet 3 w/ Pre-Pointe **S** **9:30-11:00** **Ages 9+** **5.5 Units** **Blue Studio**
W **5:30-7:00** **Orange Studio**
W **7:15-8:15 (Pointe)** **Orange Studio**
Th **5:15-6:45** **Orange Studio**

Performance, Max Limit =25

Prerequisite: Completed at least one year in Ballet 2 and approved to move up.

For the student who has spent at least one year in Ballet 2. Ballet 3 is the student's first intermediate year of study and is full of new challenges. Class times are lengthened at this level. Students will be executing more complex combinations as well as being introduced to pointe work. Most students will spend a minimum of two years at this level. Pre Pointe/Pointe for Ballet 3 is mandatory (MUST be taken concurrently.)

Female Students: A SLATE BLUE TCH Leotard must be ordered via the [TCH Uniform Order Form](#) or purchased at The Culture Stage & Studio Store in Oak Park Mall. (Please see sizing chart and call the store for in-stock availability: 913-291-1972.)

Male Students: Some dance apparel is available for order or purchase

Ballet 4 w/ Pointe	MT	4:00-5:30	Ages 9+	9.5 Units	Blue Studio
	M	5:30-6:30 (Pointe)			Blue Studio
	W	4:00-6:00	Blue Studio		
	W	6:00-7:00 (Pointe)	Blue Studio		
	Th	4:15-5:15 (Conditioning)	Purple Studio		
	Th	5:15-6:45	Blue Studio		
	Sat	9:30-11:00 (optional)	1.5 Units	Purple Studio	

Performance, Max Limit = 25

Prerequisite: Completed at least one year in Ballet 3 and approved to move up.

Ballet 4 will continue building the student's vocabulary while allowing them to attempt more complex choreography. Emphasis will be placed on the carriage and proper use of the upper body in addition to refining the technique of the lower body. Class frequency is increased and pointe class is mandatory at this level. Most students will spend a minimum of two years at this level.

Female Students: A PEACOCK BLUE TCH Leotard must be ordered via the [TCH Uniform Order Form](#) or purchased at The Culture Stage & Studio Store in Oak Park Mall. (Please see sizing chart and call the store for in-stock availability: 913-291-1972.)

Male Students: Some dance apparel is available for order or purchase

Ballet 5 w/ Pointe & Classical Variations	MT	4:00-5:30	Ages 9+	12 Units	Or/Pur Studio
	MT	5:30-6:30 (Pointe)			Pur/Bl Studio
	W	4:00-6:00	Purple Studio		
	W	6:00-7:00 (Pointe)	Purple Studio		
	Th	4:15-5:15 (Conditioning)	Purple Studio		
	Th	5:15-6:45	Purple Studio		
	Sat	9:30-11:00	Purple Studio		

Performance, Max Limit = 25

Prerequisite: Completed at least one year in Ballet 4 and approved to move up.

This class is designed for the advanced- intermediate student. Ballet 5 dancers will be challenged to handle more difficult combinations at a faster pace. Center work will include more advanced turning and jumping exercises. At this level, pointe class is mandatory. Young men at this level begin to perform steps and combinations that are specially designed for the male dancer. Most students will spend a minimum of two years at this level.

Female Students: A TEAL TCH Leotard must be ordered via the [TCH Uniform Order Form](#) or purchased at The Culture Stage & Studio Store in Oak Park Mall. (Please see sizing chart and call the store for in-stock availability: 913-291-1972.)

Male Students: Some dance apparel is available for order or purchase

Ballet 6 w/ Pointe & Classical Variations	MT	4:00-5:30	Ages 9+	12 Units	Purple Studio
	MT	5:30-6:30 (Pointe)			Purple Studio
	W	4:00-6:00	Purple Studio		
	W	6:00-7:00 (Pointe Variations)	Purple Studio		
	Th	4:15-5:15 (Conditioning)	Purple Studio		
	Th	5:15-6:45	Purple Studio		

Sat 9:30-11:00

Purple Studio

Performance, Max Limit = 25

Prerequisite: Completed at least one year in Ballet 5 and approved to move up.

Ballet 6 is our most advanced level of ballet offered. Students at this level must demonstrate technical proficiency and should be able to execute any and all movements asked of them. Dancers in this class refine their technique and begin mastering the performing skills and artistry required for professional companies. At this level, pointe class is mandatory. Classical variations are studied extensively, and dancers begin the study of partnering. Most students will spend a minimum of two years at this level.

Female Students: An EGGPLANT TCH Leotard must be ordered via the [TCH Uniform Order Form](#) or purchased at The Culture Stage & Studio Store in Oak Park Mall. (Please see sizing chart and call the store for in-stock availability: 913-291-1972.)

Male Students: Some dance apparel is available for order or purchase

Pilates/Dance Conditioning

for Ballet 4, 5, 6 and Adults

Th

4:15-5:15

Ages 9-18

1 Unit

Purple Studio

Non Performance, Max Limit = 15

****Those over age 18 register in the same class but in adult age grouping.***

Prerequisite: Must be Ballet 4 or higher OR an adult over the age of 18

A class perfect for dancers and non-dancers alike. Pilates conditions the body and helps it move efficiently with grace and ease. It is excellent for injury prevention and provides abdominal strength, flexibility, and balance, creating stronger, longer, leaner muscles.

Teen/Adult Beginning Ballet

M

6:30-7:30

Ages 12-18

1 Unit

Orange Studio

Non Performance, Max Limit = 15

****Those over age 18 register in the same class but in adult age grouping.***

This is a once a week ballet class for beginning students who have not had much training in the past but wish to learn or just want a class to stay in shape. This class is also perfect for jazz or musical theater students who need a solid ballet foundation on which to build their skills. This class proceeds at a more relaxed pace than our other ballet classes.

Teen/Adult Intermediate Ballet

M

7:30-9:00

Ages 12-18

1.5 Unit

Orange Studio

Non Performance, Max Limit = 15

****Those over age 18 register in the same class but in adult age grouping.***

This class is geared toward students at an intermediate skill level who want a good ballet workout. It is perfect for high school or college age students who desire a once-a-week class or adults who have had some training in the past and would like to keep up their skill. This class proceeds at a more relaxed pace than our other ballet classes.

Teen/Adult Advanced Ballet

& Ballet 4, 5, 6

Sat

9:30-11:00

Ages 12-18

1.5 Units

Purple Studio

Non Performance, Max Limit = 15

****Those over age 18 register in the same class but in adult age grouping.***

This class is geared toward students at a high-intermediate/advanced skill level who want a good ballet workout. It is perfect for high school or college age students who desire a once-a-week class or adults who have had extensive training in the past and would like to keep up their skill.

MODERN:

Modern 1

Th

4:15-5:15

Ages 8+

1 Unit

Orange Studio

Performance, Max Limit = 20

Students are required to be in Ballet 2 or higher in order to take Modern 1.

This class is designed for students to explore movement as a creative art form. Curriculum includes opportunities to develop physical strength, flexibility and endurance while exploring improvisational and expressive movement. A variety of modern dance exercises and vocabulary are used from the Horton modern dance technique. It is likely that students will spend a minimum of two years at this level.

Modern 2	M	6:45-7:45	Ages 10+	2 Units	Blue Studio
	W	7:15-8:15			Blue Studio

Performance, Max Limit = 25

Enrollment in Ballet 2 or higher is required.

Prerequisite: Successfully passed Modern 1 or by teacher approval.

This class emphasizes students' acquisition of intermediate movement skills and refined motor control through the study of Horton modern techniques. Students will also be introduced to the Graham technique. Modern 2 is for those dance students who demonstrate an intermediate level of dance technique and an interest in exploring dance movement as a creative and expressive art form.

Modern 3	M	6:45-7:45	Ages 10+	2 Units	Purple Studio
	W	7:15-8:15			Purple Studio

Performance, Max Limit = 25

Concurrent enrollment in Ballet 2 or higher is required.

Prerequisite: Successfully passed Modern 2 or by teacher approval.

Designed for the advanced dancer, Modern 3 will challenge students with exercises and choreography to broaden their movement vocabulary and physical endurance. Emphasis is given to a wider range of modern styles and exercises. Students learn to take responsibility for their personal health and to care for their dance instrument. It is likely that students will spend a minimum of two years at this level.

JAZZ:

Jazz 1	W	4:30-5:30	Ages 8+	1 Unit	Orange Studio
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Performance, Max Limit = 20

It is STRONGLY recommended that Jazz students be enrolled in a Ballet class.

This energetic class consists of foundational jazz dance elements including; counting & timing, directional changing, spotting, body alignment, contractions, isolations, jumps, turns and combinations. Dancers will also experience center core strengthening and stretching.

Jazz 2	T	7:15-8:15	Ages 8+	1 Unit	Orange Studio
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Performance, Max Limit = 20

It is STRONGLY recommended that Jazz students be enrolled in a Ballet class.

Prerequisite: Successfully passed Jazz 1 or by teacher approval.

Students will review and continue with the foundational elements introduced in Jazz I. They will increase their vocabulary, understanding, and execution of these elements as they learn more compound, progressive, and complex combinations. Students will also experience a concentrated focus on isolations, contractions, body alignment, transitioning, and center core strength.

Jazz 3	T/Th	6:45-7:45	Ages 8+	2 Units	Blue Studio
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Performance, Max Limit = 25

It is STRONGLY recommended that Jazz students be enrolled in a Ballet class.

Prerequisite: Successfully passed Jazz 2 or by teacher approval.

In addition to Jazz 2 elements, material covered in Jazz 3 will include; stage presence and staging, level changes, pirouettes, chaines turns, leaps, and more complex combinations. Dancers will continue core strengthening and increased extensions. It is likely that students will spend a minimum of two years at this level.

Teen/Adult Tap 2 **T** **8:00-9:00** **Ages 14-18** **1 Unit** **Red Studio**

Non Performance, Max Limit = 15

**Those over age 18 register in the same class but in adult age grouping.*

Prerequisite: Successfully passed Adult Tap 1 or by teacher approval.

This class is for those that have successfully completed Adult Tap 1 or have a good knowledge of all beginning tap steps and combinations. Students will concentrate on tonal quality, accenting, shading and clustering, syncopation, and picking up by sight. Come expand your current knowledge while getting a great workout and having A LOT of fun! (Some class participants MAY choose to participate in the production. This will be decided second semester.)

HIP HOP:

Hip Hop 1 **W** **6:30-7:30** **Ages 8+** **1 Unit** **Red Studio**

Performance, Max Limit = 20

The class format consists of a warm up / dance routine / cool-down. Through physical training, the Hip-Hop course will enhance student's physical health, increase their stamina, and coordination. Students will also learn to dance according to the trend of today's music.

Hip Hop 2 **W** **7:30-8:30** **Ages 8+** **1 Unit** **Red Studio**

Performance, Max Limit = 20

Prerequisite: Successfully passed Hip Hop 1 or by teacher approval.

This class teaches rhythm, coordination, musicality, and hip hop choreography without suggestive music/movements. Students are challenged to think on their feet while enjoying an energetic and fast-paced dance class. Our Hip Hop dancers develop focus, strength, and agility while having fun.

Hip Hop 3 **Sat** **12:00-1:30** **Ages 12+** **1.5 Units** **Blue Studio**

Performance, Max Limit = 20

Prerequisite: Successfully passed Hip Hop 2 or by teacher approval.

This class builds upon skills learned in Hip Hop 1 and Hip Hop 2 and continues to teach rhythm, coordination, musicality, and hip hop choreography without suggestive music/movements. Students are challenged to think on their feet while enjoying an energetic and fast-paced dance class. Our Hip Hop dancers develop focus, strength, and agility while having fun. This class is an incredible workout and students will be pushed to the max!

ADULTS:

Teen/Adult Beginning Ballet **M** **6:30-7:30** **Ages 18+** **1 B-unit** **Orange Studio**

Non Performance, Max Limit = 15

This is a once a week ballet class for beginning students who have not had much training in the past but wish to learn or just want a class to stay in shape. This class is also perfect for jazz or musical theater students who need a solid ballet foundation on which to build their skills. This class proceeds at a more relaxed pace than our other ballet classes.

Teen/Adult Intermediate Ballet **M** **7:30-9:00** **Ages 18+** **1.5 B-units** **Orange Studio**

Non Performance, Max Limit = 15

This class is geared toward students at an intermediate skill level who want a good ballet workout. It is perfect for high school or college age students who desire a once-a-week class or adults who have had some training in the past and would like to keep up their skill. This class proceeds at a more relaxed pace than our other ballet classes.

Teen/Adult Advanced Ballet**& Ballet 4, 5, 6****Sat****9:30-11:00****Ages 18+****1.5 B-units****Purple Studio****Non Performance, Max Limit = 15**

This class is geared toward students at a high-intermediate/advanced skill level who want a good ballet workout. It is perfect for high school or college age students who desire a once-a-week class or adults who have had extensive training in the past and would like to keep up their skill.

Teen/Adult Tap 1**T****7:00-8:00****Ages 18+****1 B-unit****Red Studio****Non Performance, Max Limit = 15**

This class is for those that have little to no tap experience and for those that maybe tapped as a youth but haven't shuffled or flapped since. Students will focus on the fundamentals of tap technique and combinations while getting a great workout and having A LOT of fun! Come join us!

Teen/Adult Tap 2**T****8:00-9:00****Ages 18+****1 B-unit****Red Studio****Non Performance, Max Limit = 15**

Prerequisite: Successfully passed Adult Tap 1 or by teacher approval.

This class is for those that have successfully completed Adult Tap 1 or have a good knowledge of all beginning tap steps and combinations. Students will concentrate on tonal quality, accenting, shading and clustering, syncopation, and picking up by sight. Come expand your current knowledge while getting a great workout and having A LOT of fun!

Pilates/Dance Conditioning**for Ballet 4, 5, 6 and Adults****Th****4:15-5:15****Ages 18+****1 B-unit****Purple Studio****Non Performance, Max Limit = 15**

Prerequisite: Must be Ballet 4 or higher OR an adult over the age of 18

A class perfect for dancers and non-dancers alike. Pilates conditions the body and helps it move efficiently with grace and ease. It is excellent for injury prevention and provides abdominal strength, flexibility, and balance, creating stronger, longer, leaner muscles.

BOYS DANCE & CONDITIONING and MUSICAL THEATRE DANCE:

See class listings on the [School of Theatre Quick View](#)

PERFORMING GROUP:**Infinity Dance Company****T/Th****8:00-9:00****Ages 9+****No units****Purple Studio****Full Year, No Max Limit, Audition Based**

Prerequisite: Ballet 4 or higher and Modern

Our pre-professional company based on ballet and modern choreography. Infinity will perform throughout the city and at Red Studio Live. Infinity dancers will take their inspirational message out into Kansas City to lift spirits and give hope. Infinity dancers may also be included in productions by our professional company, Störlling Dance Theater. Infinity will have opportunities to perform in the summer and may tour around the Kansas City area to youth camps, festivals, and gatherings.