

Diamond Athletics Class Descriptions & Required Attire

Cheer & Dance Teams

Required practice wear & proper shoes at all times.

Tumbling Classes

White Cheer shoes or barefoot, shirt tucked in shorts, sports bra or tank is acceptable.

Ballet

It is the foundation of all dance. Students are highly encouraged to study it first or along with other dance forms. Advanced levels may require instructor approval.

Females-Pink ballet shoes, skin-toned tights, black leotard, skirt optional, hair in a bun (if hair is short pull it out of face and off neck), no jewelry.

Males-Tight white t-shirt, black dance pants, black ballet shoes.

Ballet & Jazz Combo Classes

Exposes children to different genres of dance. With a primary focus on ballet, dancers will also learn tap and jazz or hip hop.

Leotard of any color, skin-toned tights, pink ballet shoes, skirt/tutu optional. Pull hair back off dancer face.

Rhythm & Movement

Designed to develop your child's movement and classroom skills through creative play, music and dance. Our curriculum teaches children classroom behavior and to become independent, well adjusted students.

Any color leotard, tights, pink ballet shoes, skirt/tutu optional, and hair pulled back off face.

Hip Hop within the Combo Class

Hip-Hop is a fun high energy class that lays a good foundation in Hip-Hop while exposing the students to a variety of Hip-hop styles. The movements and exercises will develop greater body awareness, flexibility, strength & control as well as musicality. The dance choreography will further develop musicality, style, and performance personality. Students will also be given an encouraging opportunity to express their freestyle movements, fostering their own unique style and building their self-confidence as the class cheers them on. From this exciting class, a student may continue to study Hip-Hop with a good base to build on, and they will have also have developed skills that will be helpful in other styles of dance.

Jazz

A form of dance that is energetic and fun but also focuses on technique and requires a background in ballet. Dancers will work on flexibility, turns, kicks, and jumps as well as combinations throughout the year. Advanced classes tend to have more stylized and intricate

choreography and may require instructor approval. Skin-toned tights and skin-tone or tan shade of jazz shoes.

Athletic shorts, leotard or fitted tank top, tan jazz shoes, and hair pulled back off of face.

Jazz Drill

Jazz/Drill is a precision form of jazz focusing on technique, placement, core strengthening and flexibility. The purpose of class is to prep your dancer for drill team auditions and maintenance throughout the year.

Leotard, half top, leggings or booty shorts with tan jazz shoes, foot undies or dance sneakers. Clothes must be form fitting, no t-shirts. Hair should be up and out of face.

Pom

Pom Dance can be performed with any type of dance style such as jazz, funk, pom, ect.. Important characteristics of a pom routine include synchronization and visual effect, clean and precise motions, strong pom technique. Visual effect includes level changes, group work, formation changes.

Jazz/Hip Hop/Pom

A combination of Jazz & Hip Hop & Pom.

Lyrical

Very similar to ballet, combining the many technical elements of classical ballet with the freedom, fluidity, expressiveness and airier aspects of jazz, contemporary and modern dance.

Hip Hop & Tricks

This class teaches a more structured form of street dance often found in music videos that is appropriate for young dancers. It is designed to teach coordination, strength, agility and endurance. Classes will focus on learning popular techniques as well as dance combinations and choreography. Advanced levels may require instructor approval.

Athletic shorts or pants, loose fitting t-shirt, tennis shoes, and hair pulled back off of face.

Skills may include running man headstands, handstand hops, windmill to push-up, headsprings, handsprings, butterfly, B-Twists, Corks, UFO's, etc.

Sideline Pom

The perfect balance of cheer and dance! Created by owner Kelli Talley Santos. This class prepares and refines skills for cheerleading and is a great introductory team for dance. Classes combine hip hop/Pom/cheer technique, cheer jumps and tricks, as well as basic tumbling incorporated into choreo.

Athletic shorts, fitted t-shirt or tank top, tennis shoes, and hair pulled back off face.

Practice wear is required for our Sideline Pom team.

Company Technique

This class focuses on core strengthening, basic dance technique, fundamentals, flexibility and company choreography practice.

Acrobatics & Tumbling

Fundamentals of tumbling, students will learn front and back rolls, cartwheels, headstands, rolls, standing back bend and much more. Pyramids and building skills along with dance elements will be incorporated into the class as well.

One piece unitard, gymnastic attire or tight fitting top and dance shorts. Please no tee shirts or loose fitting shorts for students safety. Hair must be pulled back out of face.