

Level descriptions and guidelines

Placement is based on age, prior experience, and developmental readiness. Because of how Cohesion's classes are arranged, it is not uncommon for dancers to remain in the same level for multiple years. Instructors will teach to the level of the dancers in each class. Instructor recommendations help ensure each dancer is placed where they will be safe, appropriately challenged, and successful.

Beginning (Youth, ages 7-8)

An introduction to modern and contemporary dance. Young dancers will develop foundational technique, movement vocabulary, musicality, and classroom skills in a supportive, encouraging environment. No prior experience necessary.

Intermediate I (Youth, ages 9–14)

Designed for older youth dancers who are new to modern/contemporary or progressing from Cohesion's 7-8 year old class, this class builds a strong technical foundation while developing strength, coordination, movement vocabulary, and artistry. Appropriate for dancers with little or no prior experience as well as those continuing their training.

Intermediate II (Youth, ages 12–14)

For dancers ready to refine their skills and increase technical complexity through more challenging movement, choreography, and artistic exploration. Dancers should have a solid foundation in modern or contemporary dance or receive instructor approval.

Dance Fundamentals (Multigenerational, ages 9+)

Build a solid foundation in dance by exploring fundamental techniques of ballet and contemporary movement. Strengthen alignment, coordination, and body awareness, while developing the skills and confidence to progress into other dance styles and higher-level classes. Ideal for dancers new to dance as well as those looking to refine and build skills for continued growth. No experience necessary.

Intermediate I (Adult, ages 15+)

Dancers will build on foundational technique while developing greater strength, coordination, and confidence. Focus will be on refining the basics and preparing for more complex modern and contemporary movement concepts. Some prior experience recommended.

Intermediate II (Adult, ages 15+)

Classes will focus on expanding technical skills through increasingly complex movement, choreography, and artistic exploration. Dancers should have recently and consistently attended Adult Intermediate I or have comparable current training in Modern or Contemporary dance. Instructor approval required.

Intermediate/Advanced (Adult, ages 15+)

For experienced dancers ready to deepen their technical proficiency, artistry, and performance quality while exploring advanced modern and contemporary concepts. Prior experience and instructor approval required.

Advanced (Adult, ages 15+)

For highly experienced dancers with a strong technical foundation in Modern and Contemporary dance. Classes emphasize advanced technique, artistry, performance, and nuanced movement exploration. Recent, consistent training and instructor approval required.