

Stage One Dance Studio

Class Levels and Student Options

**Student placement is dependant on teacher approval. Students will be placed in classes based on ability and experience as well as age. Please refer to age divisions for levels below.*

Ballet

Pre-Ballet (ages 3-4)
Ballet 1
Ballet 2
Ballet 3
Ballet 4
Ballet 5
Ballet 6 Advanced

Contemporary Lyrical

Leap, Listen and Learn 1
Leap, Listen and Learn 2
Lyrical 3
Lyrical 4
Lyrical 5
Lyrical 6 Advanced

**Ballet required for all Lyrical classes level 3 and up.*

Pointe

Pointe 1 Pre-Pointe
Pointe 2 Intermediate
Pointe 3 Advanced

**Students are placed in pointe class by their instructor.*

Intro Levels

Intro to Ballet for Kids and Tweens ages 7-11
Intro to Ballet for Teens-Ages 12 and up

Levels and Ages

Level 1 - Ages 5-6 (K-1st)
Level 2 - Ages 7-8
Level 3 - Ages 9-10
Level 4 - Ages 11-12
Level 5 - Ages 13-up
Level 6 - Ages 14-up

Tap

Pre Tap (ages 3-4)
Tap 1
Tap 2
Tap 3
Tap 4
Tap 5 Advanced

Hip Hop

Hip Hop and Bop 1
Hip Hop and Bop 2
Hip Hop 3
Hip Hop 4
Hip Hop 5
Hip Hop 6 Advanced

Optional Classes

Musical Theatre-ages 13 and up
Musical Theatre-ages 9-12
Strength & Conditioning for Dancers
Pas de Deux for ages 1.5-3
2s in Tutus
Contemporary Performance Group
Partnering

Adult Levels

Adult Beginning Ballet
Adult Beginning Lyrical
Adult Tap
Adult Intermediate/Advanced Ballet
Adult Hip Hop
Adult Pointe

**Experience required for Intermediate and Advanced level*

**All ballet students 7 and older who are new to Stage One must enter into an introduction class. At the end of the year, each student will be evaluated and placed into an appropriate level. If the student has dance experience, a placement class will be scheduled to determine the appropriate level.*

Boys and Men's Classes

Boys Class
Men's Ballet

All students are continually evaluated to determine appropriate placement. Students are placed according to ability as well as age.