



2025 SUMMER DANCE & TUMBLING CLASSES

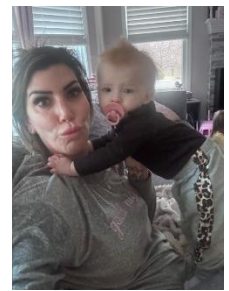
“EVERYBODY DANCE NOW”

(6) Week Session

July 7th – August 16th



MISS RACHEL-MOMMY & ME DANCE



(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.

DAY	TIME	INSTRUCTOR	STUDIO
Wednesday	4:30-5:00	Ms. Kelly	A
Saturday	10:00 - 10:30	Miss Kate	A



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

CLASS	AGES	DAYS	TIME	INSTRUCTOR	STUDIO
Intro to DANCE (Beginner)	18 months & up	Monday	4:30-5:15	Miss Kate	A
Creative Dance & Hip Hop (This is for the dancer who has (1) year experience. (Min Age 3)	Ages 3-4	Wednesday	5:30-6:15	Miss Danielle	E
Intro to Dance 1	2 years old & up	Saturday	10:30-11:15	Miss Kate	A



(AGES 3/4-6)



CLASS	DAYS	TIME	INSTRUCTOR	STUDIO
Pre-Ballet	Monday	4:30 – 5:15	Miss Daniela	B
(THEMED CLASS) BLUEY (Jazz/Hip Hop)	Monday	5:15 - 6:10	Miss Daniela	B
Jazz/Tap	Monday	6:15 - 7:10	Miss Daniela	B
(THEMED CLASS) Disney Princess for a Day (BALLET)	Tuesday	5:30 - 6:25	Miss Kate	A
Pommie Poms (Technique with Poms/Cheer) & Combos	Tuesday	4:00-4:45	Coach Alex	A
Jazz/Hip Hop	Tuesday	5:30-6:25	Miss Destiny	E
Ballet/Tap	Wednesday	6:15 - 7:10	Miss Penny	E
Intermediate/Advanced Tap	Wednesday	7:15 - 8:00	Ms. Penny	E
Pre-Ballet	Saturday	11:15 - 12:10	Miss Kate	A

(Ages 7-10)



CLASS	DAYS	TIME	INSTRUCTOR	STUDIO
(THEMED CLASS) Trendy Trends Jazz & Hip Hop	Monday	7:00 - 7:55	Miss Kate	C
Contemporary Basics	Tuesday	4:30-5:25	Miss Destiny	B
Itty Bitty Hip Hop	Tuesday	6:45-7:30	Miss Daniela	A
Intermediate Ballet (Prior Ballet Experience required)	Tuesday	5:45-6:40	Miss Journie	D
Just Jazz with Flexibility	Wednesday	6:30-7:15	Miss Danielle	A
Poms (Technique with Poms/Cheer) & Combos	Thursday	7:15-7:45	Coach Alex	A
Jazz/Tumbling	Saturday	12:15 – 1:10	Miss Kate	C



(Ages 11 & up)



CLASS	DAYS	TIME	INSTRUCTOR	STUDIO
(THEMED CLASS) Trendy Trends Jazz & Hip Hop	Monday	7:00 - 7:55	Miss Kate	C
High School Dance Team – Technique PREP	Monday	8:00 - 8:55	Miss Kate	C
Intermediate/Advanced Hip Hop Combos	Tuesday	7:30-8:15	Miss Daniela	B
Intermediate Contemporary	Tuesday	9:00-9:45	Miss Kate	B
Intermediate Ballet	Wednesday	3:30-4:25	Miss Journie	D
Intermediate/Advanced Hip Hop	Wednesday	4:30-5:25	Mr. Daniel Aguirre	B

BOYS ONLY CLASSES Ages 5 & up



CLASS	AGES	DAYS	TIME	INSTRUCTOR	STUDIO
BOYS ONLY Hip Hop	5 –8	Tuesday	6:30-7:25	Mr. Mikie	B
BOYS ONLY Hip Hop	9 & up	Tuesday	7:30-8:25	Mr. Mikie	A
BOYS ONLY Hip Hop	7 & up	Wednesday	5:30 – 6:15	Mr. Daniel Aguirre	B
BOYS ONLY Breakdancing	7 & up	Wednesday	6:30 – 7:25	Mr. Daniel Aguirre	B

TUMBLING CLASSES & PROGRAMS



CLASS - Parent & Tot TUMBLE	INSTRUCTOR	DAY	TIME	STUDIO
Ages 12 months – 3 years old	MISS KATE	Monday	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 – TODDLER TUMBLE	INSTRUCTOR	DAY	TIME	STUDIO
	MISS KATE	Monday	5:15-6:00	C
Basic Tumbling Fundamentals Little or No Experience.				
<u>Class Curriculum & SKILL FOCUS:</u> -Handstand Form -Bridges -Proper Cartwheels				

CLASS – Tumbling Technique 1/1.5	INSTRUCTOR	DAY	TIME	STUDIO
Minimum (1) Year Experience	COACH ALEX	Tuesdays	7:15-8:00	C
<u>Class Curriculum:</u> -Bridge Kickover -One Handed Cartwheels -Roundoffs -Skills per COACH				

CLASS – Tumbling Technique 2	INSTRUCTOR	DAY	TIME	STUDIO
Minimum (1-2) Year Experience	COACH ALEX	Thursday	7:45-8:40	C
<u>Class Curriculum:</u> -Front & Back Walkovers with Tricks -Front Limber -Headstands				



CLASS – TEEN TUMBLING	INSTRUCTOR	DAY	TIME	STUDIO
Minimum (2) Year Experience	COACH ALEX	Thursday	8:45-9:30	C
<u>Class Curriculum:</u> -Front & Back Walkovers with Tricks -Front Limber -Headstands -Handsprings -Headsprings -Stage Tumbling				

CLASS – Tumbling Technique 3	INSTRUCTOR	DAY	TIME	STUDIO
Minimum (2) Years Experience	Mr. Mike	Wednesday	5:30-6:25	C
<u>Class Curriculum:</u> -Aerial Drills -Back Handsprings -Back Tucks				



CLASS – Tumbling 4 with TRICKS & (ACRO)	INSTRUCTOR	DAY	TIME	STUDIO
Minimum (3) Years Experience	Mr. Mike	Wednesday	3:15-4:30	C
<u>INSTRUCTOR APPROVAL ONLY</u> <u>Class Curriculum:</u> -REFINEMENT thru REPS *Lightly Spotted as Needed*				

THEMED CLASSES – see SCHEDULE

These classes will run for the Full (6) Weeks



BLUEY Jazz/Hip Hop Combo

Ages (3-6) (Mondays 5:15-6:10 p.m.)

Bluey Music and FUN with a Bluey Craft at the end of each class.

Disney Princess for a Day Pre-Ballet

Ages (4-7) (Wear you Favorite or different dresses each week to feel like a princess)

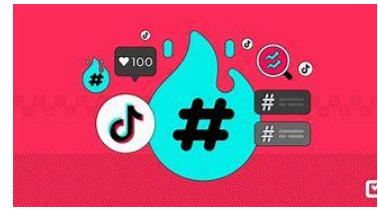


(Tuesdays 5:30-6:25 p.m.)

Trendy Trends – Going Viral Jazz/Hip Hop

Ages (8 & up) (Mondays 7:00-7:55 p.m.)

(Learn the trends and the moves going viral to TOP 40 music)



FULL (6) Week Summer Session Tuition

30 min Class	\$120.00
45 Min Class	\$135.00
One Hour Class	\$165.00