



# 2023-2024 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, 2023)

All Dancers must be placed into Company Dances

Schedule Begins: August 6, 2023

23-24 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 - Drill Team Prep - Kick/Conditioning

6:00 - 7:00 - Drill Team Prep - Leaps/Turns/Choreo

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

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

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

7:15 - 8:00 - \*Senior Elite Team Lyrical

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

Studio B:

5:45 - 6:45 - Mini Technique (age 6-9)

6:45 - 7:30 - \*Mini/Youth Elite Lyrical

7:30 - 8:30 - Technique I (age 13 & up)

## **Wednesday:**

Studio A:

5:00 - 5:45 - Ballet/Conditioning (age 10-12)

5:45 - 6:30 - \*Jr/Sr Team Pom/Open

6:30 - 7:15 - \*Jr/Sr Team Novelty

7:15 - 8:00 - \*Youth Select Team Contemporary

8:00 - 8:45 - Jazz (age 10+)

Studio B:

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

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

6:30 - 7:15 - Core Strength and Conditioning

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

8:00 - 8:45 - Turns - Drills and Progressions

## **Thursday:**

Studio A:

5:00 - 5:45 - \*Youth Team Novelty

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

6:30 - 7:15 - \*Junior/Senior Team Hip Hop

7:15 - 8:00 - \*Junior Team Open

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

Studio B:

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

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

6:30 - 7:15 - \*Mini/Youth Team Pom

7:15 - 8:00 - Stretch and Flexibility

8:00 - 8:45 - lyrical/jazz tech & choreo (age 12+)

## **Friday:**

Studio A:

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

5:45 - 6:30 - Acro for Dancers (age 10 & up)

6:30 - 7:30 - Solo/Duet Class

## **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+)