



2025 Summer Schedule

*Competitive Company Dance Ages - Mini: 6-9, Youth: 10-12, Junior: 13-15
Senior: 16 & up (age of dancer: Aug. 31, 2025)

Schedule Begins: 6/1/25 (June and July)

*company teams require technique

**elite prep requires flex/ballet/conditioning and the company 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 - Flexibility/Ballet/Conditioning (age 13+)

8:00 - 8:45 - Advanced Dance Tricks

Studio B:

5:00 - 6:00 - Flexibility/Ballet/Conditioning (age 8-12)

6:00 - 7:00 - Technique (age 6-9)

7:00 - 8:00 - Technique I (age 13+)

8:00 - 8:45 - Stretch/Flexibility

Tuesday:

Studio A:

5:00 - 6:30 - *Junior Company Teams

6:30 - 7:30 - Technique III (age 13+)

7:30 - 9:00 - *Senior Company Teams

Studio B:

5:00 - 5:45 - Creative Movement (age 2.5-4)

5:45 - 6:30 - Ballet/Flexibility (age 5-7)

6:30 - 7:15 - Jazz/Acro (8-11)

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

8:00 - 8:45 - 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 - 5:45 - Jazz/Acro (age 5-8)

5:45 - 6:30 - Kick and Conditioning (age 11+)

6:30 - 7:15 - Lyrical/Contemporary (age 9-12)

7:30 - 8:30 - Flexibility/Ballet/Conditioning (age 13+)

Thursday:

Studio A:

5:00 - 6:00 - Technique (age 10-12)

6:00 - 7:30 - *YouthCompany Teams

7:30 - 8:15 - High School Drill Team Enrichment (for veteran dancers)

8:15 - 9:00 - College Dance Team Prep

Studio B:

5:15 - 6:45 - *Mini Company Team

6:45 - 7:30 - Drill Team Prep/Enrichment (for jr high/new to drill team dancers)

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 10+)

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

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

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.