



# STAGE DOOR ARTS ACADEMY

## **DANCE CLASSES**

**Jazz:** A dynamic class where dancers learn to command the stage with precision and flair. Students dive into classic and contemporary jazz styles, mastering sharp footwork, strong lines, and high-energy choreography that challenges timing and style. Each class builds versatility and stage presence while celebrating the joy of movement.

**Hip-Hop:** This class is all about groove, self-expression, and confidence. Dancers train in foundational hip-hop styles while learning to freestyle and interpret music with authenticity. From mastering footwork to hitting beats with clean execution, students experience the raw energy of hip-hop while building musicality and individuality.

**Ballet:** A focused training ground for dancers seeking strong technique and artistic growth. Students develop strength, alignment, and control through barre and center exercises while learning the discipline and grace essential for all dance forms. Ballet builds a foundation that empowers dancers to pursue any style with excellence.

**Contemporary:** A movement-based exploration of artistry and storytelling through dance. Dancers blend technical skills with creative expression, working on improvisation, floor work, and phrasing to find their authentic movement voice. Each class invites dancers to take risks and push emotional boundaries, crafting performances that resonate.

**Tap:** Rhythm in motion. This class teaches dancers to use their feet like instruments, building musicality, timing, and precision through a mix of classic and contemporary tap techniques. Whether it's crisp shuffles or complex combinations, students develop strong coordination and a deep sense of groove.

**Musical Theater:** Where acting meets movement. Students learn to tell powerful stories through character-driven choreography and theatrical expression. From ensemble work to standout solo moments, this class trains dancers to connect emotion, timing, and performance, bringing Broadway-style scenes to life with confidence and clarity.

**Ballet & Jazz Combo:** In this high-energy 45-minute class, dancers explore the elegance of ballet and the upbeat rhythms of jazz in one exciting experience. Students will build strength, flexibility, and coordination while learning foundational techniques in both styles. Ballet introduces grace, posture, and discipline, while jazz brings dynamic movement, musicality, and fun across the floor. This class is perfect for young dancers who love to move and are ready to grow in confidence and creativity. No prior experience needed—just bring your energy and a smile!

**Hip-Hop & Jazz Combo:** This fun-filled 45-minute class blends the sharp, expressive moves of jazz with the bold energy of hip-hop. Dancers will groove to upbeat music as they learn basic techniques, across-the-floor progressions, and short combos that build rhythm, coordination, and confidence. With



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a mix of funky footwork and dynamic style, this class keeps kids moving, smiling, and developing a love for dance. No experience required—just a positive attitude and a passion for movement.

**Homeschool Contemporary & Jazz:** This daytime class is perfect for homeschool students who love to express themselves through movement. Blending the grounded emotion of contemporary with the vibrant energy of jazz, dancers will explore technique, creativity, and musicality in a supportive and encouraging environment. Students will learn foundational skills in both styles while building strength, flexibility, and confidence. It's a great midweek outlet for artistic expression, physical activity, and connection with peers.

**Musical Theater & Tap:** Lights, rhythm, action! This 45-minute class brings together the expressive storytelling of musical theater with the energetic footwork of tap. Dancers will explore character, movement, and stage presence while learning basic tap technique and theatrical dance combinations set to kid-friendly Broadway tunes. Perfect for performers who love to shine, this class builds confidence, coordination, and charisma—on stage and beyond.

**Mini Ballet & Tap:** Perfect for tiny dancers with big dreams, this 45-minute combo class introduces the magic of ballet and the rhythm of tap in a fun, age-appropriate way. Students will twirl, leap, and tiptoe through basic ballet steps while also learning to shuffle, stomp, and tap to the beat. With imaginative movement, playful music, and plenty of giggles, this class builds coordination, musicality, and classroom skills—all while nurturing a love for dance.

**Mini Hip-Hop & Jazz:** Get ready to move and groove! This 45-minute combo class introduces young dancers to the upbeat world of hip-hop and jazz through playful movement, catchy music, and energetic routines. Students will learn basic steps, work on rhythm and coordination, and express themselves through creative dance games and fun combos. Perfect for little ones who love to dance with attitude and sparkle, this class builds confidence, focus, and a whole lot of joy.

**Mini Acrobats:** Tumble, stretch, and play! Mini Acrobats is a 45-minute introductory acro class designed just for your littlest movers. In a fun and nurturing environment, students will build coordination, balance, and flexibility while learning beginner acro skills like animal walks, rolls, bridges, and safe tumbling techniques. With upbeat music, obstacle courses, and playful challenges, this class helps boost body awareness, confidence, and strength—all while having tons of fun!

**Lil' Acro & Flexibility:** This 45-minute class is the perfect blend of strength, stretch, and skill-building for young movers. Designed for ages 6–7, Lil' Acro & Flexibility introduces basic acrobatic elements like rolls, bridges, and balances while focusing on safe technique and body awareness. Students will also work on improving flexibility through fun stretching exercises and games. It's a high-energy class that helps build confidence, coordination, and control—all while having a blast!

**Acro & Flexibility Beginner:** This class will introduce students to the essential building blocks of acrobatics, focusing on strong technique in foundational skills such as handstands, cartwheels, bridges, and rolls. We will develop strength, balance, flexibility, and coordination through targeted



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drills, progressions, and conditioning exercises. Emphasis is placed on proper posture, safe alignment, and body awareness to ensure a solid foundation. Each class also includes stretch and strength training to support injury prevention and improved flexibility.

**Acro & Flexibility Intermediate:** At this level, students will refine and strengthen their basic acro skills while working on more advanced movements such as walkovers, aerials, various balances, and back handsprings. Classes emphasize consistent technique, proper form, and building confidence in new tricks. Students will also learn to seamlessly connect acro skills with dance choreography, developing grace, control, and performance quality. Stretch and conditioning exercises continue to target each muscle group, supporting both safety and skill progression.

**Acro & Flexibility Advanced:** This class challenges students to refine high-level acro skills while exploring new variations with an emphasis on control, consistency, and artistry. Dancers will practice complex skills such as connected balances, tumbling passes, aerial and walkover variations. Training focuses on connecting tricks seamlessly into choreography, injury prevention, flexibility maintenance, endurance, and joint stability.

## **THEATER/VOCAL CLASSES**

**Imagine and Pretend (Ages 3-5):** This playful introductory class invites our youngest stars to explore storytelling, imaginative play, and the basics of performance. Through games, pretend scenarios, and expressive movement, students build foundational skills in voice, body awareness, and creative collaboration. It's a joyful first step into the world of theater where imagination leads the way.

**Art of Performance 1 (Ages 6-7):** Through puppetry, pantomime, storytelling, and group games, students explore the core elements of acting, music, and movement. This class sparks imagination, nurtures stage presence, and introduces ensemble work. Every child can discover the confidence to shine under the spotlight.

**Art of Performance 2 (Ages 8-10):** Designed for curious and energetic young performers, this class dives into character development, vocal expression, and theatrical storytelling. Students will collaborate through theater games and scene work while building confidence, focus, and communication skills that serve them both on stage and in life.

**Art of Performance 3 (Ages 11-18):** This advanced class guides middle and high school students through essential acting techniques including character analysis, scene study, and stage movement. Students explore performance styles while honing voice projection, emotional expression, and ensemble collaboration. It is rigorous, expressive, and designed to deepen both skill and appreciation for the craft of theater.

**Improv & Beyond 1 (Ages 6-7):** A gentle and silly dive into the basics of improv. Young actors



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explore spontaneous storytelling, character creation, and creative problem-solving through fun games and group activities. The focus is on teamwork and joyful risk-taking, helping to build early confidence in expression and collaboration.

**Improv & Beyond 2 (Ages 8-10):** This fast-paced class helps young actors think on their feet, trust their instincts, and collaborate with others in real time. Through classic improv games and creative challenges, students develop comedic timing, adaptability, and boldness. These skills support performance and personal growth.

**Improv & Beyond 3 (Ages 11-18):** An energetic and empowering experience for teens ready to take the stage without a script. Students explore the core principles of improv theater such as spontaneity, presence, collaboration, and trust. This class builds emotional resilience, sharpens communication, and unlocks authentic expression.

**Drama Dudes (Ages 8-18):** Welcome to Drama Dudes, a dynamic and fun-filled musical theater class designed exclusively for boys! This class offers a supportive, energetic environment where young performers can build their singing, dancing, and acting skills while exploring the vibrant world of musical theater.

**Spotlight Ready (Ages 11-18):** Step into the spotlight with confidence. This class focuses on audition technique, monologue and song cuts, and story analysis to help students crush auditions and callbacks. They'll learn how to make bold choices, take direction, and stand out in a room full of competition. Perfect for students preparing for school plays, college programs, community theater, or professional auditions. Students leave with polished material, sharper instincts, and confidence under pressure.

**Stage Boss: Tech & Management:** Theater isn't just about the actors, it takes a team to make magic happen. In this class, students learn the art of stage management, script analysis, prop tracking, and calling a show. It's a hands-on introduction to what it takes to run a production from backstage. This class is perfect for students who love organization, leadership, or want to understand theater from a "below the line" perspective. The Stage Boss class allows students to gain leadership and collaboration skills while becoming the go-to people who make every show run smoothly.

**Triple Threat (Ages 11-18):** Push past "good enough" and step into elite-level theater training. This class takes what students are already learning in Senior Troupe and raises the bar — digging deeper into character work, vocal interpretation, and dance precision. Expect tough feedback, professional-level expectations, and major breakthroughs. This class is perfect for students serious about improving their craft and preparing for competitive performance opportunities. Students show up to troupe rehearsals sharper, stronger, and closer to professional readiness.

**Set Design 1,2,3 (Ages 6-18):** This hands-on, visual arts class gives students the chance to design



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and help build the world behind the scenes. From concept sketches to prop creation, lighting to scenery, participants explore the full process of set design and its impact on storytelling. This collaborative course supports our mainstage productions and empowers students to see their creative vision come to life.

**Stage Door Sound (6-10 yrs):** 60 minute class that includes: comprehensive vocal warmup and technique block for singing and music literacy, dance warm-up and choreography block to teach basic steps used in show choir "choralography", master the notes and rhythms, words and choreography for at least 5 songs from the musical theatre, pop, or seasonal genres per semester.

**Advanced Vocals (11-18 yrs):** This 75 minute vocal intensive will include solo and small group singing in the following genres: classical, folk, musical theatre, seasonal, opera, oratorio, and gospel/sacred music. This class is ideal for someone who is highly motivated to hone their craft as a singer and to have the chance to frequently perform in a vocal masterclass setting. The class will run on a rotation with an in-class performance every 4-5 weeks. Within that unit of study, students will grow their skills in diction, vocal resonance, tone production and quality, intonation, rhythmic precision, expressive interpretation and performance practice. Alongside the study of solo repertoire, this class will include instruction and practice on sight-reading and general music literacy.

## **TROUPE**

**Mini Movie Stars (Ages 6-7):** Is your child always singing, dancing, and putting on a show? Then Mini Movie Stars is the perfect place for them to shine. There are two hours of rehearsal weekly. Classes are designed specifically for students ages 6-7, introducing them to the fundamentals of musical theatre in a fun and supportive environment. Through singing, dancing, and acting, students begin developing stage presence and performance skills while building confidence and creativity. The goal: to nurture young triple-threat performers who feel right at home in the spotlight. Mini Movie Stars perform in one themed musical showcase each year, giving every child a chance to experience the magic of the stage.

**Junior Theater Troupe (Ages 8-10):** At Stage Door Arts Academy, our Junior Theater Troupe gives young performers the full spotlight experience. Open to students in grades 3 to 5, this exciting program includes three hours of rehearsal per week and culminates in two fully staged musical productions per year. From auditions to final bows, students receive hands-on training in singing, dancing, and acting, learning the core disciplines of musical theatre in a professional-style rehearsal environment. Every enrolled student is cast in the production. While roles are assigned through auditions, all students will shine on stage under the lights, with full costumes, sets, and sound. As they grow their skills, they also build confidence, discipline, teamwork, and a love for performance that lasts a lifetime.

**Senior Theater Troupe (Ages 11-18):** The Senior Theater Troupe at Stage Door Arts Academy



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offers students in grades 6 to 12 an immersive opportunity to perform in two fully staged musicals each year. With three hours of weekly rehearsal, this program challenges performers to grow their skills in singing, dancing, and acting at an advanced level. Students dive deep into character work, ensemble storytelling, and audition technique, gaining valuable experience that prepares them for high school productions, competitive auditions, and even professional opportunities. More than just a class, this troupe builds real-world skills like discipline, collaboration, and leadership within a supportive, high-energy ensemble.

All students who register will be cast in the production, with roles assigned through auditions. They'll take the stage under the lights in full costume, with professional sets and sound, and experience the thrill of bringing a Broadway-style show to life.

## **CLASS PLACEMENTS**

- **Students will be placed in dance classes based on their age as of January 1, 2026.**
- **Placement is not static and may be adjusted periodically based on ongoing assessments of dancers' progress, growth, and readiness to advance to the next level or transition to different classes or dance styles.**
- **The dancer might be asked to advance into the next level class.**
- **Please feel free to discuss your child's progress with the Stage Door Arts Academy Staff.**