

Garden Street School of the Performing Arts

Fall 2026 Class Descriptions • Updated July 11, 2026

Dance

Grown-Up & Me Ballet (Walking–2 Years)

Share the joy of movement together! This interactive parent-and-child ballet class encourages grown-up participation as little ones explore music, rhythm, creative movement, and imaginative play. Together, you'll help build your child's confidence, coordination, balance, and love of dance in a fun, nurturing environment.

Tiny Dancers (Ages 2–4)

Perfect for little ones beginning their dance journey! This beginner ballet class introduces basic ballet technique through creative movement, music, and imaginative play & games while building confidence, coordination, and independence. Grown-ups are welcome to stay in the room for comfort.

Petite Ballet (Ages 3–4)

The perfect next step for beginners and Tiny Dancers ready to dance independently! This class introduces proper ballet posture, basic ballet vocabulary, coordination, balance, musicality, and early technique in a fun, encouraging environment. Dancers will build confidence, classroom skills, and independence while developing a strong foundation for Ballet 1.

Introduction to Dance (Ages 3-4 & Ages 5-6)

Why choose just one style? In this exciting beginner class, dancers will explore ballet, tap, and musical theatre through age-appropriate instruction and engaging activities. They'll build confidence, coordination, rhythm, and performance skills while discovering what makes each style unique.

For our older beginner dancers, this class is offered as **Dance Lab (Introduction to Dance)** for ages 7–9.

Ballet 1

Designed for both beginners and dancers progressing from Petite Ballet, Ballet 1 introduces more traditional ballet training in a fun and encouraging environment. Dancers will develop proper technique, strength, coordination, flexibility, musicality, and ballet vocabulary while building confidence in the classroom. This foundational class prepares dancers for future levels by establishing the technique and skills they will build on throughout their ballet journey.

Ballet 2

Building on the foundation established in Ballet 1, Ballet 2 challenges dancers to refine their technique while continuing to grow in strength, flexibility, coordination, and musicality. Through more complex combinations and increased attention to precision, alignment, and artistry, dancers will develop greater confidence, control, and quality of movement. This class prepares dancers for continued advancement by strengthening the skills needed for higher levels of ballet training.

Prerequisite: Minimum of 2 years of prior ballet training or teacher placement.

Recommendation:

*Pairs well with **Jazz** and **Contemporary/Lyrical**, allowing dancers to apply their growing ballet technique while expanding their artistry, versatility, and performance skills across multiple dance styles.*

Ballet 3

Ballet 3 marks an exciting stage in a dancer's ballet journey as they continue developing the strength, artistry, and technical precision needed for more advanced training. Through longer combinations and more advanced technical work, dancers will refine clean execution, fluidity of movement, and artistic expression while building the strength, endurance, and technical consistency required for Pre-Pointe training.

Prerequisite: Minimum of 4 or more years of prior ballet training or teacher placement.

Recommendation:

*Pairs well with **Leaps & Turns**, giving dancers additional opportunities to strengthen technique, improve control, and continue developing the skills needed for more advanced ballet training.*

*Pairs well with **Jazz** and **Contemporary/Lyrical**, allowing dancers to apply their growing ballet technique while expanding their artistry, versatility, and performance skills across multiple dance styles.*

Leaps & Turns (Ages 8–Teen)

*Leaps & Turns is a technique-focused class that helps dancers strengthen the skills needed for cleaner turns, higher leaps, and greater control of movement. Through targeted exercises and drills, dancers will develop balance, flexibility, coordination, strength, endurance, and technical consistency that supports growth across all styles of dance. This class pairs especially well with **Ballet 3**, **Jazz**, and **Contemporary/Lyrical**, allowing dancers to apply these technical skills across multiple styles.*

Prerequisite: Three or more years of ballet training or teacher placement.

Contemporary/Lyrical

Contemporary/Lyrical encourages dancers to move beyond technique and discover the art of storytelling through dance. Building on ballet technique, this class blends the grace and control of lyrical with the creativity and freedom of contemporary movement. Dancers will explore musicality, emotional expression, and artistry while continuing to develop strength, balance, flexibility, and fluidity. Through expressive movement and choreography, dancers will learn to connect with the music and tell a story with every performance.

Prerequisite: At least 1 year of ballet training or teacher placement.

Recommendation:

*Pairs well with **Ballet 2 or 3**, a strong ballet foundation helps dancers develop the technique, strength, alignment, and control needed to grow confidently and successfully across all styles of dance.*

*Pairs well with **Leaps & Turns**, giving dancers additional opportunities to strengthen technique, improve control, and continue developing the skills needed for more advanced ballet training.*

*Pairs well with **Acro**, helping dancers develop the strength, flexibility, balance, and control that enhance expressive movement and fluid transitions*

Tap (6-8 yrs)

Tap introduces dancers to rhythm, timing, coordination, and musicality through exercises, across the floor combinations, and choreography. Students will develop a strong technical foundation while building confidence and learning to create clear, rhythmic sounds with their feet. This class is appropriate for both beginner and continuing tap dancers.

Jazz

Inspired by the energy and excitement of Broadway, our Jazz classes combine strong technique with dynamic movement and expressive performance. Dancers will develop strength, flexibility, rhythm, precision, turns, and coordination while learning engaging Broadway-inspired choreography. With a focus on style, stage presence, performance quality, and versatility, dancers will build the confidence and skills to captivate an audience both in the studio and on stage.

Prerequisite: At least 1 year of ballet training or teacher placement.

Recommendation:

*Pairs well with **Ballet 2 or 3**, a strong ballet foundation helps dancers develop the technique, strength, alignment, and control needed to grow confidently and successfully across all styles of dance.*

*Pairs well with **Leaps & Turns**, giving dancers additional opportunities to strengthen technique, improve control, and continue developing the skills needed for more advanced ballet training.*

Tap/Jazz Combo (Ages 8–Teen)

This class is designed for dancers with previous tap experience who are ready to continue developing their skills in both tap and jazz. Throughout the year, dancers will rotate their focus between the two styles while building technique, rhythm, musicality, flexibility, and performance quality through exercises, combinations, and Broadway style choreography. This class provides a well rounded training experience for dancers looking to strengthen their versatility and stage presence.

Prerequisite: At least 2 years of tap training or teacher placement. At least 1 year of Jazz.

Hip Hop

Hip Hop is a fun, high-energy class that combines family-friendly pop and hip hop music with age-appropriate choreography. A great choice for both beginners and experienced dancers, this class encourages confidence and self-expression while developing coordination, rhythm, timing, clean, sharp movements, and stage presence. Dancers will build performance skills, express their individuality, and have fun in an upbeat and encouraging environment.

Recommendation:

*Pairs well with **TikTok Dance Lab** for dancers who love today's music, trends, and high-energy choreography. Together, these classes offer a fun combination of foundational hip hop skills and the latest popular dance styles.*

*Pairs well with **Acro**, helping dancers build the strength, flexibility, balance, and body control that support dynamic movement and performance.*

Advanced Hip Hop (Ages 8–Teen)

Advanced Hip Hop challenges experienced dancers with more intricate choreography while focusing on rhythm, timing, precision, and strong performance quality. Dancers will continue to build confidence, strength, and stage presence while incorporating acro skills specific to each performer's level. Placement is based on experience and teacher recommendation.

TikTok Dance Lab

TikTok Dance Lab brings today's trending music and dance styles into the studio in a fun, age-appropriate way! Perfect for dancers of all experience levels, this high-energy class explores popular choreography inspired by today's biggest trends while developing rhythm, coordination, performance skills, and stage presence. Dancers will build confidence, express their individuality, and learn how to transform social media-inspired movement into polished performances that are fun to share both on stage and in the studio.

No dance experience required.

Tumble & Play (Ages 2-4)

Tumble & Play introduces little ones to the fundamentals of tumbling in a fun, supportive environment. Through movement games, obstacle courses, and beginner tumbling skills, students will develop coordination, balance, and confidence while building important gross motor skills.

Tumbling

Tumbling is a fun, beginner-friendly class designed especially for our youngest movers! Through age-appropriate instruction, engaging activities, and progressive skill building, dancers will develop strength, flexibility, balance, coordination, and body awareness while learning foundational tumbling skills. This class prepares dancers for future Acro training by building the confidence and skills needed for continued progression.

Acro 1

Acro 1 blends dance and basic acrobatics, making it a great starting point for beginners or students new to Garden Street. Dancers will learn foundational skills like cartwheels, backbends, balances, and rolls while building strength, flexibility, and coordination in a fun, supportive environment.

Acro 2

Acro 2 continues the progression into more advanced acrobatic training through individualized instruction and progressive skill building. Students will develop strength, flexibility, control, and athletic movement while working toward more advanced acrobatic skills, transitions, and combinations that can be integrated into dance. Because every dancer progresses at their own pace, instruction is tailored to support each student's individual goals and continued skill development.

Prerequisite: 1 or more years of Acro or teacher placement.

Power & Flow

Power & Flow is a fun, engaging fitness class that combines bodyweight conditioning, stretching, and yoga to build strength, flexibility, balance, and endurance. Designed for both dancers and non-dancers, this class promotes healthy movement, body awareness, mobility, and overall wellness through a variety of dynamic exercises and mindful movement. Whether you're looking to support your dance training or simply stay active, Power & Flow offers a positive and energizing way to move, grow, and feel your best.

Musical Theatre

Musical Theatre

Our Musical Theatre program gives young performers the opportunity to sing, act, and dance while bringing a story to life on stage. Through rehearsals and performances, students build confidence, creativity, teamwork, communication skills, and stage presence as they become part of a cast working toward a shared goal. Garden Street presents two fully staged productions each year, giving every performer the opportunity to experience the excitement of live theatre.

Mini Musical Theatre (Ages 4–6)

Designed especially for our youngest performers, Mini Musical Theatre introduces children to the excitement of being in a musical through age-appropriate songs, acting, and choreography. Students will build confidence, creativity, listening skills, and teamwork while learning how to rehearse, memorize simple lines and songs, and perform together as part of a cast. This class culminates in a fully staged production created just for young performers.

No dance experience required

Jr. Musical Theatre (Ages 7–Teen)

Jr. Musical Theatre builds on foundational performance skills through a more challenging production designed for older performers. Students will continue developing their acting, singing, and stage presence while taking on more developed characters, songs, choreography, and dialogue. As part of a cast, performers will strengthen teamwork, responsibility, and communication skills while working together to bring a full musical to life on stage.

No dance experience required