



# Summer Dance Schedule 2024

Time	Class Dates: June 4 <sup>th</sup> , 11 <sup>th</sup> , 18 <sup>th</sup> & 25 <sup>th</sup>	Instructor
<b>Room 1: Class: Every Tuesday</b>		
3:00-4:00	Junior/Senior Technique (D)	Ashleigh & Savannah
4:00-4:30	Stretch & Flexibility (Mini, Junior and Senior) (D)	Paige & Audrey
4:30-5:00	Petite Technique (D)	Savannah & Grace
5:15-6:00	Tiny Star/Mini Technique (D)	Paige & Grace
6:00-6:30	Tiny Star/Petite Mashup (6-8 yrs Old) (D)	Paige & Ayla
<b>Room 2: Class: Every Tuesday</b>		
4:30-5:00	Tiny Tot Mashup (3 yrs Old)(C)	Allison, Sloan & Lola
5:00-5:30	Itty Bitty Mashup (3-4 yrs Old) (C)	Allison, Sloan & Lola
5:30-6:00	Kinder Mashup (5 yrs Old/In Kindergarten) (C)	Allison, Sloan & Lola
<b>Room 3: Class: Every Tuesday</b>		
4:30-5:15	Intermediate/Advanced Gymnastics (D)	Delainey, Braelynn, & Katie
5:15-6:00	Beginning/Introduction Gymnastics (D)	Delainey, Braelynn, & Katie
6:00-6:45	Elite/All Star Gymnastics (D)	Delainey, Braelynn, & Katie
6:45-7:15	All Boys Hip Hop/Gymnastics (D)	Allison, Delainey & Grace
<b>Room 4: Class: Every Tuesday</b>		
4:30-5:00	Mini Lyrical (D)	Paige & Audrey
5:00-5:30	Tiny Tot Creative Movement ( 3 yrs Old) (C)	Savannah, Anna G & Ava
5:30-6:00	Itty Bitty Creative Movement (3-4 yrs Old) (C)	Savannah, Anna G & Ava
6:00-6:30	Kinder Creative Movement (5 yrs Old/In Kindergarten) (C)	Savannah, Anna G & Ava

### Drop Off Key

(C) = Common Area

(D) = The Deck

**\*PLEASE TURN TO PAGE 3 FOR STUDENT DROP OFF LOCATION\***

# **GYMNASTIC REQUIREMENTS**

**Introduction To Gym:** Age 6-8 years old; has learned the fundamentals of a cartwheel and can execute basic technique.

**Beginning Gym:** Must be able to perform a perfect cartwheel.

**Intermediate:** Requires backbend and up from a standing position and roundoff.

**Advanced:** Requires correct front and back walkover (going off of one foot).

**Elite:** Requires correct front and back walkover (going off of one foot), front and back arabian (going off of both feet with straight legs), back handspring

**All Star:** Requires back tuck and ROWS of back handsprings

## **AGE CATEGORIES**

**Tiny Tot:** 3 Years Old

**Itty Bitty:** 3 - 4 Years Old

**Kinder:** 5 Years Old

**Petite:** 6 Years Old

**Tiny Star:** 7-8 Years Old

**Mini:** 9-11 Years Old

**Junior:** Middle School Students (6th-8th Grade)

**Senior:** High School Students (9th-12th Grade)

## **Class Descriptions**

**Technique:** This class students will learn the basics and fundamentals dance. Strong technique extends across all areas of dance and is essential for each dancer's personal technical growth. This is a MANDATORY class for competition students.

**Stretch and Flexibility:** This class will focus on advanced flexibility training. Dancers will train and stretch specific muscles incorporating deep stretching and training techniques associated with an advanced level of flexibility.

**Mashup:** Mashup classes will include a mix of styles of dance! Each week, students will get a chance to try out a different style of dance to see what class they may like to take next season. Styles include: Ballet, Tap, Tumbling, Hip Hop, Jazz.

**All Boys Hip Hop/Gymnastics:** This class will include a mix of hip hop and gymnastics! Students will alternate learning popping, locking, and breaking with the very energetic and upbeat style of hip hop culture and creativity. As well as, basic gymnastic skills such as cartwheels, roundoffs, rolls, etc.

**Mini Lyrical:** Lyrical is a beautiful combination of Jazz, ballet and modern dance. This style of dance offers a story inspiring creative movement and harmony. This style focuses on the technique of ballet, the patterns of jazz, and the passions of modern.

**Creative Movement:** This class is designed to expand dance related motor skills. Creative Movement develops coordination and self-expression through simple dance movement and music. This class uses a wide variety of music, props, and balancing techniques.

**\*\*\* EACH CLASS IS \$45.00 A MONTH (\$5.00 REGISTRATION FEE) \*\*\***

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# PICK UP & DROP OFF

**COMMON AREA:  
ITTY BITTY  
TINY TOT  
KINDER**

**THE DECK:  
ALL OTHER CLASSES**

