



## Class Descriptions & Dress Code 2024-2025

Dance Dimensions prides itself on being an all-inclusive dance studio.  
There are classes for everyone and all abilities.

Dance Dimensions attire and shoes can be found at Center Stage Dance Shop in Monroe, La Luna in Southbury, or Joy of Movement in Ridgefield.

To provide a professional atmosphere, and for the safety of all:

- Dance Dimensions students must wear proper dance attire (leotards and tights) in ALL classes, including hip hop. No two-piece outfits are allowed.
- No large or hoop earrings, jewelry, or baggy, or oversized clothing can be worn, this will be strictly enforced.
- Hair: *Pre-Dance, Basic Dance, Pre-Basic and Combination classes* must have their hair either in a ponytail or in a bun.  
*Levels 1-6* must have all long hair in a bun for all classes. Shorter hair must be secured and away from the face.
- Failure to comply with our dress code may result in dismissal from the class.

### Dress Code by subject:

#### ❖ **Ballet Classes levels 1 - 6**

Dance Dimensions Ballet classes focus on developing strong technique while using proper turn out and body placement. Students are exposed to French, Cecchetti (Italian) and Vaganova (Russian) methods of ballet. Classes consist of barre, across the floor and center exercises.

Ballet classes level 1 - 6 are for ages 7 & up, class placement is done by the Director.

- Level 3 & 4 students are ENCOURAGED to attend ballet twice a week.
- Level 5 and 6 students are REQUIRED to attend ballet class twice a week.

#### Dress Code:

All hair must be in a bun for every class.

Do not purchase the economy brand of ballet slippers for levels 1 - 6.

- Required Clothing:

#### GIRLS:

Dance sweaters may be worn. No attached skirts, separate ballet skirts are optional.

Plain (no design) black or grey yoga pants or tight-fitting shorts are also allowed.

*Levels 1, 1.5, & 2* - solid colored leotard, pink, suntan or white footed, footless, stirrup or transition tights.

*Levels 3, 4, 5 & 6* - solid colored leotard, pink, suntan or white footed, footless, stirrup or transition tights.

**NO BAGGY CLOTHING WILL BE ALLOWED.**

#### BOYS:

Solid colored shorts, joggers, or dance pants. Solid colored shirt, NO florescent or bright colors please (no worries if it has a small logo on either tops or bottoms).

**NO BAGGY CLOTHING WILL BE ALLOWED.** In the deep cold of winter, they can wear a sweatshirt for a brief time while warming up.

- Required Shoes:

#### GIRLS:

*Levels 1-1.5, & 2* - pink leather ballet slippers.

*Levels 3, 4, 5 & 6* - pink canvas ballet slippers.

**BOYS:** Black ballet slipper (canvas or leather).

### ❖ **Basic Dance (ages 5-6)**

Dance Dimensions Basic Dance classes allow dancers ages 5-6 to explore the fundamental core dance subjects of Ballet, Jazz and Tap.

The class meets for one hour, once a week (approximately 20 minutes of each subject).

Class placement will be done by the Director.

#### Dress Code:

Long hair must be in a bun or ponytail. Short hair must be secure and away from the face.

- Required Clothing:
  - GIRLS: Leotard of any color and style. Pink, suntan or white tights. Dance sweaters may be worn.
  - BOYS: Comfortable clothing to move around in (sweatpants / shorts / t-shirt).
- Required Shoes:
  - GIRLS: Pink leather ballet slippers & black patent leather tap shoes.
  - BOYS: Black tie or slip-on tap shoes & black leather ballet slippers.

### ❖ **Combination Classes for ages 6-7**

Dance Dimensions Combination Classes allow dancers ages 6-7 to explore the fundamental core dance subjects of Ballet, Jazz and Tap.

The class meets for 90 minutes, once a week (approximately 30 minutes of each subject).

Class placement will be done by the Director.

#### Dress Code:

Long hair must be in a bun or ponytail. Short hair must be secure and away from the face.

- Required Clothing:
  - GIRLS: Leotard of any color and style. Pink, suntan, or white tights. Dance sweaters may be worn.
  - BOYS: Comfortable clothing to move around in (sweatpants / shorts / t-shirt).
- Required Shoes:
  - GIRLS: Pink leather ballet slippers & black patent leather tap shoes.
  - BOYS: Black tie or slip-on tap shoes & black leather ballet slippers.

### ❖ **Dance Buddies**

Dance Dimensions Dance Buddies is a recreational dance class for special needs students, who enjoy music and movement. These dancers may feel better in a quieter atmosphere, with smaller class sizes, which Dance Buddies offers. Each class also has volunteer dance buddies who participate fully and serve as role models. Classes are formatted to match the ages and abilities of the students in each group.

An optional low-key performance is possible at the end of the spring session.

- Required attire and shoes please speak to the director or instructor.

## ❖ Dance Works

Dance Dimensions Dance Works classes are multi-subject classes designed to help students further their skills in a variety of subjects and movement:

Contemporary, Jazz, Lyric, Conditioning & Core Strength, Jumps, Leaps & Turns, and Hip Hop.

This class is designed for dancers in levels 5 & 6 and meets once a week. Content taught will vary week to week and placement will be done by the Director.

- ~ Contemporary: A free form of movement using ballet technique already learned.
- ~ Jazz: A rhythmic stylized form of dance. There are many forms of jazz dance.
- ~ Lyrical: A free form of dance, borrowing from the techniques of modern, ballet and jazz. Students learn how to express movements using the lyrics within a song.
- ~ Conditioning & Core Strengthening: Is designed to build stamina and condition the body while gaining core strength.
- ~ Jumps, Leaps and Turns: Is designed for the dancer who wishes to refine their skills in turning, leaping, and jumping.
- ~ Hip Hop: A range of street dance styles primarily performed to hip hop music or that have evolved as part of hip hop culture.

### Dress Code:

All hair must be in a bun for every class.

- Required Clothing:

- GIRLS:

- Plain (no design) black or grey yoga pants or tight-fitting shorts are also allowed. Dance sweaters may be worn. No attached skirts, separate ballet skirts are optional.

- Leotard of any color with stirrup, transition, or footless tights of any color.

- BOYS:

- Solid colored shorts, joggers, or dance pants. Solid colored shirt, NO florescent or bright colors please (no worries if it has a small logo on either tops or bottoms).

- NO BAGGY CLOTHING WILL BE ALLOWED. In the deep cold of winter, they can wear a sweatshirt for a brief time while warming up.

- Required Shoes:

- Level 4 GIRLS: Required shoes: Canvas Pirouettes & tan Jazz Boot.

- Level 5/6 GIRLS: Required shoes: Canvas Pirouettes & tan Pedini.

- BOYS: Required Shoes: Black jazz boot.

## ❖ Dancing Darlings and Dudes Classes

Dance Dimensions Dancing Darlings & Dudes classes allow children ages walkers to 2.5 to begin to discover the beautiful world of dance through basic movements.

This program meets once a week for thirty minutes and is an adult participation class.

### Dress Code:

- Comfortable clothing to move around with, leotards and tights are optional.
- Shoes: Leather ballet slippers (pink for girls, black for boys) or socks with grippers on the bottom.

## ❖ Jazz/Hip Hop Classes

Dance Dimensions Jazz/Hip Hop classes are a rhythmic stylized form of dance. Students learn terminology as well as stretch and strengthening exercises while using proper body placement. Jazz is the foundation for Hip Hop and therefore every other week Hip Hop is taught, complimenting the jazz movements taught the week before.

These classes meet once a week.

Class placement will be done by the Director.

Jazz Level 1, 1.5, 2, 3 & Hip Hop ages 7-12: These classes meet once a week. Class will focus on traditional Jazz and Hip-Hop styles.

### Dress Code:

All hair must be in a bun and/or secured away from the face for every class.

- Required Clothing:

GIRLS:

Leotard of any color with footed, stirrup, transition, or footless tights of any color. Plain (no design) black or grey yoga pants or tight-fitting shorts are also allowed. Dance sweaters may be worn. No attached skirts, separate ballet skirts are optional.

Dance sweaters or tight-fitting long sleeve shirt may be worn in the colder months.  
NO BAGGY CLOTHING ALLOWED.

BOYS:

Solid colored shorts, joggers, or dance pants. Solid colored shirt, NO florescent or bright colors please (no worries if it has a small logo on either tops or bottoms).

NO BAGGY CLOTHING WILL BE ALLOWED. In the deep cold of winter, they can wear a sweatshirt for a brief time while warming up.

- Required shoes:

GIRLS:

Level 1, 1.5 & 2 classes black leather ballet slippers.

Hip Hop ages 7-12 black slip-on Jazz boot.

Level 3 classes tan slip-on jazz boot

BOYS:

Level 1, 1.5 & 2 classes black leather ballet slippers.

Hip Hop ages 7-12 black slip-on Jazz boot.

Level 3 classes black slip-on jazz boot

## ❖ Lyrical

Dance Dimensions lyric classes are a free form of dance, borrowing from the techniques of modern, ballet and jazz. Students learn how to express movements using the lyrics within a song.

### Dress Code:

All hair must be in a bun, and/or secure and away from the face for every class.

- Required Clothing

GIRLS:

Leotard and stirrup, convertible or footless tights of any color.

Plain (no design) black yoga pants or tight-fitting shorts are also allowed.

BOYS:

Solid colored shorts, joggers, or dance pants. Solid colored shirt, NO florescent or bright colors please (no worries if it has a small logo on either tops or bottoms).

NO BAGGY CLOTHING WILL BE ALLOWED. In the deep cold of winter, they can wear a sweatshirt for a brief time while warming up.

- Required Shoes:

GIRLS & BOYS: tan/beige canvas pirouettes.

## ❖ Pointe Classes

Dance Dimensions students ages 13 & up are chosen by the director for pointe work. Only students who have taken ballet twice a week for 3 or more years will be considered. Students are chosen by strength of their technique, body alignment and ankle strength. The director may ask for an x-ray to be taken to check the development of a student's growth plate, as beginning before being fully developed may result in injury.

Level 5-6 Pointe students will have a pointe class once a week.

Dress Code: Refer to Ballet classes.

## ❖ Pre Dance (ages 3-4)

Dance Dimensions Pre-Dance classes allow dancers ages 3-4 to explore the fundamental core dance subjects of Ballet, Jazz and Tap.

The class meets for one hour, once a week (approximately 20 minutes of each subject).

Class placement will be done by the Director.

Dress Code:

Long hair must be in a bun or ponytail. Short hair must be secure and away from the face.

- Required Clothing:  
GIRLS: Leotard of any color and style. Pink, suntan or white footed, footless, stirrup or transition tights. Dance sweaters may be worn.  
BOYS: Comfortable clothing to move around in (sweatpants / shorts / t-shirt).
- Required Shoes:  
GIRLS: Pink leather ballet slippers & black patent leather tap shoes.  
BOYS: Black tie or slip-on tap shoes & black leather ballet slippers.

## ❖ Tap Classes

Dance Dimensions Tap classes are a form of dance where the feet create rhythmic sounds. Our tap classes focus on the many aspects of tap, traditional thru contemporary. Each class focuses on proper technique, and terminology.

Tap classes for level 1 - 6 are for ages 7 & up and meet once a week.

Class placement will be done by the Director and/or Miss Amy.

Dress Code:

All hair must be in a bun and/or secured away from the face for every class.

- Required Clothing:  
GIRLS: Leotard of any color with footed, stirrup, transition, or footless tights of any color. Plain (no design) black or grey yoga pants or tight-fitting shorts are also allowed. Dance sweaters may be worn. No attached skirts, separate ballet skirts are optional.  
Dance sweaters or tight-fitting long sleeve shirt may be worn in the colder months.  
NO BAGGY CLOTHING ALLOWED.  
BOYS: Solid colored shorts, joggers, or dance pants. Solid colored shirt, NO florescent or bright colors please (no worries if it has a small logo on either tops or bottoms).  
NO BAGGY CLOTHING WILL BE ALLOWED. In the deep cold of winter, they can wear a sweatshirt for a brief time while warming up.
- Required shoes:  
GIRLS Level 1, 1.5 & 2 classes: black patent leather tap shoes.  
Level 3 classes: tan Mary Jane tap shoes.  
Level 5 tap class: tan Mary Jane tap shoes.  
Level 6 tap class: Jason Samuels black tap shoe or Capezio/Bloch brand Black lace up tap shoes. (See local dance shops for both)  
BOYS Level 1, 1.5, 2 & 3 classes: black tie or slip on tap shoes.  
Level 5 tap class: black tie tap shoes.  
Level 6 tap class: Jason Samuels black tap shoe or Capezio/Bloch brand Black