



# 2024 Summer Schedule

\*Competitive Company Dance Ages - Tiny: 4-6, Mini: 6-9, Youth: 10-12, Junior: 13-15  
Senior: 16 & up (age of dancer: Aug. 31, 2024)

Schedule Begins: 6/2/24 - 7/28/24

\*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)

8:00 - 9:00 - College Dance Team Prep

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:

5:00 - 6:30 - \*\*Junior/Senior Elite Company Prep

6:30 - 7:15 - Strength and Conditioning

Studio B:

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

6:00 - 6:45 - Ballet (age 6-9)

6:45 - 7:30 - Int Leaps Drills and Progressions

7:30 - 8:15 - Int Turns Drills and Progressions

8:15 - 9:00 - Lyrical/Contemporary (age 12+)

## Wednesday:

Studio A:

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

6:30 - 7:15 - Stretch/Flexibility

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

8:15 - 9:00 - Jazz (age 12+)

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 - Jazz (age 9 -12)

7:15 - 8:00 - Lyrical/Contemporary (age 9-12)

8:15 - 9:00 - Drill Team Enrichment - Kick Drills and Progressions

## Thursday:

Studio A:

5:00 - 5:45 - High School Dance Team Enrichment (for veteran drill/dance team members)

5:45 - 7:15 - \*Junior/Senior Company Teams

Studio B:

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

5:45 - 6:45 - \*\*Mini/Youth Elite Company Prep

6:45 - 7:30 - Hip Hop (age 10+)

7:30 - 8:15 - Drill Team Prep (New to drill team or wants to tryout in the future)

## 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

## 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+)