



OC All-Stars Cheer & Dance
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OC Dance Tryout Preparation Class Schedule April 4th-May 12th

Tryout season is coming up. Will you be prepared? Our dance tryout preparation classes will prepare you for those upcoming tryouts! Tryout prep classes are open to EVERYONE whether you are trying out for a school team or OC DANCE. These specialty classes will focus on improving and expanding on the dancer's technique and performance skills. Pre-registration is encouraged as the classes will fill up. It is not mandatory to attend the tryout prep classes in order to try out for a team.

Make sure to sign up for all classes by 4/15 to SAVE \$!

<u>Monday</u>	<u>Class</u>	<u>Room</u>	<u>Teacher</u>	<u>Wednesday</u>	<u>Room</u>	<u>Teacher</u>
3:00-4:00	Tiny/Mini Turns & Leaps (5-8 yrs)	A	Shannon	4:00-5:00	Tiny/Mini Jazz Technique (5-8 yrs)	A Heather
4:00-5:00	Mini Jazz Technique (7-10 yrs)	A	Taylor	5:00-6:00	Perfecting 2nd turns/Turn combos	B Rachel
4:00-5:00	Beg Ballet Technique (5-8 yrs)	B	Rachel	6:00-7:00	<u>Intermediate Turns & Leaps</u>	B Rachel
5:00-6:00	Stretch & Conditioning	A	Taylor			
6:00-7:00	Int/ Adv Ballet Tech (12+)	A	Rachel	<u>Thursday</u>	<u>Room</u>	
6:00-7:00	Beg/Int Turns & Leaps	B	Taylor	4:00-5:00	Perfecting 2nd turns/Turn combos	B Shannah
7:00-8:00	Int/Advanced Turns & Leaps	A	Abby	4:00-5:00	Mini Jazz Technique (6-9 yrs)	A Taylor
8:00-9:00	High School Song Prep	A	Abby	5:00-6:00	Turns ONLY! (All levels)	A Shannah
				5:00-6:00	Intermediate Turns & Leaps	C Abby
<u>Tuesday</u>		<u>Room</u>	<u>Teacher</u>	6:00-7:00	Stretch & Conditioning	C Abby
4:00-5:00	Beg/Int Turns ONLY	C	Christina	7:00-8:00	Advanced Turns & Tricks	A Shannah
5:00-6:00	Stretch & Cond (11 and under)	Gym	Jackie	7:00-8:00	High School Song Prep	C Abby
5:00-6:00	Hip-Hop (7-10 yrs)	C	Christiana			
6:00-7:00	Intro to 2nd turns	C	Christiana	<u>Saturday</u>		
7:00-8:00	Beg/Int Turns & Leaps	C	Christiana	9-10am	Beg/Int Turns & Leaps	A Shannah
				10-11:00	High School Song Prep	A Shannah
				11-12:00	Int/Advanced Turns & Leaps	A Shannah

COST - PLEASE SIGN UP AT THE FRONT DESK

\$10 early sign up on or before Friday, April 15th or \$15 after April 15th

Sign up for UNLIMITED CLASSES for only \$150! You must enroll in the class in ADVANCE in order to hold a spot

- Class maximums will vary due to availability of staff. Sign up ahead of time to guarantee a spot.
- No switching classes or refunds/ make-ups of any kind for missed classes
- Students must participate in the class within their age group and level
- NO CLASSES 4/19 due to the Spring Recital & Summit Showcase

Class Descriptions:

Ballet & Jazz Levels Beginning through Level IV- Please see dance class schedule for a breakdown of the levels
Leaps & Turns- This class will focus on the technical aspects of dance by working on a series of jumps, leaps and turns.
Turns ONLY- This class will ONLY focus on the skills to learn new and perfect all types of turns
Intro to 2nd turns- for dancers wanting to learn and perfect their a la seconde turns (should have a double turn)
Stretch & Conditioning - Focuses only on stretching and conditioning through exercises in yoga, Pilates, and ballet.
High School Song Prep- Teaches dancers how to prepare for their High School Song team tryouts. Class will work on all aspects of HIGH SCHOOL SONG tryouts (ex- pom step, cheering, dance technique, combinations, how to audition etc.) so they will be prepared for their high school tryouts.

Other important dates:

Wednesday, May 11th @ 7pm - Dance parent informational meeting for 2016-2017 competitive teams
 Saturday, May 14th - OC Dance Team Tryouts
 May 17-19th - OC Dance Team Acceptance Days
 Monday, May 23rd -Practices start!