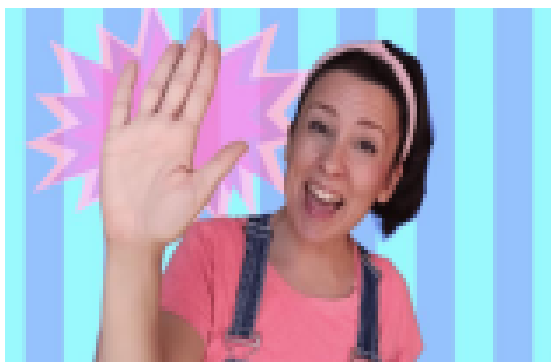




2026 SUMMER DANCE & TUMBLING CLASSES

(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 TUMBLE

DAY	TIME	INSTRUCTOR	STUDIO
Tuesday	5:30-6:15	Kate Dylong	C
Wednesday	5:45-6:30	Kelly Nelms	A
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
Bitty Baby Ballet (Intro Class)	18 Months – 2.5 Years	Saturday	11:15-12:00	Kate Dylong	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	Monday	3:45-4:30	Coach Alex	B
Little Lyrical (Intro to Lyrical)	Tuesday	4:30-5:00	Kelly Nelms	A
Itty Bitty Hip Hop	Thursday	4:30-5:15	Destiny Barnes	A
Baby Bop Hip Hop	Saturday	12:00-12:45	Kate Dylong	B



(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	Coach Alex Gamble	B
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
Jazz/Hip Hop with Tumble	Saturday	12:45-1:30	Kate Dylong	C



(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	C
Leaps & Jumps	Tuesday	6:45-7:45	Willow Bishop	A
Poms Technique	Tuesday	6:00-6:45	Coach Alex	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	A
BOYS ONLY Hip Hop	8 & up	Tuesday	6:15-7:10	Flee Holiday	B
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
Skills per COACH



CLASS – Tumbling Technique 2	INSTRUCTOR	DAY	TIME	STUDIO
Minimum (1-2) Year Experience	Mike Nelms	Wednesday	6:45-7:40	C

Class Curriculum:

-Front & Back Walkovers with Tricks -Front Limber
-Headstands

CLASS – Tumbling Technique 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:

Per Instructor



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

Class Curriculum:

Arial Drills
Back Handsprings
Back Tucks



CLASS – TEEN TUMBLING	INSTRUCTOR	DAY	TIME	STUDIO
Minimum (2) Year Experience	COACH ALEX Mr. Mike	Wednesday	5:45-6:40	C

Class Curriculum:

Front & Back Walkovers with Tricks

- Front Limber
- Headstands
- Handsprings
- Headsprings
- Stage Tumbling



INSTRUCTOR APPROVAL ONLY

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

Class Curriculum:

- REFINEMENT through REPS
- *Lightly Spotted as Needed*



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 – ADVANCED ACRO	INSTRUCTOR	DAY	TIME	STUDIO
SKILL BASED	Mike Nelms	Tuesday	6:30-7:25	C

INSTRUCTOR APPROVAL ONLY

CLASS – INTERMEDIATE ACRO	INSTRUCTOR	DAY	TIME	STUDIO
SKILL BASED	Mike Nelms	Tuesday	8:30-9:15	C



THEMED CLASSES – SEE SCHEDULE

These classes will run for the Full (5) Weeks

THEMED CLASS (Barbie Girl) Jazz/Ballet	Monday	5:45-6:45	Kate Dylong	B
THEMED CLASS (WICKED) Jazz/Ballet	Monday	6:30-7:25	Giana Salerno	C
THEMED CLASS (K-Pop Demon Hunters) Jazz/Hip Hop	Thursday	5:30-6:25	Destiny Barnes	B

**Ages (4-8)
(Mondays (6:30-7:25 PM))**

WICKED Jazz/Ballet Combo





Ages (3-7)
(Thursdays (5:30-6:30 PM))
K-POP Demon Hunters Jazz/Hip Hop



(Wear your favorite K-POP shirt or dress weekly and come DANCE !!!!!)



Barbie GIRLS Ballet/Jazz

Ages (3-7)

(Mondays 5:45-6:45 p.m.)

FULL (5) Week Summer Session Tuition

45 Min Class	\$95.00
1 Hour Class	\$135.00
Hour & 15 Min Class	\$150.00
THEMED Classes - (Wicked, K-Pop, Barbie)	\$175.00
Multi Class Discount (individual student)	2 nd class 10% off & any additional
Family Discounts	10% off a Sibling 15% off for a Family of 3 or more