

## FALL 2023 – SPRING 2024 SCHEDULE

**PARENT & Tot – HYBRID (12 months & up) INDEPENDENT CLASSES (18 months & up)**



CLASS	DAY	TIME	INSTRUCTOR	STUDIO
<b>PARENT &amp; TOT</b>				
<b>Parent/Tot TUMBLING (Ages 18 mts – 3 Years old)</b>	<b>Tuesday</b>	<b>4:30-5:15</b>	<b>Coach Alex</b>	<b>D</b>
<b>Mommy &amp; Me - Intro to DANCE (12-18 months)</b>	<b>Wednesday</b>	<b>5:00-5:30</b>	<b>Ms. Penny</b>	<b>A</b>
<b>Mommy &amp; Me - Intro to DANCE (12-months – 2 years old)</b>	<b>Saturday</b>	<b>9:30-10:00</b>	<b>Miss Cynthia</b>	<b>A</b>
<b><u>Independent Classes</u> (18 months – 3 years old)</b>				
<b>Creative Dance</b>	<b>Monday</b>	<b>4:00-4:45</b>	<b>Miss Daniela</b>	<b>A</b>
<b>Creative Dance</b>	<b>Wednesday</b>	<b>5:30-6:15</b>	<b>Ms. Penny</b>	<b>A</b>
<b>Creative Dance</b>	<b>Saturday</b>	<b>10:00-10:45</b>	<b>Ms. Cynthia</b>	<b>A</b>



### AGES (2-4)

CLASS	DAY	TIME	INSTRUCTOR	STUDIO
<b>Baby Bop Hip Hop</b>	<b>Tuesday</b>	<b>5:00-5:45</b>	<b>Miss Daniela</b>	<b>B</b>



**AGES (3-4)**

**THIS CLASS IS INSTRUCTOR APPROVAL ONLY (LEVEL 2 CLASS - FIERCE BABIES Competitive Team)**

CLASS	DAY	TIME	INSTRUCTOR	STUDIO
Jazz/Ballet TECHNIQUE FOUNDATIONS	Wednesday	5:15-6:00	Ms. Kelly	C



**AGES (4-7)**

CLASS	DAY	TIME	INSTRUCTOR	STUDIO
Pre-Ballet	Monday	4:45-5:30	Miss Daniela	A
Jazz/Tap	Monday	5:30-6:25	Miss Daniela	B
Itty Bitty Hip Hop FUNK	Monday	6:30-7:25	Miss Daniela	B
Jazz/Hip Hop	Tuesday	5:30-6:25	Miss Destiny	A
Poms Technique	Wednesday	4:30-5:15	Coach Alex	D
Pre-Ballet/Tap	Wednesday	6:30-7:25	Ms. Penny	A
Itty Bitty Hip Hop Funk	Thursday	5:30-6:25	Miss Destiny	A
Ballet/Tap	FRIDAY	5:30-6:15	Miss Penny	B
Just Jazz	FRIDAY	6:15-7:00	Miss Penny	B
Pre-Ballet	Saturday	11:00-11:45	Ms. Cynthia	A
Jazz/Hip Hop	Saturday	10:00-10:55	Miss Danielle	B
DISNEY DAY - Ballet/Tap	Saturday	11:00-11:55	Miss Danielle	B



## AGES (8-11)

CLASS	DAY	TIME	INSTRUCTOR	STUDIO
<b>TECHNIQUE</b> (Strength/Condition/Flexibility & Turns)	Monday	6:45-7:45	Miss Brittany	C
Contemporary ½	Monday	5:45-6:30	Miss Destiny	A
Hip Hop ½	Monday	6:30-7:25	Miss Destiny	A
Hip Hop 2/3	Tuesday	5:45-6:40	Miss Daniela	B
Jazz/Contemporary	Tuesday	6:30-7:25	Miss Destiny	A
Poms Technique	Wednesday	4:30-5:15	Coach Alex	D
Jazz 2/3	Wednesday	7:30-8:15	Ms. Penny	A
Tap ¾	Wednesday	8:15-9:00	Ms. Penny	A
Ballet ½ (Barre & Condition)	Thursday	6:30-7:25	Miss Destiny	A
Jazz & Lyrical	FRIDAY	7:00-8:00	Miss Penny	B
Jazz/Lyrical	Saturday	12:00-12:55	Miss Danielle	B
Musical Theatre	Saturday	12:00-12:55	Ms. Cynthia	A



**AGES (12 & UP)**

Technique always goes ahead of Age (Instructors will make proper determination of dancer's levels. AGE does NOT automatically place you.

CLASS	DAY	TIME	INSTRUCTOR	STUDIO
Contemporary 1/2	Monday	5:45-6:30	Miss Destiny	A
Hip Hop ½	Monday	6:30-7:25	Miss Destiny	A
TECHNIQUE (Strength & Turns)	Monday	7:45-8:45	Miss Brittany	C
Hip Hop ¾	Tuesday	7:30-8:25	Miss Daniela/Mr. Mikie	C
Contemp-Hop	Wednesday	7:15-8:00	Mr. Miguel	B
Jazz 2/3	Wednesday	7:30-8:15	Ms. Penny	A
Tap ¾	Wednesday	8:15-9:00	Ms. Penny	A
Advanced Hip Hop Combos	Thursday	7:45-8:45	Miss Emerald	C
Advanced Contemporary	Thursday	8:45-9:45	Miss Emerald	C



**EXCLUSIVE ELEVATED BALLET PROGRAM**



***with “Jackson Liee & Laura Mendes”***

This is for the very serious & disciplined dancer – BALLET is the Foundation of everything dance, this class is intended for serious commitment of technique and must qualify by “Instructor Approval” and follow proper dress code & disciplines. **CLASS REQUIRES INSTRUCTOR EVALUATION!**

CLASS	DAY	TIME	INSTRUCTOR	STUDIO
LEVEL A				
Ballet Class	Monday	6:00-6:45	Jackson Liee	D
LEVEL C				
Ballet Class	Monday	4:45-5:45	Jackson Liee	D
Ballet Class	Thursday	6:45-7:45	Laura Mendes	D
LEVEL D				
Ballet Class	Monday & Thursday	6:45-7:45	Jackson Liee/Laura Mendes	D
LEVEL B				
Ballet Class	Monday & Thursday	7:45-8:45	Jackson Liee/Laura Mendes	D



## **BOYS ONLY CLASSES**

CLASS	AGE	DAY	TIME	INSTRUCTOR	STUDIO
Boyz Only Hip Hop	5-8	Tuesday	5:30-6:25	Mr. Mikie	C
Boyz Only Hip Hop	9 & up	Tuesday	6:30-7:25	Mr. Mikie	C
Boyz Only Hip Hop	5-10	Wednesday	6:30-7:15	Mr. Miguel	B

## **ADULT ONLY CLASSES**

CLASS	AGE	DAY	TIME	INSTRUCTOR	STUDIO
ADULT Hip Hop	18 +	Wednesday	8:00-8:45	Mr. Miguel	B
ADULT Tap	18+	Wednesday	9:00-9:45	Ms. Penny	A



## TUMBLING CLASSES/PROGRAM

	INSTRUCTOR	DAY	TIME	STUDIO
<b>CLASS - Parent &amp; Tot TUMBLE</b>				
<b>Ages 12 months – 3 years old</b>	<b>COACH ALEX</b>	<b>Tuesday</b>	<b>4:30-5:15</b>	<b>D</b>

Parent and Tot is the opportunity for you to work directly with your child and introduce him or her to the sport of tumbling. We show you how to use our facility to encourage your child to develop coordination, strength, balance, and agility. The Tumbling room is built for young success so your child will thrive in this class. This class will prepare your child for the Itty Bitty Tumble Program.

CLASS – Toddler Tumble	INSTRUCTOR	DAY	TIME	STUDIO
<b>Independent Class/Hybrid if Coach feels the parent is needed per individual student.</b>				
<b>Basic Tumbling Fundamentals Little or No Experience.</b>	<b>COACH ALEX</b>	<b>Tuesday</b>	<b>5:45-6:30</b>	<b>D</b>
<u>Class Curriculum:</u> -Learn Proper Forward & Back Rolls -Handstand Form -Bridges -Body Positions -Proper Cartwheels -Strength & Condition				

CLASS – Tumbling 1	INSTRUCTOR	DAY	TIME	STUDIO
<b>Minimum (1) Year Experience</b>	<b>Coach Alex</b>	<b>Thursday</b>	<b>4:45-5:40</b>	<b>D</b>
<u>Class Qualifications:</u> -Mastered Bridge -(10) Second spotted handstand -Proper Cartwheel <u>Class Curriculum:</u> -Bridge Kickover -One Handed Cartwheels -Roundoffs				



CLASS – Tumbling 2	INSTRUCTOR	DAY	TIME	STUDIO
Minimum (1-2) Year Experience	Coach Alex	Wednesday	7:30-8:25	D
<u>Class Qualifications:</u> -Mastered Bridge Kickover -One Handed Cartwheel -Roundoff <u>Class Curriculum:</u> -Front Walkover -Front Limber -Back Walkover				

CLASS – Tumbling 3 (Ages 7-11)	INSTRUCTOR	DAY	TIME	STUDIO
Minimum (2) Years Experience	COACH MIKE	Thursday	4:30-5:25	C
<u>Class Qualifications:</u> -Front Walkover -Front Limber -Back Walkover <u>Class Curriculum:</u> -Aerial Drills -Back Handspring				

CLASS – TEEN Tumbling 3 (Ages 12 & up)	INSTRUCTOR	DAY	TIME	STUDIO
Minimum (2) Years Experience	COACH ALEX	Monday	8:45-9:40	D
<u>Class Qualifications:</u> -Front Walkover -Front Limber -Back Walkover <u>Class Curriculum:</u> -Aerial Drills -Back Handspring				

CLASS – ADVANCED TUMBLING & ACRO	INSTRUCTOR	DAY	TIME	STUDIO
INSTRUCTOR APPROVAL	COACH MIKE	Monday	5:45-6:45	C



ASPIRATIONS DANCE = TOP STUDIO 2023



LOLA LOVE Activewear Official Brand & Sponsor



**FALL 2023 – SPRING 2024**  
**LIVE PERFORMANCES**

***“FIRST ANNUAL”***

**Holiday Recital Party**

**Saturday December 2<sup>nd</sup>**

**Kings Hall Banquets – Lombard**

**\*ALL Classes will showcase a short FUN Holiday Routine making your own FUN Costumes with Holiday wear. Featuring the Nutcracker from our Elevated Ballet Dancers & some FUN Performances from FIERCE Competitive Team.**

**\*Tickets will be sold separately online\***

***“19<sup>th</sup> ANNUAL”***

***End of Season Summer Recital PRODUCTION***

**Tentatively Saturday June 15<sup>th</sup>**

**\*Date subject to change\***

**ALL Classes wear OFFICIAL Ordered Costumes - this is a HUGE Production!**

**(Tickets sold separately online)**