

# Just For Kix – Alexandria Class Descriptions

## 2026-2027 Season



Register for classes, order uniforms and custom wear and access your dance account at:

[www.justforkix.com/danceclasses/alexandria-mn](http://www.justforkix.com/danceclasses/alexandria-mn)

**CLASSES OFFERED:** The Just For Kix dance class curriculum is designed specifically for each age group, Preschool through High School. There are no auditions for our weekly dance classes. Dancers are divided by age group to allow for maximum confidence and self-esteem building. We offer kick, jazz, hip hop, pom, lyrical and special sessions such as 8-week preschool sessions, partner classes and one-day camps. See the class options with a description of styles below. Jazz classes have a prerequisite of also being enrolled in core kick or mini ballet/lyrical. All other classes can be taken stand-alone.

### **PRESCHOOL CLASSES**

#### ***Teeny Kix (8-Week Sessions)***

This is a short-term core dance session for dancers ages 2.5-4 years old. The class will incorporate an introduction to ballet, kick, jazz, movement and stretching. This class will learn one routine per session and perform at the winter/spring show. Typically, sessions are 8 weeks and offered in the fall and spring.

#### ***Tiny Kix, Pre Petites (8-month classes)***

Core dance classes for preschool dancer's ages 3-5 years old, not yet in kindergarten. This is an 8-month class which will incorporate an introduction to ballet, kick, jazz, movement and stretching. This class will learn multiple routines and perform a minimum of 4 times during the season including winter and spring shows, and at community performances and events.

### **K-1<sup>ST</sup> GRADE CLASSES**

#### ***Wee Petite (8-month class)***

Kick classes are the basis of our program. Kick dancing is known for its precision and uniformity. Intricate formation changes accompanied by long kick lines and unique kick sequences makes this genre a crowd pleaser! Dancers will also learn basic ballet and jazz technique, skill progression, flexibility, strength building, and expression will be the focus areas of this class. This is an 8-month class and dancers will learn multiple routines and perform a minimum of 4 times during the season including winter and spring shows, and at community performances and events.

### **2<sup>ND</sup>-12<sup>TH</sup> GRADE CLASSES**

#### ***KICK: (8-month classes)***

##### ***Wee Kix, Mini Kix, Middle Kix, Senior Kix***

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#### ***HIP HOP: (8-month classes)***

##### ***Wee Hip Hop, Mini Hip Hop, Middle Hip Hop, Senior Hip Hop***

Hip hop is a fun, upbeat style of dance. It is characterized by hard hitting movement and body isolations. It is an extremely high energy style of dance that encompasses a variety of different styles.

#### ***POM: (8-month classes)***

##### ***Mini Pom, Junior Pom (8-month classes)***

Pom classes focus on group unison, showmanship, precision of motions, and visual use of poms.

#### ***JAZZ: (8-month classes)***

##### ***Wee/Kix Jazz, Mini Jazz, Middle Jazz, Senior Kix/Jazz (8-month classes)***

Jazz dancing combines footwork and movement with different technical elements such as leaps and turns. These classes will work off the basic ballet and jazz skills taught in the Core Kick class and work toward more difficult jazz skills and techniques. **Dancers must also be enrolled in kick, mini ballet/lyrical to register for jazz or enroll in the kick/jazz combo class.**

## **2<sup>nd</sup>-5<sup>th</sup> GRADE BALLET/LYRICAL: (8-month class)**

### **Mini Ballet/Lyrical**

Lyrical dance combines ballet, jazz, and contemporary styles, encouraging dancers to develop a deep emotional connection to the music. The choreography tells the story of the song through powerful movements and beautiful lines, allowing dancers to focus on expression and storytelling as performers.

### **Why are Kick or Ballet/Lyrical classes a requirement for Jazz Classes?**

Our Kick classes focus on teaching the fundamental dance skills needed to progress in our other classes. Jazz classes are the next step and are designed for dancers who already understand the basics. We want these classes to build on the fundamentals, not repeat them. By requiring dancers to take Kick or Mini Ballet/Lyrical classes first, we ensure that they are committed and prepared for more advanced training. This allows instructors to teach at a faster pace, knowing the dancers are reinforcing their skills in additional classes each week. More dance time also helps dancers improve their flexibility and strength, which are essential for mastering more difficult skills.

### **SPECIAL SESSIONS AND ONE-DAY CAMPS:**

Throughout the season we offer a variety of short-term dance sessions. Examples of these classes are 8-week preschool classes, one-day theme camps, partner classes, prop routines, etc. Watch for emails, newsletters and social media posts regarding these special sessions and camps.

**PERFORMANCES AND SHOWS:** Dancers will perform a minimum of 5 times during the season. We host Winter (December) and Spring (May) Dance Shows that all dancers will perform at. Other performances may include a Community Show with area JFK programs (ex. Glenwood and Parkers Prairie), perform at the ACDT High School Dance Invitational and End of Year Show, regional TWD Competitions, and other community performances.

**TOGETHER WE DANCE COMPETITIONS:** or TWD is the name of the Just For Kix dance competitions that our teams enter. When dancers reach 2nd grade they will compete. We typically participate in 2-3 events per year and most involve travel. There is an extra expense for competition entry fees. Dancers in 6th-12th grade will attend Nationals in Rochester at the end of April/beginning of May.

### **SOLOS AND SMALL GROUPS:**

We have dancers who compete in solos or small groups at our TWD Competitions in the spring. If you have an interest in doing a solo or small group, please contact Crystal at [alexandria\\_mn@justforkix.com](mailto:alexandria_mn@justforkix.com).

### **BAND APP:**

Join our BAND app and stay up to date on upcoming dates for classes, performances, events and any changes or weather cancellations. We will also post calendars/newsletters, videos from class for dancers to practice at home and more. Click on the QR code or click on the link to join the BAND app: <https://band.us/n/adaeAeH7mfU4y>

### **WEBSITES AND SOCIAL MEDIA:**

Get social with us. Like and follow us on our social media platforms where we will share information about classes, performances and also post pictures and fun stuff about dance.

- Alexandria JFK Web Page - [justforkix.com/danceclasses/alexandria-mn](http://justforkix.com/danceclasses/alexandria-mn)
- Main JFK Website – [justforkix.com](http://justforkix.com)
- Facebook – [@justforkix.alexandria](https://www.facebook.com/justforkix.alexandria)
- Instagram - [@alexjustforkix](https://www.instagram.com/alexjustforkix)

### **YOUR DANCE ACCOUNT:**

Register and pay for classes, order uniforms, shoes and custom wear by accessing your dance account at: <http://www.justforkix.com/danceclasses>

### **CONTACT INFORMATION:**

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