

Competitive Requirements

In order to build the strength and technique required to perform well in the competitive setting, certain classes are required to train at each level. Additional competitive requirements are added at each level.

*****Tap, Hip Hop, and Ballet only require their respective technique class to compete*****

Level 1 (Jazz)

- VB 1

Level 2 (Jazz, Lyrical)

- VB 2
- Strongly encouraged: tap, acro, rec jazz/lyrical

Level 3 (Tap, Jazz, Lyrical)

- VB 3
- Strongly encouraged: Jumps and turns, acro, ballet tech, contemporary

Level 4 (Tap, Jazz, Lyrical, Hip Hop, Ballet)

- 2 VB 4 Classes
- Jazz Tech or Jumps and Turns
- Hip Hop Tech (if competing in Hip Hop)
- Strongly Recommended: acro, contemporary, team warm-up

Level 5 (Tap, Jazz, Lyrical, Ballet, Hip Hop)

- 2 VB 5 Classes
- Jumps and Turns or Jazz Tech
- Hip Hop Tech (if competing in Hip Hop)
- Contemporary
- Strongly Recommended: acro, pointe, team warm-up

Level 6+ (Tap, Jazz, Contemporary, Lyrical, Ballet, Hip Hop)

- 2 VB 6+ Classes
- Jumps and Turns
- Stretch and Strength
- Contemporary
- Tap Tech (if competing in Tap)
- Hip Hop Tech (If competing in Hip Hop)
- Team Warm Up
- Summer classes
- Strongly Recommended: Acro, pointe