

Integra Dance Arts

Class Requirements and Pre-requisites

At Integra Dance Arts, we feel students will be most successful and confident when correctly placed in a dance class level that is age appropriate and suitable to their prior experiences. When properly placed students will be able to build skills and confidence at a good pace with less frustration. Before signing up for classes, please take time to review the list below. If you would like help choosing classes or have any questions, please call or email Integra Dance Arts. Also, please note that during the first week of classes, staff will do a leveling evaluation of all students to ensure they are placed correctly.

Creative Movement

Ages 3-5

Non-Performance Group

No Prior Dance Training required

Pre-Ballet/Tap/Jazz

Ages 3-5

Performance Group

No prior dance training required

Teen/Adult Ballet

Ages 12+

No prior dance training necessary

Ballet, Tap, Jazz Level I

Ages 5+

No prior dance training necessary

Ballet, Tap, Jazz, Level II

Ages 5+

At least 1 year prior training in the style

Ballet, Tap, Jazz Level III

Ages 8+

2-3 years prior training in the style
and director's recommendation

Ballet, Tap, Jazz Level IV

Ages 10+

3-5 years prior training in the style
And director's recommendation

Ballet, Tap, Jazz Level V, VI, VII

Ages 10+

4 or more years intermediate/advanced training in the style
And director's recommendation

Contemporary I/II

Ages 11+

1-2 years prior dance training
and concurrent enrollement in upper level jazz or ballet

Contemporary III/IV

Ages 11+

2-3 years prior contemporary training
And concurrent enrollment in upper level jazz or ballet
And director's recommendation

Conditioning

Ages 10+

Variations

Ages 11+

Must be enrolled in a pointe class

Musical Theatre and Hip Hop 7-11

Ages 7-11

No prior dance training necessary

Musical Theatre and Hip Hop 12+

Ages 12+

Some prior dance training needed and director's approval