

2026 Summer Dance Schedule

Time	<u>CLASS DATES: JUNE 8th, 15TH, 22nd, 29th</u>	Instructor
Room 1: Class: Every MONDAY <i>*Classes Begin June 8th*</i>		
3:00-4:30	Junior/Senior Technique	Ashleigh + Roz
4:30-5:15	Mini Technique	Ashleigh + Sky + Mackenzie
6:15-7:00	Dance Fitness! (18 years & Up ONLY)	Ashleigh
Room 2: Class: Every MONDAY <i>*Classes Begin June 8th*</i>		
4:30-5:00	Itty Bitty Mashup	Savannah + Lola + Hailey
5:00-5:45	Tiny Star/Petite Technique	Savannah + Lola + Braelynn
5:45-6:15	Tiny Star/Petite Mashup	Savannah + Braelynn
Room 3: Class: Every MONDAY <i>*Classes Begin June 8th*</i>		
4:30-5:00	Kinder Mashup	Cierra + Gracelyn
5:15-6:00	Beginning Gymnastics/Intro To Gymnastics/Pre-Intermediate Gymnastics	Cierra + Gracelyn
6:00-6:30	Intermediate Gymnastics/Advanced Gymnastics	Cierra + Gracelyn
6:30-7:00	Cheer Intensive	Cierra

Time	<u>CLASS DATES: JUNE 9th, 16TH, 23rd, 30th</u>	Instructor
Room 2: Class: Every TUESDAY <i>*Classes Begin June 9th*</i>		
5:30-6:00	Tiny Tot's Tumbling <i>*Grown Up Participation Required*</i>	Savannah
6:15-7:00	Cardio Drumming	Cortney

Time	<u>CLASS DATES: JUNE 10th, 17TH, 24th, JULY 1st</u>	Instructor
Room 1: Class: Every WEDNESDAY <i>*Classes Begin June 10TH*</i>		
6:15-7:00	Barre' Fitness	Veronica

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 and bridge up.

Pre-Intermediate: Requires backbend and up from a standing position & roundoff.

Intermediate: Requires backbend and up from a standing position, roundoff, and a one handed cartwheel.

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

Elite/All Star: Requires correct front and back walkover (going off one foot), front and back arabian (going off both feet with straight legs), back handspring.

*****Elite/ All Star will be a private lesson based ONLY. Please contact the studio ashleighsdanceshack@gmail.com if interested! *****

Private lessons for all dance genre's available upon request.

AGE CATEGORIES

Tiny Tot: 1.5-2 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 Description

Technique: In this class, students will learn the fundamentals of 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 ALL competition students.

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, and Jazz(Petite/Tiny Star age group only).

Cheer Intensive: This class focuses on foundational skills for MHSAA Cheer criteria. Athletes will train technique, body control, and progression for Flexibility, jumps, and cheer-specific movements. Emphasis is placed on clean execution, timing, and stamina to meet the performance standards expected.

Tiny Tot's Tumbling: This class is for parents or caregivers and their young gymnasts. In this 30-minute class, parents or caregivers will participate with their young gymnast(s) to help them explore and discover the gymnastics space and equipment under instruction of a teacher. Parents and caregivers are expected to **actively** participate in this class. Maximum of two young gymnasts per grown up. **AGE 1.5 years- 2 years. Must be walking or walking with assistance of a grown up.**

Private Lessons: Private lessons with Miss Cierra or Miss Savannah will be available on Tuesdays throughout the month of June. Please email the studio at ashleighsdanceshack@gmail.com for more information. Private lessons are \$30 per student for a half an hour lesson. Lessons are

scheduled on a first come first served basis with limited time slots available per instructor.

Parents... These ones are for you!

Dance Fitness: This dance fitness class is the perfect mix of movement, music, and good vibes! Burn calories while dancing your heart out, meet amazing new people, and feel empowered in a totally uplifting, judgment-free zone. No pressure, no stress—just smiles, energy, and YOU shining! P.S. Way more fun than running on a treadmill

Barre: Imagine a workout that's not just effective but also a blast! Barre is the perfect blend of ballet, yoga, pilates, and fitness, all rolled into one 30 minute session. Join us for a fun-filled session where you'll tone, stretch, lengthen, and strengthen your entire body with this low-impact, easy-to-modify workout! Whether you're a seasoned pro or a curious beginner, this is your chance to experience a unique cross-training program that will leave you feeling strong and empowered. So grab your friends, and let's make some magic happen at the barre! Don't miss out on the fun!

Cardio Drumming: Get ready to drum up some fun with our brand new workout class: Cardio Drumming with the fabulous Miss Veronica! This isn't just any workout; it's a rhythmic fusion of movement and music that will have you grooving to the beat while you sweat it out! Whether you're a fitness newbie or a seasoned pro, this low-impact class welcomes everyone—of all ages and fitness levels—to join in the excitement! Unleash your inner rockstar, bond with fellow ADS drummers, and experience a workout like no other! Don't miss out on the fun—grab your friends, and let's make some noise!

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

****Adult Fitness Classes (Dance Fitness, Cardio Drumming, Barre) are \$10 per class. No pre-registration required. Drop in only.****

There will be a \$5 service fee for any card transactions.