



# 2026 Summer Schedule

\*Competitive Company Dance Ages - Mini: 6-9, Youth: 10-12, Junior: 13-15  
Senior: 16 & up (age of dancer: Aug. 31, 2026)

Schedule Begins: 5/31/26 (Runs for June and July)

\*company teams require technique

\*\*elite prep requires ballet/conditioning and the company team class

## Monday:

Studio A:

5:30 - 6:15 - Advanced Leaps Drills and Progressions  
6:15 - 7:00 - Advanced Turns and Progressions  
7:00 - 8:00 - Ballet/Conditioning (age 13+ LSJDC)  
8:00 - 8:45 - Stretch and Flexibility

Studio B:

5:00 - 6:00 - Flexibility/Ballet/Conditioning (age 8-12)  
6:00 - 7:00 - Technique (age 10-12)  
7:00 - 8:00 - Technique I (age 13+)  
8:00 - 8:45 - Advanced Dance Tricks

## Tuesday:

Studio A:

5:00 - 6:30 - \*Junior and Senior Company Teams  
6:30 - 7:30 - Technique III (age 13+)  
7:30 - 9:00 - Dance Team Enrichment

Studio B:

5:00 - 5:45 - Creative Movement (age 2.5-5)  
5:45 - 6:30 - Ballet/Flexibility (age 6-9)  
6:30 - 7:15 - Jazz/Hip Hop/Acro (age 8-11)  
7:15 - 8:00 - Jazz/HipHop (age 12+)

## Wednesday:

Studio A:

5:00 - 6:30 - \*\*Yth/Jr Elite Company Prep (age 10-jr high)  
6:30 - 7:30 - Technique II (age 13+)  
7:30 - 9:00 - \*\*Jr/Sr Elite Company Prep (High School)

Studio B:

5:00 - 6:00 - Mini Tech/Jazz/Acro (age 5-9)  
6:00 - 6:45 - Kick and Conditioning (age 11+)  
6:30 - 7:15 - Lyrical/Contemporary (age 9-12)  
7:30 - 8:30 - Ballet for Dance and Drill Teams

## Thursday:

Studio A:

5:00 - 6:00 - \*Mini Company Team  
6:00 - 7:30 - \*Youth Company Teams  
7:30 - 8:15 - Acro for Dancers  
8:15 - 9:00 - Lyrical/Contemporary (age 12+)

Studio B:

6:00 - 6:45 - Drill Team Prep/Enrichment (for jr high/new to drill team dancers)  
6:45 - 7:30 - Strength and Conditioning for Dance Team  
7:30 - 8:15 - Int Leaps Drills and Progressions  
8:15 - 9:00 - Int Turns Drills and Progressions

## Sunday:

Studio A:

1:00 - 2:00 - Tumbling (Group A) - Adv (age 13+)  
2:00 - 3:00 - Tumbling (Group B) - Beg/Int (age 13+)  
3:00 - 4:00 - Tumbling (Group C) - (age 8-12)

## 13+ Technique Breakdown:

Technique 1 focuses on building fundamental skills of placement and footwork as well as leaps and turns, while Technique 2 requires a higher level of proficiency and mastery of specific dance techniques including but not limited to multiple pirouettes, a la second turns, and leaps that involve switching of the legs. Technique 3 is for advanced dancers that have mastered and are continually working on changing spots on turns, multiple rotations and combinations in turn combos, switching leaps and combining multiple leaps and turns in succession.