



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 Elite Company Prep
6:30 - 8:00 - **Senior Elite Company Prep
8:00 - 8:45 - 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 - 8:00 - Technique I (age 13+)
8:00 - 8:45 - 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)
8:00 - 8:45 - Kick and Conditioning

Thursday:

Studio A:

5:00 - 5:45 - High School Dance Team Enrichment
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 - 6:45 - **Mini/Youth Elite Company Prep
6:45 - 7:30 - Hip Hop (age 10+)
8:00 - 8:45 - 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+)