



2026 SUMMER DANCE & TUMBLING CLASSES

(5) Week Session

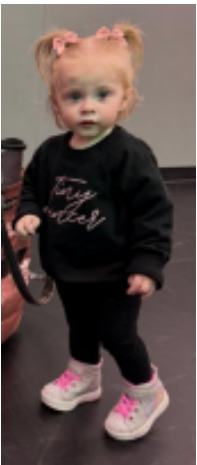
July 13th – August 16th



THESE CLASSES are Hybrid “Parent & Me” or Independent

(Ages 12 months – 3 years old)

These classes are geared for our youngest dancers that are NOT quite ready to go in on their own with an instructor and other class-mates, the help of a familiar adult guides them through for the ultimate class experience. **MISS RACHEL** will be part of the class with her Music, on the Screen and DANCE.



Parent & Tot

STYLE	DAY	TIME	INSTRUCTOR	STUDIO
TUMBLE	Tuesday	6:15-7:00	Kate Dylong	C
DANCE	Wednesday	5:45-6:30	Kelly Nelms	A
DANCE	Saturday	10:30 - 11:15	Kate Dylong	A



(18 months – 3.5 Years Old) (NO Parent Participation)

CLASS	AGES	DAYS	TIME	INSTRUCTOR	STUDIO
Intro to Dance	18 Months – 3 Years	Wednesday	5:45-6:30	Kelly Nelms	A





(AGES 3-7)

Our Themed Classes are Mini Camp Style

All the music will be themed and on the last week dancers will give a short “in class” performance for their parents. We will also include coloring sheets & trinkets.

CLASS	DAY	TIME	INSTRUCTOR	STUDIO
Pre-Ballet	Monday	5:30-6:15	Caroline Lenz	A
Tiny Tot Hip Hop	Monday	6:30-7:25	Caroline Lenz	A
Pommie Poms	Tuesday	3:45-4:30	Coach Alex	B
Little Lyrical (Intro to Lyrical)	Thursday	4:00-4:30	Lola Nelms	A
Itty Bitty Hip Hop	Thursday	4:30-5:15	Destiny Barnes	A



(Ages 6/7-10)



CLASS	DAYS	TIME	INSTRUCTOR	STUDIO
Intro to Latin Ballroom	Monday	7:30-8:15	Giana Salerno	C
Level 2 Poms Technique	Tuesday	4:45-5:30	Alex Gamble	C
Mini Hip Hop Funk	Tuesday	7:30-8:25	Flee Holiday	B
Mini Latin Ballroom	Wednesday	4:00-4:45	Lola Nelms	C
Jazz 1 / 2	Wednesday	4:45-5:30	Danielle Lofendo	D
HH 1 / 2 (COMBINE & Take with Contemporary Below) for a discount.	Thursday	6:30-7:25	Destiny Barnes	B
Elite Ballet	Thursday	5:30-6:25	Kathy Luzbetak	D
Contemporary 1 / 2	Thursday	7:30-8:25	Destiny Barnes	B



(Ages 11 & up)



CLASS	DAYS	TIME	INSTRUCTOR	STUDIO
High School DANCE TEAM (TECHNIQUE) Leaps, Jumps, Turns & FLEXIBILITY FULL ON TECHNIQUE	Monday	6:45-8:00	Miss Kate Dylong	D
Intro to Latin Ballroom	Monday	7:30-8:15	Giana Salerno	C
Elite Ballet	Tuesday	3:30-4:30	Journie Kalous	D
Intermediate Contemporary w/Floorwork	Tuesday	4:30-5:15	Willow Bishop	B
Poms Technique	Tuesday	6:00-6:45	Coach Alex	A
Leaps & Jumps	Tuesday	6:45-7:30	Willow Bishop	A
Jazz Technique & Progressions	Wednesday	5:45-6:45	Danielle Lofendo	D
Advanced Hip Hop	Thursday	4:30-5:25	Daniel Aguirre	B
Intermediate Contemporary	Thursday	8:45-9:45	Destiny Barnes	B



BOYS ONLY CLASSES Ages 5 & up



CLASS	AGES	DAYS	TIME	INSTRUCTOR	STUDIO
BOYS ONLY Hip Hop	4-7	Tuesday	5:00-5:45	Flee Holiday	E
BOYS ONLY Hip Hop	8 & up	Tuesday	6:15-7:10	Flee Holiday	E
BOYS ONLY Breakdance & Hip Hop	Ages 7 & up	Thursday	5:30-6:45	Daniel Aguirre	A



TUMBLING & ACRO CLASSES/PROGRAMS

We are proud to house a FULL-SERVICE Tumbling & ACRO program under one roof with Dance Skills enhancing the Acro & Vice Versa.



CLASS - Parent & Tot TUMBLE	INSTRUCTOR	DAY	TIME	STUDIO
Ages 12 months – 3 years old	KATE DYLONG	Tuesday	6:15-7:00	C

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.

CLASS	INSTRUCTOR	DAY	TIME	STUDIO
TODDLER TUMBLE	KATE DYLONG	Tuesday	5:30-6:15	C

Class Curriculum & SKILL FOCUS:

Handstand Form
Bridges
Proper Cartwheels

CLASS – Tumbling Technique 1/1.5	INSTRUCTOR	DAY	TIME	STUDIO
Minimum (1) Year Experience	Mike Nelms	Tuesday	7:30-8:25	C



Class Curriculum:

Bridge Kickover
One Handed Cartwheels
Roundoffs
Front & Back Walkovers with Tricks
Front Limber
Headstands
Skills per COACH

CLASS – Tumbling Technique 2-2.5	INSTRUCTOR	DAY	TIME	STUDIO
Instructor Approval by Age with skill set graduated out of Level (2)	COACH ALEX/Mr. Mike	Wednesday	5:45-6:40	C



Class Curriculum:

Arial Drills
Back Handsprings
Back Tucks
Front & Back Walkovers with Tricks
Front Limber
Headstands
Handsprings
Headsprings
Stage Tumbling

CLASS – Teen Tumble/3	INSTRUCTOR	DAY	TIME	STUDIO
Minimum (2) Years Experience	Mike Nelms	Wednesday	4:45-5:40	C



INSTRUCTOR APPROVAL ONLY

Class Curriculum:

-REFINEMENT through REPS
Lightly Spotted as Needed

CLASS – Tumbling 4	INSTRUCTOR	DAY	TIME	STUDIO
Minimum (3) Years Experience	Mike Nelms	Thursday	5:30-6:25	C

ACRO CLASSES

An excellent way for students to enhance their dance skills while developing strength and flexibility through acrobatic movements. Whether a beginner or an advanced dancer, there are classes tailored to meet individual needs and help students achieve their acrobatic goals.

INSTRUCTOR APPROVAL ONLY

CLASS	INSTRUCTOR	DAY	TIME	STUDIO
ADVANCED ACRO SKILL BASED	Mike Nelms	Tuesday	6:30-7:25	C
INTERMEDIATE ACRO SKILL BASED	Mike Nelms	Tuesday	8:30-9:15	C