

Academy Class Information:

- A class must have at least 3 members to begin or continue.
- All classes last for 60 minutes, unless otherwise noted.
- Make-ups are given through Open Gym passes or scheduling a makeup with the front desk in another class, provided that:
 1. You are currently enrolled in a class in which your financial status is up to date.
 2. You have not exceeded one (1) make-up per month. *Make-up classes must be scheduled with the front desk ahead of time.

Attire

Jazz, Turns & Leap, Contemporary, Flexibility - leggings, spandex shorts, leotard/sports bra/top & jazz shoes

Ballet - black leotard, pink tights & pink ballet shoes, ballet skirts are appropriate. Hair MUST be in a bun.

Hip-Hop & Tap - street clothes (no jeans) & tennis shoes

All classes- Hair secured away from face (bun for ballet) and all jewelry removed.

Pricing:

Annual Membership Fee: Includes a free t-shirt!
\$40 per student

Monthly Academy Class Fees:

1 st Class/Child - 4 week month - \$72	5 week month - \$90
2 nd Class/Child - 4 week month - \$60	5 week month - \$78
3 rd Class/Child - 4 week month - \$52	5 week month - \$65
4 th Class/Child - 4 week month - \$38	5 week month - \$47.50
*5 or more classes/month - \$0	

Private Lessons - Set up individually with your preferred instructor.

Time	Single	Shared (2)	Shared (3)
1/2 hour -	\$40.00	\$50.00	\$69.00
1 hour -	\$60.00	\$80.00	\$99.00

*Fee for shared lesson is the total fee, not per person.

Dance Class Descriptions

Pre-School Dance Classes- Please see the Preschool Schedule for descriptions all available classes

Jazz: While using music of today, this form of dance is most commonly seen on TV and videos as well as on stage. This fun class develops style, strength, flexibility, and coordination. Jazz technique classes will focus mainly on different types of turns and leaps and jazz choreography.

Leaps & Turns: This class concentrates on the technical aspects of ballet & jazz by teaching ballet barre and a series of jumps, leaps, and turns. This class develops strength, balance, and body alignment. Beg/Int level focuses on basic technique, pirouettes, a la secondes, and basic leaps and jumps. Int/Adv level will focus on more advanced skills and a strong dance foundation is required.

Ballet: This class concentrates on the technical aspect of ballet for the purposes of improving technique. This is a structured discipline of dance that includes barre work, center combinations, turns and jumps. Level evaluation is required for each level.

Hip-Hop: This dance style is often seen in music videos and is taught to today's top hip-hop music. This exciting class emphasizes body movement and rhythm and is a great way to learn all of the new moves of today!

Contemporary Hip-Hop: This dance style is often seen in music videos and is taught to today's top contemporary music. This exciting class emphasizes body movement and rhythm and is a great way to learn all of the new moves of today!

Extremem Flexibility: This class focuses on flexibility and muscle strengthening through exercises used in yoga, Pilates, and ballet.

Turbo Stretch: This class focuses on flexibility and muscle strengthening through exercises used in yoga, Pilates, and ballet in just 30 minutes.

Lyrical & Contemporary: This style of dance is ballet and jazz based, usually done to slower songs and ballads, showing expression and interpretive emotion through movement.

Tap: This is a type of dance characterized by using the sounds of tap shoes striking the floor as a form of percussion. The sound is made by shoes that have a metal "tap" on the heel and toe.

Tumbling for Dancers: This class focuses on tumbling for the discipline of dance. Dancers will learn tumbling skills on the mats for safety and then perfect them on the dance floor. **Beginner:** Anyone above preschool tumble level (must be able to do a forward roll, handstand against cheese mat) **Intermediate:** Must be able to do front and back walkover and all basic beginner skills.

Advanced: Must be able to do back handspring and side aerial.

Acro/Contortion: Acro/contortion is not the typical tumbling or gymnastics class. Our experienced acro instructor will guide the class towards increased flexibility, balance, strength, muscle control, discipline and concentration. This class is for the dancers who have worked on flexibility before and are ready to push themselves in contortion which specializes in bending the body in to unusual poses and doing extraordinary acro skills. This class will focus on fundamental acrobatic technique, teaching such skills as handstands, chin stands, elbow stands, chest stands, needle scales and balance and contortion tricks. This is NOT a class for the beginner dancer/gymnasts.

Intro to A La Seconde Turns: This class is for dancers that are in Jazz II or higher and have a clean double turn and want to learn the basics of 2nd turns (a la seconde turns).

Dance Teams: Please see the front desk for more information. Our full year teams go from May-April and our Mid-Year teams go from Sept-April. We have competitive dance teams for ages 4-18, beginner to advanced. We have a team for EVERYONE!

Levels for dance classes range from Beginning - Advanced. Evaluation of the correct level may be required.