

# TECHNIQUE SCHEDULE SEPTEMBER 8, 2026 – JUNE 17, 2027

The following classes concentrate strictly on improving technique.

## LEVEL 1

|          |              |                 |
|----------|--------------|-----------------|
| Tuesday  | 6:00-6:30 pm | Ballet          |
| Tuesday  | 6:30-7:00 pm | Jazz            |
| Thursday | 5:30-6:00 pm | Stars Rehearsal |
| Thursday | 6:00-6:30 pm | Ballet          |
| Thursday | 6:30-7:00 pm | Jazz            |
| Thursday | 7:00-7:30 pm | Tap             |

## LEVEL 2

|         |              |        |
|---------|--------------|--------|
| Monday  | 6:00-7:15 pm | Jazz   |
| Tuesday | 4:45-6:00 pm | Ballet |
| Tuesday | 6:00-6:30 pm | Tap    |

## LEVEL 3

|          |              |                    |
|----------|--------------|--------------------|
| Monday   | 5:30-7:00 pm | Ballet (All)       |
| Monday   | 7:00-7:30 pm | Pre-Pointe (11-13) |
| Tuesday  | 5:00-6:00 pm | Tap (All)          |
| Tuesday  | 6:00-7:30 pm | Jazz (9-11)        |
| Tuesday  | 6:00-7:30 pm | Ballet (11-13)     |
| Thursday | 6:00-7:30 pm | Jazz (11-13)       |
| Thursday | 6:30-8:00 pm | Ballet (9-11)      |
| Thursday | 8:00-8:30 pm | Pre-Pointe (9-11)  |

## ACRO / TUMBLING CLASSES

|          |                |             |
|----------|----------------|-------------|
| Thursday | 5:00-6:00 pm   | Ages 9 & up |
| Thursday | 6:00-7:00 pm   | Ages 6-9    |
| Thursday | 7:00-8:00 pm   | Ages 5-8    |
| Saturday | 11:30-12:30 pm | Ages 9 & up |

Acro classes are all based on a skill-progression curriculum that gives children a chance to succeed at every level, while improving their overall body coordination.

Each Acro class focuses on 3 skill sets- flexibility, control, and strength. Starting with handstands, forward rolls, and cartwheels in our beginner Acro classes and building to aerial work and handsprings in the more advanced Acro classes.

They have lots of fun as they increase their skill and dexterity.

## LEVEL 4

|          |               |                             |
|----------|---------------|-----------------------------|
| Monday   | 7:30-9:00 pm  | Ballet                      |
| Monday   | 9:00-9:30 pm  | Pre-Pointe                  |
| Tuesday  | 7:00-7:30 pm  | Tap                         |
| Tuesday  | 7:30-9:00 pm  | Ballet                      |
| Tuesday  | 9:00-9:30 pm  | Pointe (by invitation only) |
| Saturday | 9:00-10:30 am | Jazz                        |

## JUMPS & TURNS CLASSES

|           |              |         |
|-----------|--------------|---------|
| Wednesday | 6:15-7:00 pm | Level 2 |
| Wednesday | 6:00-7:00 pm | Level 3 |
| Wednesday | 6:00-7:00 pm | Level 4 |

Jumps and Turns class puts the emphasis on technique by working to improve pirouettes, leaps, turn sequences and more.

## CONTEMPORARY CLASS

|        |              |           |
|--------|--------------|-----------|
| Monday | 4:45-5:30 pm | Ages 9-13 |
|--------|--------------|-----------|

A free-flowing form of dance with elements of modern, jazz, ballet, lyrical and styles unique to itself. This class encourages natural movement and personal interpretation.

## HIP HOP CLASSES

|           |              |           |
|-----------|--------------|-----------|
| Monday    | 5:15-6:00 pm | Ages 6-8  |
| Wednesday | 4:45-5:30 pm | Ages 9-13 |

Hip hop is a high-energy class that will encourage students to step outside of the box by bringing their own individual style and personality to the movements.

