



COMPANY REQUIREMENTS 2026/27

Jazz/Lyrical

- Company Jazz (or Company Jazz/Lyrical if offered)
- Company Ballet
- Ballet Level x 2
- Jumps & Turns

Acro

- Company Acro
- Company Ballet
- Ballet Level x 2
- Jumps & Turns
- Company Jazz is strongly recommended for dancers 12+ years of age

Ballet

- Company Ballet
- Ballet Level x 3 OR Ballet Level x 2 plus conditioning
- Ballet Level x 3 (no conditioning) is strongly recommended for dancers 12+ years of age

Tap

- Company Tap
- Ballet Level x 2 OR 1 Ballet & 1 Conditioning Class
- Recreational Tap Class
- Recreational Jazz OR Hip Hop Class

Hip Hop

- Company Hip Hop
- Ballet Level x 2 OR 1 Ballet & 1 Conditioning Class
- Recreational Hip Hop
- Recreational Jazz OR Jumps & Turns Class (optional for dancers 12+ only)

Relative to the dance style, some competitive disciplines require more hours than others.

The foundation of technique for these disciplines (posture, balance, flexibility, agility) is essential for success and is achieved through the combination of requirements listed above.



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* Flex Division:

Training Requirements:

Flex Company dancers are required to enroll in **one Ballet class each week** and support their competitive placements by taking **recreational classes in the same discipline(s) as their Flex Company routine(s)**. Dancers are also encouraged to explore additional recreational classes in other disciplines to broaden their training and develop greater versatility.

The Flex Division is designed to provide meaningful competitive opportunities while maintaining a manageable weekly commitment. As such, required training will **not exceed six (6) hours per week**. Because class lengths and company placements vary, individual training requirements may differ slightly from dancer to dancer. This flexibility is the foundation of the **Flex** program, allowing dancers and families to build a schedule that supports both their competitive goals and personal commitments while maintaining a strong technical foundation.