



2024-2025 Schedule of Classes

*Competitive Company Dances - Tiny: 3-6, Mini: 7-9, Youth: 10-12, Junior:13-15

Senior: 16 & up (age of dancer: Aug. 31, 2024)

All Dancers must be placed into Company Dances

Schedule Begins: August 5, 2024

24-25 Season runs August - May

Monday:

Studio A:

5:00 - 6:00 - Youth Technique (age 10-12)

6:00 - 7:00 - Technique III (age 13 & up)

7:00 - 8:00 - Technique II (age 13 & up)

8:00 - 8:45 - *Senior Select Contemporary

Studio B:

5:00 - 6:00 - Mini Technique (age 6-9)

6:00 - 7:00 - Ballet/Conditioning (age 9-12)

7:00 - 8:00 - Ballet/Conditioning II (age 13 & up)

8:00 - 9:00 - Ballet/Conditioning I (age 13 & up)

Tuesday:

Studio A:

6:30 - 7:15 - *Senior Team Lyrical

7:15 - 8:00 - *Senior Elite Team Open

8:00 - 8:45 - *Senior Elite Team Jazz

Studio B:

5:00 - 5:45 - Jazz/Acro (age 6-9)

5:45 - 6:30 - Drill Team Prep - Leaps/Turns/Kicks

6:30 - 7:15 - *Youth Team Novelty

7:15 - 8:15 - Technique I (age 13+)

8:15 - 9:00 - Hip Hop (age 12+)

Wednesday:

Studio A:

5:00 - 5:45 - Tap (age 10+)

5:45 - 6:30 - Acro (age 10+)

6:30 - 7:15 - *Junior Select Team Jazz

7:15 - 8:00 - *Junior/Senior Elite Team Pom

8:00 - 8:45 - *Junior/Senior Team Novelty

Studio B:

5:00 - 5:45 - Ballet/Conditioning (age 6-9)

5:45 - 6:30 - *Junior Team Lyrical

6:30 - 7:15 - Leaps - Turns and Progressions

7:15 - 8:00 - Turns - Drills and Progressions

8:00 - 8:45 - Lyrical/Jazz/Contemporary - Age 10+

Thursday:

Studio A:

5:00 - 5:45 - *Mini Team Jazz

5:45 - 6:30 - *Youth Team Jazz

6:30 - 7:15 - *Junior Team Open

7:15 - 8:00 - *Youth Elite Team Lyrical

8:00 - 8:45 - College Dance Team Prep (HS only)

Studio B:

5:00 - 5:45 - Pre-Ballet/Creative Movement (age 3-5)

5:45 - 6:30 - *Mini Team Novelty

6:30 - 7:15 - *Youth Team Hip Hop

7:15 - 8:00 - Drill Team Enrichment - tricks/choreo

8:00 - 8:45 - Stretch and Flexibility

Friday:

Studio A:

6:00 - 7:00 - Solo/Duet Class

* Starts November

Sunday:

Studio A:

1:00 - 2:00 - Tumbling (Group A) - (Adv age 10+)

2:00 - 3:00 - Tumbling (Group B) - (age 5 - 9)

3:00 - 4:00 - Tumbling (Group C) - (Beg/Int age 10+)