



OUR MISSION:

EXCELLENCE - POSITIVITY - ACCOUNTABILITY

RELATIONSHIPS - EVERYTHING ELSE

High Pointe Staff is committed to serving our students and families with energy and intention.

SYLLABUS:

High Pointe implements the International Jazzer Technique (IJT) syllabus.

IJT is a dance syllabus designed to develop positive ability, strength, focus, flexibility and strong core technique in dancers of all ages and abilities.

This syllabus enables students to progressively build all elements and ensure all of our technique classes are productive.

The end goal is to motivate and enable dancers to reach their full technical potential.

We will pair our IJT syllabus with a comprehensive strength and conditioning program.

This program is written specifically for dancers to enhance performance, minimize injury risk, and promote career longevity.