Program Structure: Core & Expansion Styles

At Movement Matters, our Student Program is intentionally structured around **Core Dance Styles** and **Expansion Dance Styles**.

If your dancer chooses an Expansion Dance Style, we recommend pairing it with at least one Core Dance Style. Core classes provide the technical foundation that supports progress, versatility, and long-term development across all areas of dance.

Core Dance Styles include:

- Ballet
- Jazz
- Modern / Contemporary

These styles form the foundation of our Student Program.

Core classes are designed to help dancers develop essential skills including technique, alignment, coordination, musicality, strength, flexibility, movement quality, and body awareness.

By placing a strong emphasis on these fundamentals, our goal is to give dancers skills that can support their continued development across a wide range of dance styles.

Expansion Dance Styles include:

- Hip Hop

Expansion styles are designed to broaden each dancer's experience beyond their core training. They introduce different movement qualities, performance skills, musical styles, and creative experiences that help dancers become more versatile and confident.

Why We Structure Our Program This Way
Movement Matters is a boutique dance studio with a thoughtfully curated program. Our focus is on providing purposeful training and creating strong foundations that support each dancer as they continue to develop.

Core styles provide the technical base. Expansion styles add variety, creativity, and new experiences.

Together, they allow dancers to develop a well-rounded understanding of movement while still receiving focused, intentional training.

A program designed with your dancer's future in mind.