

# 2023 SUMMER CLASSES

## (5) Week Session

July 10<sup>th</sup> – August 11<sup>th</sup>



### Parent & Tot (Ages 12 months – 2 years old)

These classes are geared for our youngest dancers & tumblers 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.

CLASS	DAYS	TIME	INSTRUCTOR	STUDIO
Parent & Tot Tumble	Tuesday	4:30 - 5:15	Coach Alex	D
Parent & Tot Dance	Wednesday	5:00 - 5:30	Miss Penny	A
Parent & Tot Dance	Saturday	10:00 - 10:30	Miss Danielle	B

### (18 months – 3 Years Old) (NO Parent Participation)



CLASS	DAYS	TIME	INSTRUCTOR	STUDIO
Creative Dance	Monday	5:30 - 6:15	Miss Daniela	A
Creative Dance	Wednesday	5:30 - 6:15	Miss Penny	A
Tappn Toes	Wednesday	6:15 - 6:45	Miss Penny	A
Creative Dance	Saturday	10:30 - 11:15	Miss Danielle	B



(Ages 4-6)

CLASS	DAYS	TIME	INSTRUCTOR	STUDIO
Pre-Ballet	Monday	4:30 - 5:25	Miss Daniela	A
Jazz/Tap	Monday	5:30 – 6:25	Miss Danielle	C
Jazz/Hip Hop	Monday	6:15 - 7:15	Miss Daniela	A
Itty Bitty Hip Hop	Tuesday	4:30 - 5:25	Miss Daniela	A
Poms	Wednesday	3:30 – 4:25	Coach Alex	C
Ballet/Tap	Wednesday	6:45 - 7:45	Miss Penny	A
Ballet 1	Thursday	4:30 - 5:25	Mr. Journie	B
Disney Princess Jazz/Ballet	Saturday	11:15 - 12:15	Miss Danielle	B



(Ages 7-11)

CLASS	DAYS	TIME	INSTRUCTOR	STUDIO
Jazz/Lyrical	Monday	6:30 - 7:25	Miss Danielle	C
Level 2 Elite Ballet	Tuesday	6:30 - 7:30	Miss Journie	D
Level 2 Elite Ballet	Thursday	5:30 - 6:30	Miss Journie	D
Contemporary Fundamentals	Tuesday	5:30-6:15	Miss Destiny	B
Jazz ½	Tuesday	6:30 - 7:25	Miss Destiny	A
Hip Hop ½	Tuesday	7:30 - 8:25	Miss Destiny	A
Poms	Wednesday	3:30 - 4:30	Coach Alex	C
Hip Hop 2/3	Wednesday	5:30-6:25	Mr. Miguel	B
Jazz/Lyrical	Saturday	12:30-1:30	Miss Danielle	B



(Ages 12 & up)



CLASS	DAYS	TIME	INSTRUCTOR	STUDIO
Hip Hop Combos	Tuesday	6:30-7:45	Miss Daniela	
Elite Ballet Level ¾	Tuesday	8:45 - 9:45	Miss Journie	D
Contemp – HOP	Wednesday	6:30 – 7:30	Mr. Miguel	D
Elite Ballet Level ¾	Thursday	7:45 - 9:00	Miss Journie	D
Contemporary ¾	Thursday	6:30 – 7:30	Mr. Kevin	C
Jazz ¾	Thursday	8:45 – 9 :45	Miss Emerald	D

### BOYS ONLY CLASSES (Ages 4 & up)



CLASS	AGES	DAYS	TIME	INSTRUCTOR	STUDIO
Boys ONLY Hip Hop	5-10	Wednesday	4:30-5:25	Miguel	B
Michael Jackson Hip Hop	4-7	Thursday	6:30-7:25	Haris	A
Michael Jackson Hip Hop	8 & Up	Thursday	7:30-8:25	Haris	A



## TUMBLING CLASSES & PROGRAMS

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

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 – TUMBLE BASICS	INSTRUCTOR	DAY	TIME	STUDIO
Basic Tumbling Fundamentals Little or No Experience.	COACH ALEX	Wednesday	4:30-5:25	D
<b><u>Class Curriculum &amp; SKILL FOCUS:</u></b> -Handstand Form -Bridges -Proper Cartwheels				

CLASS – Tumbling Technique 1	INSTRUCTOR	DAY	TIME	STUDIO
Minimum (1) Year Experience	COACH ALEX	Wednesdays	7:30-8:30	D
<b><u>Class Curriculum:</u></b> -Bridge Kickover -One Handed Cartwheels -Roundoffs -Skills per COACH				

<b>CLASS – Tumbling Technique 2</b>	<b>INSTRUCTOR</b>	<b>DAY</b>	<b>TIME</b>	<b>STUDIO</b>
Minimum (1-2) Year Experience	COACH ALEX	Thursday	4:30-5:30	D
<u>Class Curriculum:</u> -Front & Back Walkovers with Tricks -Front Limber -Headstands				

<b>CLASS – Tumbling Technique 3</b>	<b>INSTRUCTOR</b>	<b>DAY</b>	<b>TIME</b>	<b>STUDIO</b>
Minimum (2) Years Experience	COACH ALEX	Wednesday	8:30-9:30	
<u>Class Curriculum:</u> -Aerial Drills -Back Handsprings -Back Tucks				

<b>CLASS – Tumbling TRICKS &amp; (ACRO)</b>	<b>INSTRUCTOR</b>	<b>DAY</b>	<b>TIME</b>	<b>STUDIO</b>
Minimum (3) Years Experience	Mr. Mike	Thursday	4:30-5:30	
<u>INSTRUCTOR APPROVAL ONLY</u> <u>Class Curriculum:</u> -REFINEMENT thru REPS *Lightly Spotted as Needed*				

### (5) Week Summer Session Tuition

<b>30 min Class</b>	<b>\$95.00</b>
<b>45 Min Class</b>	<b>\$110.00</b>
<b>One Hour Class</b>	<b>\$115.00</b>