

2024-2025 CLASS DESCRIPTIONS & CLASS ATTIRE REQUIREMENTS

KJ Dance offers a wide variety of dance classes for children of all ages. The mission of KJ is to focus on each individual student, teaching poise, grace and selflessness through the art of dance. KJ provides a safe, nurturing environment where dance is the vessel by which a child can gain self-esteem and valuable skills including teamwork and leadership. Character, Competence, and Compassion are the pillars by which KJ Dance faculty and students develop and train upon daily.

Rhythm & Rhyme I & II

For students 2.5 to 4.5 years of age, the weekly 45 minute Rhythm and Rhyme class is designed to introduce young dancers to movement and technical body positions through the use of props and characterization. Students study movement and classroom skills through creative play, music and dance. The Rhythm & Rhyme classes at KJ Dance are based upon a curriculum that teaches proper classroom behavior, independence, coordination, and listening skills. Rhythm and Rhyme dancers will participate in the In-house recital at KJ Plano in May.

Required Attire: Pink dance tights, any style leotard, pink ballet shoes, black tap shoes, hair pulled into a bun.

Combo (Ballet - Tap Combination) I, II, III, IV, V

For students 4.5 to 10 years of age, the Combo Classes receive instruction of the fundamental basics in Jazz, Ballet and Tap. The disciplines are studied to build strength and teach body awareness. There are five levels of combo classes. While learning proper technique, Combo students develop new skills and begin to recognize their individual potential in the styles of Ballet, Jazz and Tap. Combo I, II, and III classes offer 30 minutes of Ballet and one other subject. Combo IV and V dancers train for an hour and a half to two hours with one hour in Ballet and tap or jazz for the remainder of the class.

Required Attire: Pink ballet shoes, black tap shoes, black leotard, pink tights, hair secured away from the face in a bun. Tan freeform or Jazz shoes are required for the Jazz portion of some combo classes where applicable.

EDGE DANCERS- Red leotards

PULSE DANCERS- Black leotards

Ballet I, II, III

This class focuses on overall body alignment and technical awareness and placement. KJ Dance provides a ballet program that trains students on a vocabulary of technical steps, poses, leaps and jumps, to convey a story/theme/atmosphere. Traditional barre' work and center work combinations are included in this class.

Required Attire: Pink ballet shoes, black leotard and pink tights, hair secured away from the face, bun required for Ballet.

Tap I, II, III

Classes will focus on the teaching of rhythm tap and strong foundational tap basics that compound throughout the year. These fast moving classes are fun and upbeat serving the beginning to advanced student's growth and development in this genre of dance.

Required Attire: Black tap shoes, comfortable athletic wear, half top, tights, biker shorts, or dance pants, hair secured away from the face.

Jazz I, II, III, IV, V

For students 5 years of age and older, the Jazz program at KJ is full of energy. Using current, age appropriate music, this class is designed to develop strength, body placement coordination, musicality, and performance style.

Required Attire: Tan Freeform jazz shoes, any style leotard, top or half top jazz pants, tights, biker shorts, or unitard, hair pulled away from face and neck.

Hippity Hop

For students 5-6 years of age, these classes are inspired by hip hop movement and curriculum content for younger students. Upbeat, age appropriate music brings energy and awareness to unique musicality, beats, and rhythm.

Required Attire: Comfortable movable athletic wear, clean tennis shoes or split-sole dance sneakers.

Hip Hop

For students 7 years of age and older, hip hop is a versatile, free, expressive, exaggerated, and highly energetic class for beginning to advanced students. The exploration of hip-hop movement allows students the ability to express their own personal rhythm while focusing on current hip hop styles. Our hip-hop dance program includes a variety of street dance styles including current hip-hop, krumping, popping locking, breakdancing. KJ Dance will always use current music selections that are age and content appropriate.

Required Attire: Comfortable movable athletic wear, clean tennis shoes or split-sole dance sneakers.

Musical Theatre

This class is a form of theatrical performance that combines singing, acting and dance. The story and emotional content of a musical – humor, pathos, love, anger – are communicated through the words, music, movement and technical aspects of the entertainment as an integrated whole.

Required Attire: Comfortable movable Dance or athletic wear, jazz shoes or clean tennis shoes or split-sole dance sneakers.

Drill Team

For ages 12 years of age and older, this class is designed to help future and current drill team members improve their dance technique and auditioning skills. KJ Dance has had incredible success in helping prepare drill team focused students reach their goals year after year.

Required Attire: Tan or black jazz shoes (rubber soles) dance activewear, hair pulled away from face and neck.

Lyrical

Lyrical is a dance style that combines the foundational principles of Ballet with the freedom, fluidity, and expressiveness of Jazz, Contemporary, and Modern Dance. It demonstrates emotion and technique while allowing students to stylize their movement with fluid transitions.

Required Attire: Socks or bare feet, loose, comfortable clothes.

Contemporary

Contemporary dance is a style of expressive dance that combines elements of several dance genres including modern, jazz, lyrical and classical ballet. Contemporary dancers strive to connect the mind and the body through fluid dance movements

Required Attire: Socks or bare feet, loose, comfortable clothes.

Modern & Contemporary

Offered to our Competitive PULSE Dance Company members and by special invitation from the KJ Faculty. These advanced classes are offered at our competitive level.

Required Attire: Socks or bare feet, loose, comfortable clothes.

Pointe

Offered to our Competitive PULSE Dance Company members and by special invitation from the KJ Faculty. Pointe education is offered for advanced students who have progressed to the strength level required. A strong Ballet foundation and cultivated technical ability is required for all Pointe students. KJ Faculty approval required.

Required Attire: Pink pointe shoes, white leotard and pink tights.