



2023 Summer Schedule

*Competitive Company Dance Ages - Tiny: 4-6, Mini: 7-9, Youth: 10-12, Junior:13-15
Senior: 16 & up (age of dancer: Aug. 31, 2023)

Schedule Begins: June 4, 2023

*company teams require technique

**elite prep requires ballet/conditioning and company class

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)

Studio B:

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

6:00 - 7:00 - Ballet/Conditioning (age 10-12)

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

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

Tuesday:

Studio A:

5:00 - 6:30 - **Junior Elite Company Prep

6:30 - 8:00 - **Senior Elite Company Prep

8:00 - 8:45 - Strength and Conditioning

Studio B:

5:00 - 6:30 - *Mini Company Team

6:30 - 7:15 - Ballet (age 6-9)

7:15 - 8:00 - Hip Hop (age 12+)

8:00 - 9:00 - Technique I (age 13+)

Wednesday:

Studio A:

5:00 - 6:30 - *Youth Company Team

6:30 - 7:15 - Stretch/Flexibility

7:15 - 8:00 - Beg/Int Leaps Drills and Progressions

8:00 - 8:45 - Beg/Int Turns Drills and Progressions

Studio B:

5:00 - 5:45 - Jazz-Funk/Acro (age 3-5)

5:45 - 6:30 - Jazz-Funk/Acro (age 6-9)

6:30 - 7:15 - Lyrical/Contemporary (age 12+)

7:15 - 8:00 - Jazz (age 12+)

Thursday:

Studio A:

5:00 - 5:45 - Extensions: Stretch & Core Strength

5:45 - 7:15 - *Junior Company Teams

7:15 - 8:45 - *Senior Company Teams

Studio B:

5:00 - 5:45 - Ballet (age 3-5)

5:45 - 7:15 - **Mini/Youth Elite Company Prep

7:15 - 8:00 - Jazz (age 10-12)

8:00 - 8:45 - Lyrical/Contemporary (age 10-12)

Friday:

Studio A:

5:00 - 5:45 - Tap (age 10 & up)

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

6:30 - 7:15 - Adv Leaps Drills and Progressions

7:15 - 8:00 - Adv Turns Drills and Progression

Studio B:

5:00 - 5:45 - Tiny Company Team

5:45 - 6:30 - Hip Hop (age 6-9)

6:30 - 7:15 - Jazz (age 6-9)

Saturday:

Studio A:

10:00 -11:00 - School Dance Team Enrichment - Kick & Conditioning

11:00 - 12:00 - School Dance Team Enrichment - Leaps & Turns

Sunday:

Studio A:

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

2:00 - 3:00 - Tumbling (Group B) - (age 5 - 10)

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