

EADE General Description of Services

Ellen Alvin Dance Exchange is a dance training facility located at 303 Lewis Hollow Road, Dickson, TN. EADE offers three seasonal training pathways: Foundations, Technique Training, and Team. Each program differs in description, opportunities, entry requirements, and pricing.

Our mission is to passionately infuse our community with the love, freedom, and power of dance.

Our vision is to safely train students in dance techniques, create a supportive, professional dance community, and provide a performance platform for dancers' artistic expression.

Our core values are commitment, consistency, and community—all focused on providing technical dance training.

Seasonal Pathway Descriptions

Foundations of Dance Pathway - a recreational dance program designed to introduce dancers to the foundational dance techniques (ballet, jazz, acrobatics, hiphop, lyrical, and tap). Foundations classes will be offered to dancers ages 3-4 and ages 5-6. All Foundations classes prepare a routine to perform in the End of the Year Showcase.

Technique Training - a technical dance program designed to enhance the dancer's technical foundation in genre-specific training classes. This pathway is offered in four sections: Technique Training I (Ages 6-7), Technique Training II (Ages 8-9), Technique Training III (Ages 10-13), and Technique Training IV (Ages 14+). Dancers in this pathway can create a customized schedule of classes appropriate for their dancer interests. All technique training dancers perform in the End of the Year showcase with the potential to perform in the Winter Showcase.

Team Pathway - a dance training program designed to allow students to compete within the competitive dance industry. This pathway offers two team opportunities: Performance Team (Ages 6+), and Elite Team (Ages 6+). This training program requires a weekly block of technique training in addition to choreography rehearsals. Each team competes in dance competitions throughout the season and performs in both EADE's Winter and End of the Year Showcase.

Class Descriptions

Foundations - please see above pathway description.

Ballet - a class that focuses on body awareness and alignment through technical exercises performed at the ballet barre, in center floor, and across the floor. Ballet technique is used as the foundation for all other dance classes. All ballet classes perform in the End of the Year Showcase.

Combinations - a class where dancers are honing their ability to swiftly learn choreography across diverse styles, while also mastering the skill of reversing routines seamlessly onto the opposite side. Furthermore, they are given the opportunity to craft original choreography that showcases their unique artistic perspectives and technical ability.

HipHop - a high-energy dance experience where students learn urban dance styles, set to contemporary hip-hop music. It combines intricate footwork, rhythmic movements, and expressive choreography to cultivate both technical skill and personal style in a dynamic and supportive atmosphere. All HipHop classes perform in the End of the Year showcase.

Acrobatics (Acro) - a class which focuses on developing strength, flexibility, and agility through limber, aerial, contortion, tumbling, and balancing exercises. Students learn various acrobatic skills and dance techniques in a structured environment that emphasizes safety and skill progression. All Acro classes perform in the End of the Year showcase.

Leaps and Turns - a class which focuses on refining the technical skills required for executing dynamic leaps and intricate turns in dance, emphasizing strength, control, and artistic expression through fluid transitions and precise footwork. Participants engage in rigorous drills and combinations designed to enhance their agility, flexibility, and spatial awareness, aiming to achieve heightened proficiency and artistry in their movement repertoire. All Leaps and Turns classes perform in the End of the Year Showcase.

Tap - dancers learn rhythmic patterns and intricate footwork using metal tap shoes, creating percussive sounds that synchronize with music. Students develop coordination, musicality, and a sense of timing through exercises, combinations, and improvisation in a lively and engaging environment. All Tap classes perform in the End of the Year Showcase.

Pom - dancers learn precision, synchronization, and energetic choreography with pom-poms, focusing on sharp movements and formations to upbeat music. The class blends elements of dance technique with performance skills, fostering teamwork and artistic expression. Seasonal Pom classes perform in the End of the Year Showcase.

Flexibility - flexibility-focused dance class is designed to improve range of motion, muscle elasticity, and overall body alignment essential for dancers. Through targeted stretching techniques and strength-building exercises, students will enhance their mobility and prevent injury. The class supports dancers of all levels in developing control, balance, and graceful extension.

Progressive Ballet Technique (PBT) - specialized dance training program that uses focused exercises and equipment such as stability balls to enhance muscle memory, core strength, and alignment. Designed to complement classical ballet training, PBT helps dancers develop the deep muscle engagement required for safe and effective technique. This program is suitable for dancers of all levels and is particularly valuable for building strength, control, and body awareness.

Salsa - a class which introduces students to the fundamental techniques, timing, and partner work of Salsa in a structured and supportive studio environment. Emphasis is placed on rhythm, coordination, and building confidence through progressive skill development. Suitable for all levels, this class fosters both individual growth and social dance etiquette.

Ballet/Acrobatics (Acro) - a class that combines the focus of both ballet and acrobatics styles

Tap/Jazz - a class that combines the focus of both tap and leaps and turns style

Private Lessons - a class consisting of only one student designed to focus on his/her goals