

# HCDG Recreational Dance Class Offerings 2026-2027

## Preschool (Ages 3–4)

Class	Focus
Creative Movement	Movement, rhythm, coordination
Tiny Ballet & Tap	Ballet & tap basics
Tiny Tots	Intro dance skills & musicality

## Early Elementary (Ages 5–6)

Class	Focus
Intro to Ballet	Ballet fundamentals
Jazz	Jazz technique & performance
Beginning Hip Hop	Rhythm, grooves, confidence
Beginning Tap	Tap fundamentals
Acro 1	Beginner acro skills

## Elementary (Ages 7–9)

Class	Focus
Ballet 1	Ballet technique
Jazz	Jazz technique & style
Beginning Hip Hop	Hip hop foundations
Musical Theater	Dance & performance
Tap 1	Tap technique
Intro to Pom	Pom basics
Acro 2	Intermediate acro
Condition & Stretch (6–8)	Flexibility, mobility, body control

## Tween & Teen (Ages 9–12)

Class	Focus
Ballet 2–3	Progressive ballet technique
Jazz	Jazz technique

Hip Hop	Style, rhythm, performance
Musical Theater	Performance & storytelling
Tap 2	Intermediate tap
Lyrical / Contemporary	Expression & technique
Acro 3	Advanced acro
Condition & Stretch (9–12)	Strength, flexibility & injury prevention

## Teen (Ages 13+)

<b>Class</b>	<b>Focus</b>
Ballet 4 / Pre-Pointe / Pointe	Advanced ballet & pointe preparation
Teen Hip Hop	Advanced hip hop
Jazz	Advanced jazz
Tap 3	Advanced tap
Strength Training (13+)	Strength, power & injury prevention
Conditioning for Dancers	Dance-specific strength & control
Turns & Leaps (Levels 1–4)	Technical progressions

# Which Dance Class Should My Child Take?

**Start with your child's age:**

## **Ages 3–4**

- New to dance? → Creative Movement or Tiny Tots
- Loves music & structure? → Tiny Ballet & Tap

## **Ages 5–6**

- Wants variety? → Intro to Ballet, Jazz, or Tap
- Loves upbeat music? → Beginning Hip Hop
- Interested in tumbling? → Acro 1

## **Ages 7–9**

- Interested in technique? → Ballet 1 or Jazz
- Loves performing? → Musical Theater
- High energy? → Hip Hop or Pom
- Needs flexibility & strength? → Condition & Stretch (6–8)

## **Ages 9–12**

- Growing dancer? → Jazz, Ballet 2–3, or Lyrical
- Needs strength & flexibility? → Condition & Stretch (9–12)
- Tumbling focused? → Acro 3

## **Ages 13+**

- Technique & placement? → Ballet 4, Pre-Pointe or Pointe
- Athletic conditioning? → Strength Training or Conditioning for Dancers
- Skills & performance? → Turns & Leaps or Teen Hip Hop

## **Still unsure?**

Our staff is happy to help place your dancer in the best class for their age, experience, and goals!