



Our Offered Dance Styles

Updated May 2025



Acro - gymnastics + jazz

Acro classes focus on incorporating acrobatic skills such as cartwheels, somersaults, partner lifts, bridges, and walkovers into fun and energetic dance pieces!

Ballet - soft shoes & pointe shoes (12+)

At NLSD we currently follow the RAD curriculum as these are the Ballet exams *NLSD dancers partake in.

In our younger classes, expression and musical awareness are taught through free movement, mime and storytelling. We also focus on coordination and control of the body, arms, hands and head in the beginning, and as dancers progress they learn to communicate expression and feeling in their movement as well as build their vocabulary with exercises at the barre and in the centre. An emphasis is placed on detail and increasing stamina, concentration, and discipline, and as dancers near graduation they will be able to demonstrate a highly developed understanding of a more complex range of rhythmical sounds, accents and timings!

**Only dancers in the Intensive Program will have the opportunity to participate in a respective RAD (Royal Academy of Dance) Ballet exam each year - exams are usually around February. This is an in-studio exam performed by our registered instructors testing dancers' knowledge and skills learned throughout the year. If you would like to learn more about the RAD exams you can visit their website at <https://ca.royalacademyofdance.org/exams/>*



Broadway - theatre + jazz

Broadway classes focus on building dancers' confidence in performance as well as their theatrical skills by combining over-the-top facial expressions and sometimes even lip-syncing all while working to improve dancers' technique!

Contemporary - improv + jazz + ballet

Contemporary dance is a combination of many dance styles including Modern, Jazz, and Ballet, mainly focusing on movement inspired by dancers' own interpretations rather than standardized movements, terminology, or structured steps as seen in Ballet or Jazz alone!



Jazz - high-energy & expressive

Jazz classes focus on building technique and skill in different variations, styles and combos of Jazz walks, turns, jumps, kicks!

Street Styles - rhythmic & uplifting

Street Styles class will explore various urban styles including hip-hop, locking, popping, breaking and house. The classes are vibrant and diverse, characterized by rhythmic, fun grooves and technique!



Tap - theatrical dance + rhythmical

Tap classes focus on learning how to coordinate your tap shoes and make desired sounds while improving dance technique through steps such as Ball Heel, Ball Beat, and Shuffle!