



PACIFIC WEST PERFORMING ARTS

**CLASS  
DESCRIPTIONS  
AND DRESS  
CODES**

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## COMBO CLASSES

### Tiny Twos:

Tiny Twos is an intro to dance for our youngest dancers. This class is for two-year-old dancers and gives them an intro to a classroom setting. Focusing primarily on Ballet technique, this class is a great start for any young dancer.

### Dress Code:

- Pink/Black Leotard
- Pink/Black Ballet Skirt
- Pink Ballet Tights
- Pink Ballet Shoes
- Hair Out of Face (In ponytail or bun if enough hair)







## COMBO CLASSES

### Ballet/Tap (3-4):

With this combo class for 3-4 year olds, you get the chance to have your child try two dance styles for the price of one! Ballet is the center of all dance, and provides the structure, vocabulary, and aesthetic appreciation required for every other style of dance. Tap is the art of creating music with the feet; and in this class dancers will experience an intro to basic and essential tap steps.

### Dress Code:

- Pink or Black Leotard
- Optional: Pink or Black Ballet Skirt
- Pink Ballet Tights
- Pink Ballet Shoes
- Black Tap Shoes
- Hair pulled back into a bun





## COMBO CLASSES

### Tiny Tumblers:

Tiny Tumblers is a beginning Acro class for our 3-4 year old students. This class specifically focuses on basic tumbling tricks that are suitable for younger students. It helps with child development and mobility.

### Dress Code:

- Fitted leggings, shorts, or tights
- Leotard or fitted tank top with proper sports bra (Nothing loose that would need to be pulled down)
- Bare feet
- Hair pulled up securely into a ponytail or bun





## COMBO CLASSES

### Jazz/Hip Hop:

Jazz/Hip Hop is an introductory class that allows our 4 to 6 year old dancers explore different dance styles. Jazz combines ballet steps with modern steps found in Pop and Broadway. Hip Hop incorporates street jazz, Capoeira and African movement in a style that follows current musical trends. This is a great class to increase stamina, coordination, and rhythm. (PacWest Hip Hop is never about putting inappropriate movement on children who don't understand it!)

### Dress Code:

- Shorts, Leggings or Sweatpants
- T-Shirt or Tank top
- Tan Jazz Shoes
- Clean Tennis Shoes
- Hair pulled up securely into a ponytail or bun



## COMBO CLASSES

### Ballet/Tap/Jazz:

Much like Ballet/Tap (3-4), this class allows your dancer to try a variety of different dance styles within one class.

Ballet is the center of all dance, and provides the structure, vocabulary, and aesthetic appreciation required for every other style of dance. Tap is the art of creating music with the feet. Jazz combines essential ballet steps with more modern steps found in Pop and Broadway.

### Dress Code:

- Pink or Black Leotard
- Optional: Pink or Black Ballet Skirt
- Pink Ballet Tights
- Pink Ballet Shoes
- Black Tap Shoes
- Tan Jazz Shoes
- Hair pulled back into a bun





## COMBO CLASSES

### Tap/Musical Theater:

Our Tap/Musical Theater class is for 5-8 year olds. Tap is the art of creating music with the feet, helping to develop rhythm and musicality. Musical Theater blends dancing with acting and singing to tell a story, boosting confidence and creativity.

### Dress Code:

- T-shirt, tank top or leotard
- Well fitted shorts or leggings
- Black Tap Shoes (Mary Jane or Lace Up)
- Tan Jazz Shoes
- Hair pulled back into a bun







## TWINKLES PROGRAM

The Twinkles classes are the Pre-Competition Team, adding more performances and studio time to a dancer's schedule. It's a great way to see if the competition team is a good fit for your dancer!

Teeny Tiny Twinkles - Ages 3-4

Tiny Twinkles - Ages 5-7

Turbo Twinkles - Ages 5-7

Dress Code:

- Black Leotard
- Optional: Pink or Black Ballet Skirt
- Pink Ballet Tights
- Pink Ballet Shoes (not house slippers that look like ballet shoes)
- Hair pulled up securely into a ponytail or bun





## ACRO CLASSES

Acro I-V & Teen Acro:

Acro, short for acrobatics, is where dancers increase flexibility and strength as they learn gymnastic movements such as backbends, handstands, cartwheels, front and back walkovers, handsprings and so on.

Dress Code:

- Fitted leggings, shorts, or tights
- Leotard or fitted tank top with proper sports bra -- NOTHING LOOSE THAT NEEDS TO BE PULLED DOWN
- Bare feet
- Hair pulled up securely into a ponytail or bun





## BALLET CLASSES

### Ballet I-V:

Ballet is the core discipline that provides the structure, vocabulary, and aesthetic appreciation required for every other style of dance. Dancers develop an appreciation for detail, thereby creating the desired line or form.

### Dress Code:

- Black Leotard
- Optional: Black Ballet Skirt
- Pink Ballet Tights
- Pink Ballet Shoes
- Hair pulled back into a bun





## BALLET CLASSES

### Pointe/Pre-Pointe:

*\*Doctor and Instructor Approval, Ballet x2 per Week Required!*

Pointe is a part of classical ballet technique where a dancer supports their body weight on the tips of fully extended feet within pointe shoes. Pre-Pointe includes strengthening exercises to prepare the intermediate ballet dancer for Pointe work.

### Dress Code:

- Black Leotard
- Optional: Black Ballet Skirt
- Pink Ballet Tights
- Pink Ballet Shoes
- Hair pulled back into a bun
- Pre-pointe shoes optional for pre-pointe class



# HIP HOP CLASSSES

Hip Hop I & Teen Hip Hop (12+):

Hip Hop incorporates popping, locking, street jazz, Capoeira and African movement in a style that follows current musical trends. Hip Hop increases stamina, coordination, and rhythm. (PacWest Hip Hop is never about putting inappropriate movement on children who don't understand it!)

Level I and Teen Hip Hop classes introduce dancers to basic jazz techniques required to properly execute the sharp isolations of hip hop, but maintains the fun freestyle atmosphere that is unique to this genre.

Dress Code:

- Shorts, Leggings, or Sweatpants
- T-Shirt or Tank Top
- Clean Tennis Shoes
- Hair pulled up securely into a ponytail or bun







## HIP HOP CLASSES

### Hip Hop II:

Hip Hop incorporates popping, locking, street jazz, Capoeira and African movement in a style that follows current musical trends. Hip Hop increases stamina, coordination, and rhythm. (PacWest Hip Hop is never about putting inappropriate movement on children who don't understand it!)

Level II Hip Hop builds upon previous learning, and emphasizes the performance quality that accompanies and accentuates hip hop.

### Dress Code:

- Shorts, Leggings, or Sweatpants
- T-Shirt or Tank Top
- Clean Tennis Shoes
- Hair pulled up securely into a ponytail or bun



# HIP HOP CLASSSES

Hip Hop III, IV, & V:

Hip Hop incorporates popping, locking, street jazz, Capoeira and African movement in a style that follows current musical trends. Hip Hop is a great class for anyone looking to increase stamina, coordination, and rhythm. (PacWest Hip Hop is never about putting inappropriate movement on children who do not understand it!)

Level III and IV/V are choreography-intense classes that begin to focus on the muscular and cardiovascular conditioning needed for intricate movement.

Dress Code:

- Shorts, Leggings, or Sweatpants
- T-Shirt or Tank Top
- Clean Tennis Shoes
- Hair pulled up securely into a ponytail or bun







## JAZZ CLASSES

Jazz I, II, & Teen Jazz (12+):

Jazz encompasses a wide range of dance styles from the dance world. Taking inspiration from Pop and Broadway styles, and adding in Ballet technique allows dancers to have the structure of dance as well as the freedom of expressive movement. This style requires dancers to work on their technique(i.e. pointed or flexed feet, straight knees, and control) as well as their creative style.

Levels I and II focus on basic technique and an intro to the Jazz dance style.

Dress Code:

- Shorts, Leggings, or Sweatpants
- T-Shirt or Tank Top
- Tan Jazz Shoes
- Hair pulled up securely in ponytail or bun



# JAZZ CLASSES

Jazz III, IV, & V:

*\*Ballet 1x per Week Required!*

Jazz encompasses a wide range of dance styles from the dance world. Taking inspiration from Pop and Broadway styles, and adding in Ballet technique allows dancers to have the structure of dance as well as the freedom of expressive movement. This style requires dancers to work on their technique (i.e. pointed or flexed feet, straight knees, and control) as well as their creative style. Levels III and up dive deeper into Jazz choreography, given that students have prior knowledge of Jazz technique. SSTL and Ballet classes are a great supplement to Jazz.

Dress Code:

- Shorts or Leggings
- T-Shirt or Tank Top
- Tan Jazz Shoes
- Hair pulled up securely in a ponytail or bun





# LYRICAL/CONTEMPORARY CLASSES

Lyrical/Contemporary I-V and Teen Lyrical/Contemporary (12+): Lyrical uses the vocabulary and softness of ballet, the musicality of jazz, and the techniques of modern to tell the story of a contemporary song. Emphasis is on flow and transition - in essence, how dancers connect movement.

Contemporary dance is also an expressive style that combines elements of modern, jazz, lyrical, and ballet. Contemporary and Lyrical dancers strive to connect the mind and body through fluid movements. Contemporary dance stresses versatility and improvisation, unlike the strict, structured nature of ballet. Contemporary dancers focus on floorwork, using gravity to pull them down to the floor.

Dress Code:

- Shorts or Leggings
- Leotard, Tank Top, or T-Shirt (Form fitting, No midriffs)
- Hair pulled back in a bun or ponytail
- Bare Foot or Foot Undeez







## SSTL/CONDITIONING CLASSES

### SSTL I-V:

SSTL is an abbreviation for stretch, strength, turns and leaps. This class is designed to accompany any other style of class. This is strictly a technique class and there is no choreography. We will work on getting height and clean lines in jumps and leaps, as well as the correct technique for optimal turning ability.

### Dress Code:

- Form fitting tank top or t-shirt (stays put when moving) -- please no midriffs
- Leggings or well-fitting shorts
- Leotards recommended but not required
- Jazz shoes
- Hair pulled up securely into ponytail or bun





## TAP CLASSES

### Tap I-V:

Tap is the art of creating music with the feet. Musicality and clarity are emphasized. Hip Hop is recommended as a supplement to Tap, so that students can bring style to their footwork.

### Dress Code:

- Sweats, leggings, or well-fitting shorts
- T-shirt or tank top
- Black Oxford (lace-up) Tap shoes. Mary Janes are only acceptable for combo classes.
- Hair pulled up securely into a ponytail or bun



# BALLROOM CLASSES

Latin Ballroom (8+):

Salsa teaches the fundamentals of LA Style Salsa and its technique, body movement, and partnering. Classes will focus on solo movement/styling, the unique Afro-Cuban body movement that salsa incorporates, and the foundations of partnered dancing as a lead or follow. Classes also explore some of the related "sister" dances in the Latin Dance genre, like Cha-Cha and Bachata.

Dress Code:

- Leotard, T-Shirt or Tank Top (form fitting)
- Dance Shorts or Leggings
- Flesh Tone/Tan Shoes: Styles required for recital listed below, but can wear Jazz Shoes for class
  - 8-10 years old: [Option 1](#)
  - 10+ years old: [Option 1](#) , [Option 2](#)
- Boys: White T-Shirt, Black Pants, Tan Jazz Shoes or Male Cuban ballroom shoes







# MUSICAL THEATER CLASSES

Beginner & Intermediate Musical Theater (8+):  
Musical Theater incorporates songs, spoken dialogue, acting and dance.

Dress Code:

- Shorts or Leggings
- Leotard, Tank Top, or T-Shirt
- Hair pulled back in a bun or ponytail
- Bare Foot or Foot Undeez
- Tan Jazz Shoes



# AERIAL ARTS

## Aerial Silks Classes:

Aerial silks incorporates strength training and flexibility through climbing, wraps, and inversions using two long fabrics.

## Dress Code:

- Leggings
- Leotard
- Hair pulled back in a bun or ponytail
- No jewelry of any kind







## ADULT CLASSES

### Adult Ballet:

Ballet is the core discipline that provides the structure, vocabulary, and aesthetic appreciation required for every other style of dance. Dancers develop an appreciation for detail, thereby creating the desired line or form.

Adult classes are great for those just beginning dance as well as those getting back into dance, and instruction is tailored to each student.

### Dress Code:

- Fitted Leggings, Shorts, or Tights
- Leotard, Tank top, or Fitted T-shirt
- Pink Ballet Slippers
- Hair pulled up securely into a bun



## ADULT CLASSES

### Adult Hip Hop:

Hip Hop incorporates popping, locking, street jazz, Capoeira and African movement in a style that follows current musical trends. Hip Hop is a great class for anyone looking to increase stamina, coordination, and rhythm.

Adult classes are great for those just beginning dance as well as those getting back into dance, and instruction is tailored to each student.

### Dress Code:

- Shorts, Leggings, or Sweatpants
- T-Shirt or Tank Top
- Clean Tennis Shoes
- Hair pulled up securely into a ponytail or bun







## ADULT CLASSES

### Adult Lyrical/Contemporary:

Lyrical uses the vocabulary and softness of ballet, the musicality of jazz, and the techniques of modern to tell the story of a contemporary song. Emphasis is on flow and transition - in essence, how dancers connect movement.

Contemporary dance is also an expressive style that combines elements of modern, jazz, lyrical, and ballet. Contemporary and Lyrical dancers strive to connect the mind and body through fluid movements. Contemporary dance stresses versatility and improvisation, unlike the strict, structured nature of ballet. Contemporary dancers focus on floorwork, using gravity to pull them down to the floor.

### Dress Code:

- Shorts, Leggings, or Sweatpants
- T-Shirt or Tank Top
- Bare feet
- Hair pulled up securely into a ponytail or bun



# ADULT CLASSES

## Adult Tap:

Tap is the art of creating music with the feet. Musicality and clarity are emphasized. Hip Hop is recommended as a supplement to Tap, so that students can bring style to their footwork.

## Adult Jazz:

Jazz encompasses a wide range of dance styles from the dance world. Taking inspiration from Pop and Broadway styles, and adding in Ballet technique allows dancers to have the structure of dance as well as the freedom of expressive movement. This style requires dancers to work on their technique(i.e. pointed or flexed feet, straight knees, and control) as well as their creative style.

## Dress Code:

- Sweats, leggings, or well-fitting shorts
- T-shirt or tank top
- Hair pulled up securely into a ponytail or bun
- Black Oxford (lace-up) Tap shoes (for Tap)
- Dark Tan Jazz Shoes (for Jazz)







## ADULT CLASSES

### Aerial Silks Classes:

Aerial silks incorporates strength training and flexibility through climbing, wraps, and inversions using two long fabrics.

### Dress Code:

- Leggings
- Leotard
- Hair pulled back in a bun or ponytail
- No jewelry of any kind