

# LEVELED PROGRAM

*progress with purpose*

The Maranatha staff remains deeply committed to helping each dancer grow, flourish, and find their place within their dance journey. This past season has been marked by meaningful progress, strong community, and so many moments of excellence. We are incredibly proud of the dedication and spirit our dancers have shown!

As we step into a new season, we look ahead with excitement as we continue to Elevate.

Building on the foundation introduced last year, we will continue implementing our updated ballet curriculum across Levels 1–4, while further developing training goals within our upper levels. As part of this continued growth, you may notice continued adjustments to class titles as our structure continues to align with the direction of the program.

As dancers grow, their training must grow with them. Advancement requires not only skill and ability, but increased commitment and engagement in the classroom. With each level, the investment of time also expands, allowing dancers to develop the strength, discipline, and artistry required for more advanced work.

To support this continued growth, we are excited to continue offering our ELEVATE Ballet Workshop and ELEVATE Hip Hop Bootcamp again this season.

Whether your dancer is pursuing dance recreationally or on a pre-professional path, intentional and consistent training is key and it is a privilege to partner with you in that journey.

If you have any questions about placements, progress, or the upcoming season, our team is always here to support you. Thank you for your continued trust and partnership!

Class placements and recommendations for the 2026–2027 season will be available in your account portal in early May.

We are expectant for all that this new season will bring!



# LEVELED PROGRAM

## what to expect

Our Leveled Program is built on a foundation of ballet training. As dancers move up through the levels, the commitment builds, consistent attendance becomes more critical, and the class requirements increase. Dancers benefit from these incremental changes, and it's so rewarding to see their growth and development through the stages!

Eager for more performance opportunities?  
All Leveled dancers are eligible to audition for Momentum Company & MCREW!  
(see page 4)

Dancers in Int/ Adv are encouraged to take Pre-Pointe (min. one year) and are required to participate in Elevate Ballet Workshops!

Intermediate dancers take a minimum of three classes: Ballet (2x) and Conditioning. Jazz and Lyrical are strongly recommended!

Ballet is the foundation of the leveled program. Jazz is highly recommended! Level 1 & 2 must take a minimum of two classes per week.

Hip Hop, Acro and Theater are great additions to a well-rounded program at any level!

Additional classes may include Acro, Hip Hop, Theater and more!

Additional genres  
30-45 min  
1x week

Ballet  
30-45 min  
1x week

### Children's/ Teen Classes

Additional classes may include Acro, Hip Hop, Theater and more!

Jazz or other genre  
30-45 min  
1-2x week

Ballet\*  
45-60 min  
1x week

### Level 1 & 2

Additional classes may include Acro, Hip Hop, Theater and more!

Jazz &/or Lyrical  
45 min  
1-2x week

Conditioning\*  
30 min  
1x week

Ballet\*  
60 min  
2x week

### Int

Additional classes may include Acro, Hip Hop, Theater, and Pre-Pointe.

Jazz &/or Lyrical  
45 min  
1-2x week

ELEVATE Ballet Workshop\*  
2x month

Conditioning\*  
45 min  
1x week

Ballet\*  
60 min  
2x week

### Int/Adv

Additional classes may include Acro, Hip Hop, Theater, & Pointe.\*\*

Jazz & Lyrical  
45 min  
1-2x week

ELEVATE Ballet Workshop\*  
2x month

Conditioning\*  
45 min  
1x week

Ballet\*  
75 min  
2x week

### Adv

\*indicates required class.

\*\* Jazz & or Lyrical is also required when participating in Momentum Company.

\*\*Pointe is by teacher placement only.

# CLASS DESCRIPTIONS and dress code

## Ballet

Ballet is the cornerstone of all dance training, developing strength, flexibility, coordination, and grace. With a focus on classical technique, musicality, and discipline, this class provides dancers with the solid foundation they need to excel in all styles of dance.

*Dress Code: Girls- black leotard, pink tights, ballet skirt (any color), pink ballet shoes, hair in slick tidy bun, no jewelry.*

*Boys- black or white t-shirt, black athletic shorts, white socks, black ballet shoes.*

## Jazz\*

Jazz is an energetic and expressive style that blends sharp technique with bold personality! Set to upbeat music, dancers will build flexibility, coordination, and stage presence through exciting combinations that bring confidence and impact to every move.

*Dress Code: leotard, tights, tan jazz shoes.*

*form fitting shirts, shorts, or leggings may be worn over leotard, hair in slick tidy bun or twist, no jewelry.*

*Boys- t-shirt, athletic shorts, jazz shoes.*

## Lyrical/Contemporary\*

Lyrical & Contemporary combine the strength of ballet with the freedom of expressive movement. Dancers will learn to tell powerful stories through emotion-driven choreography, fluid transitions, and dynamic floorwork that connect heart and technique.

*Dress Code: leotard, tights, tan jazz shoes (level 1-4).*

*form fitting shirts, shorts or leggings may be worn over leotard, hair in slick tidy bun or twist, no jewelry.*

*Apollo Shocks with grip or BlochSox are recommended for Int/Adv and Adv (barefoot will be required for recital);*

## Hip Hop

Hip Hop is a fun, fast-paced class that exhibits strength and fierce energy! With a focus on musicality, rhythm, improvisation, and personal style, dancers will gain confidence while learning fresh choreography and freestyle skills.

*Dress Code: Girls- leotard, t-shirt, sweatpants or leggings, clean-soled sneakers (specific color will be required for recital).*

*no midribs, no shorts, hair pulled back, no jewelry.*

*Boys- t-shirt, athletic pants, clean-soled sneakers (see above), no shorts.*

## Musical Theater Jazz

Musical Theater lets dancers step into the spotlight with high-energy choreography inspired by Broadway's best! This class teaches performance skills, character work, and storytelling through movement—perfect for all who love to sing, act, and dance.

*Dress Code: Same as Jazz*

## Conditioning

Conditioning is designed to build the strength, flexibility, balance, and endurance dancers need to perform at their best. Through targeted exercises, cross-training techniques, and injury-prevention strategies, this class helps dancers improve technique, enhance performance, and support long-term growth in all styles of dance.

*Dress Code: Same as Jazz*

## Acro Dance\*

Acro Dance combines the grace of dance with the strength and agility of floor-based gymnastics. Dancers will develop core acro skills such as handstands, cartwheels, walkovers, aeriels, etc, all taught with a strong emphasis on safety, technique, and control.

With seamless transitions between tricks and choreography, this class builds stage-ready performance skills.

*Dress Code: any color leotard, shorts or leggings, hair pulled back, no shoes, socks, or jewelry.*

*Boys- t-shirt, athletic shorts, no shoes.*

*\*Ballet is a required class for leveled jazz, lyrical/contemporary, & acro dance.*

# MOMENTUM & MCREW

*join the fun!*

**Join our Performance Companies  
Momentum & MCREW  
and get in on the excitement!!**

**Community outreach, lasting friendships,  
& performance opportunities  
throughout the year!**



Auditions for Momentum are open to all dancers in our leveled program!

Auditions for MCREW (9th-12<sup>th</sup> grade) and MCREW JV (5th-8<sup>th</sup> grade) are open to all dancers in our hip hop program!

**Audition Workshops:**

Week of August 24<sup>th</sup> (during designated rehearsal slot)

Dancers will learn a small piece of choreography that they will perform the following week at auditions. A parent is invited into the room for the last 5 minutes of workshop to record a practice video.

**Auditions: August 28<sup>th</sup> (5:00-8:30pm)**

Dancers will come at their group's designated time slot to present the choreography learned at workshops within small groups in front of the teachers, along with some other level appropriate skills.

**Dress Code for Workshops/Auditions:**

Momentum Company: Black leotard and skirt, pink tights, ballet or jazz shoes, hair in a tidy bun.

MCREW/JV: Black leotard with black leggings or sweatpants, sneakers, and hair pulled back.



**Class Requirements:**

- Leveled Company members must be enrolled in leveled ballet and jazz or lyrical, along with any other level specific requirements.
- MCREW and JV members must be enrolled in the corresponding hip hop class. MCREW members are required to attend Hip Hop Bootcamp 2x per month. (What is Hip Hop Bootcamp? Find more details on p. 5!).
- JV members are required to take one additional class of any genre.
- All members must attend choreography workshops September 4/5 and their weekly 30 minute choreography rehearsal throughout the year.

Find out more by visiting:  
[Maranathadance.com/momentum](http://Maranathadance.com/momentum)

# ELEVATE WORKSHOPS

*where commitment meets growth*



## ELEVATE BALLET WORKSHOPS

For our most passionate and advanced dancers, growth requires more: more time at the barre, more individualized coaching, and more space to refine both artistry and technique.

The ELEVATE Ballet Workshop is a bi-weekly training experience designed for dancers who are serious about deepening their growth and developing their artistry, whether on a recreational or pre-professional path. This workshop is required for Intermediate/Advanced and Advanced dancers in our leveled program.

Each session offers focused, high-level instruction to strengthen ballet technique, support pointe or pre-pointe progression, and provide meaningful mentorship that shapes not only strong dancers, but well-rounded individuals.

This intentional environment is designed to elevate each dancer's potential, mentally, physically, and artistically.

ELEVATE BALLET WORKSHOP is held  
Mondays, bi-weekly  
(opposite of Elevate Hip Hop).

## ELEVATE HIP HOP BOOTCAMP



The ELEVATE Hip Hop Bootcamp is a bi-weekly training workshop designed to take your hip hop game to the next level.

Designed and required for MCREW members, it is also open to any leveled Hip Hop or Int/Adv+ dancer in our program.

This workshop is for those eager to challenge themselves, expand their skills, and dive deeper into the roots and range of hip hop dance.

Each session brings the heat with:

- Advanced Choreography: high-energy, intricate movement that pushes creativity and control.
- Hip Hop-Specific Conditioning: drills and exercises to build strength, agility, and musicality.
- Exploration of Styles: from old school grooves to new age street styles, pop, freestyle, and more.

ELEVATE HIP HOP BOOTCAMP is held  
Mondays, bi-weekly  
(opposite of Elevate Ballet).

*...and for those interested in an even more curated and challenging experience, find out more about our new extension of MCREW-*



# S.T.E.P. PROGRAM

*make a difference*



## S.T.E.P.

STUDENT TEACHER  
EDUCATION PROGRAM

MARANATHA'S Student Teacher Education Program (S.T.E.P.) is a highly distinguished in-studio education program that aims to promote the love of dance and knowledge of instructional methods to current students.

As a classroom assistant, you are guided through the dance education process using in-class training, hands-on practice, instructor mentoring, research-based activities, and self-reflective assignments that are designed to give you an opportunity to participate in the educational process of being a student teacher. The STEP program provides the stepping stones needed towards building confident, hardworking, well-informed, and eager dance educators for the future. Discipline, respect, responsibility, enthusiasm, and patience are qualities we want to see in you!

For more information or to apply for the S.T.E.P. Program, please visit:  
[maranathadance.com/step](http://maranathadance.com/step)

Applications are open for dancers in 5th grade and up!



# PRIVATE LESSONS

*deeper development*

Want to raise the “barre” on your training?

Whether you’re a highly motivated dancer looking to fine-tune specific technique, prepare for an audition, or push past personal plateaus, one-on-one instruction provides focused attention and customized guidance tailored to your individual goals. Private lessons offer the perfect setting to accelerate progress in a specific area- such as turns, flexibility, leaps, or artistry- beyond what’s possible in a group class setting.

Sessions are available in 30- or 60-minute increments and are led by instructors who are passionate about helping dancers reach their fullest potential.

## Private Lesson Eligibility Requirements

To maintain the integrity of our program and ensure students are set up for success, dancers must meet the following criteria to book private lessons:

- Enrolled in the required classes within the leveled program
  - Maintains excellent class attendance
- Demonstrates a strong work ethic and positive attitude in all classes
  - Account must be current with no outstanding balances

If you’re ready to enhance your skills, deepen your artistry, and grow with confidence, we’d love to work with you in a private session.

Spots are limited, so reach out to reserve yours today!

For pricing or to book a lesson, please visit <https://calendly.com/maranathadance>.

# STAR LEADERSHIP CLASSES

*grow as a leader*

The Taking Shape™ Star Leadership class is a curriculum used in dance and youth programs internationally, empowering the next generation through structured, engaging, and collaborative sessions.

Star Leadership helps young people gain confidence, learn how to cope with stress and anxiety, produce more awareness of self and others, and put action behind values such as resilience, gratitude, and servant leadership.

Led weekly by Ms. Amy, each session challenges students to think critically, offer and receive constructive feedback, practice the art of public speaking, and grow in responsibility and self-discipline.

Mentoring is at the heart of STAR Leadership!

Who can take the class?

Any Maranatha student in 8th grade or above wanting to develop their leadership skills and deepen their character is invited! The goal of the class is to create a culture of servant leadership so that our students are equipped to make a positive impact in our community and our world.

What's the commitment?

STAR Leadership meets from October to May. Students taking the class are also expected to complete weekly assignments and participate in several volunteer projects throughout the year. The cost of STAR Leadership is \$34/mo and includes weekly sessions, books & materials, and an end of year graduation. Consistent attendance, eager participation, and a positive attitude are essential for completion..

How do I register?

You can register your student through your Maranatha account portal when you register for all your other classes! The first meeting will be October 6th.



**Calling all students  
in 8th grade and up!**

**Tuesdays,  
3:30-4:30**

# POINTE & PREPOINTE

## *upper-level ballet*

Dancing on pointe is such an exciting milestone for ballet dancers! Most young dancers dream about the day that they will get their first pointe shoes.

While pointe dancing is a beautiful form of dancing, it is important to recognize that pointe work puts an enormous amount of strain on the body and can even be dangerous if approached before a dancer is ready. Remember that you only have one body for the rest of your life! Correct preparation in ballet technique classes, along with a pre-pointe class and pre-pointe assessment, is essential before starting pointe work. Along with needing a recommendation from your ballet teacher, it is recommended you also be cleared by a qualified health professional (preferably one who has experience with ballet dancers).

It is very important that each dancer focuses on their own timeline, not on that of others around them. Your teacher will be able to give you a guide of how long the process will take, but the time taken to correct any weaknesses is also very dependent on the efforts of the individual. Not every dancer will benefit from dancing on pointe, and there are anatomical considerations that must be addressed when deciding whether going on pointe is favorable to your overall well-being. If dancing on pointe is not the path you choose, it does not mean the end of your dance journey! There are many advanced and professional dancers who choose not to do pointe work.

There are numerous factors that must be taken into consideration when progressing onto pointe including dancer's strength, range of motion, posture and body alignment, physical and emotional maturity, technical capacity, and attention to detail in class. Your teacher will let you know when you are ready to be assessed for pointe readiness.

Dancers in Int/Adv Ballet are eligible to join our pre-pointe class. Pointe is currently available to our Advanced students by teacher placement only. Dancers who are placed will need to attend an orientation with their parent so that parents and dancers are on the same page about the process. We are here to support you and guide you to success!

Happy dancing!