

# Class Descriptions

(First are traditional year long classes and followed by six week sessions and exercise classes)  
(To enroll in class there is a yearly \$25 registration fee or \$60 per family - exercise classes excluded)

## Traditional year long options (September-May)

### **Performing Arts Preschool** (ages 3-5)

- The most amazing program designed just for girls! Preschool and dance all in one!!
- ABC's, 123's, singing, memorizing, dance, and kindergarten readiness!
- Jazz & Ballet instruction
- 2-3 field trips per year

**Performing Arts Preschool 3** (ages 3-4)

**Performances:** 3 school programs, The Nutcracker, Spring Festival, Recital

**Schedule:** Tuesdays & Thursdays 8:30-10:30 (Sept.-May)

**Tuition:** \$115/mo.

**Costume fee:** \$150 (includes 2 costumes)

**Registration fee:** \$50/year (Preschool has its own reg. fee)

**Required shoes:** black ballet shoes, pink ballet shoes

**Performing Arts Preschool 4** (ages 4-5)

**Performances:** 3 school programs, The Nutcracker, Spring Festival, Recital

**Schedule:** Tuesdays & Thursdays 10:00-1:00 (Sept.-May)

**Tuition:** \$155/mo.

**Costume fee:** \$150 (includes 2 costumes)

**Registration fee:** \$50/year (Preschool has its own reg. fee)

**Shoes:** black ballet shoes, pink ballet shoes

### **Sparkler Jazz & Ballet** (ages 3-5)

- 45 min. class teaching Jazz & Ballet basics meets Sept.-May
- Rhythm, Timing, Coordination, Social skills
- Performs Jazz routine at Spring Festival and recital

**Performances:** December class performance, Spring Festival, Recital

**Schedule:** Thursdays 5:15-6:00pm

**Tuition:** \$40/mo.

**Costume fee:** \$75

**Shoes:** black ballet shoes

### **Firecrackers** (ages K-2nd grade)

- Jazz & Ballet combo class
- Lots of performance opportunities!
- Rhythm, Timing, Coordination, Performing skills, Social skills, Teamwork

**Performances:** The Nutcracker, Winter basketball half-time, Spring Festival, Recital

**Schedule:** Yellow Firecrackers (1st-2nd grade) Tuesdays 4:15-5:15

Pink Firecrackers (K-1st grade) Tuesdays 5:15-6:15

Purple Firecrackers (1st-2nd grade) Thursdays 4:15-5:15

**Tuition:** \$50/mo.

**Costume fee:** \$180 (includes 2 costumes)

**Shoes:** black and pink ballet shoes

## **Traditional year long classes (September-May) cont.**

### ***Dynamite Jazz (ages 9 & up)***

- Jazz fundamentals, choreography and some technique
- Recommended to also take Jazz Tech I for adequate technique

**Performances:** Spring Festival, Recital

**Schedule:** Tuesdays 7:00-7:45pm

**Tuition:** \$40/mo.

**Costume fee:** \$75

**Shoes:** jazz shoes (color TBD)

### ***Ballet (levels 1-6 for ages 5 & up)***

- Traditional ballet technique and performance skills
- All Ballet 1-6 students will dance in The Nutcracker (Dec. 13-14)
- Pointe and Pre-Pointe classes available with director approval

**Performances:** The Nutcracker, Recital

**Schedule & Tuition:**

Ballet 1-2 (Tuesdays 4:00-5:00) - \$50/mo. (or \$35/mo. when added onto Jazz schedule)

Ballet 3-4 (Mondays 4:45-5:45) - \$50/mo. (or \$35/mo. when added onto Jazz schedule)

Ballet 5 (Mondays 6:45-7:45 & Wednesdays 4:45-5:45) - \$70/mo. (or \$55/mo. when added onto Jazz schedule)

Ballet 6 (Mondays 7:45-8:45 & Wednesdays 4:45-5:45) - \$70/mo. (or \$55/mo. when added onto Jazz schedule)

**Costume fee:** \$75

**Shoes:** pink ballet shoes (exact type may be purchased through studio)

**Pointe classes** (director approval required for participation):

Beg./Int. Pointe - Fridays 3:45-4:45 pm - \$25/mo. add on

Adv. Pointe - Thursdays 3:45-5:00 pm - \$28/mo. add on

Pre-Pointe Wed. - Wednesdays 6:45-7:45 - \$25/mo. add on

Pre-Pointe Fri. - Fridays 4:45-5:45 - \$25/mo. add on

## **Competitive Dance (includes some summer commitment)**

### ***Stars (competitive dance program for ages 6 & up)***

- Award winning Competitive Dance program (auditions required)
- Mini Stars and Super Stars compete jazz and MVPs compete Jazz & Contemporary
- Ballet highly recommended but not required
- Some commitment required. Lots of great opportunities!

**Performances:** Team Dance competition, Spring Festival, Recital

**Schedule:** twice a week (July-May)

**Tuition:** Stars fees are bundled together and include tuition, costume, competition, choreography and recital fees (Mini Stars & Super Stars - \$110/mo. and MVP's - \$126/mo.)

**Shoes:** tan jazz shoes

## **Jazz Club** (*intensive competitive dance program for ages 8 & up*)

- Award winning Intensive Competitive Dance program (auditions required)
- Ballet, Jazz, Hip Hop & Contemporary (depending upon age)
- Major commitment required. Lots of amazing performance and competition opportunities!

**Performances:** 2-3 competitions, basketball half-times, Spring Festival, Recital

**Schedule:** twice a week (July-May)

**Tuition:** Jazz Club fees are bundled together and include tuition, costume, competition, choreography and recital fees (Elite, Excel, Extreme - \$330/mo. And Preemies - \$210/mo.)

**Shoes:** ballet, jazz

## **Mini-mesters!** (6 week sessions) / non-performing classes

### **Diaper Dancers** (*ages 2-4*)

- Mommy & Me dance class!
- Ballet & Jazz “fun”damentals
- Rhythm, Timing, Coordination, Social skills
- 6 week mini-mesters (can be taken individually or consecutively for year round training)

**Schedule:** Thursdays 3:45-4:15 (Oct. 3-Nov. 7) (Nov. 14-Dec. 19)(Feb. 6-Mar. 12)(Mar. 19-Apr. 23)

**Tuition:** \$30/session

**Performances:** none

**Costume fee:** none

**Shoes:** bare feet

### **Ballet Babies** (*ages 3-5*)

- Ballet “fun”damentals
- Rhythm, Timing, Coordination, Social skills
- 6 week mini-mesters (can be taken individually or consecutively for year round training)

**Schedule:** Tuesdays 3:45-4:15 (Oct. 1-Nov. 5) (Nov. 12-Dec. 10)(Feb. 4-Mar. 10)(Mar. 17-Apr. 21)

**Tuition:** \$30/session

**Performances:** none **Costume fee:** none

**Shoes:** ballet shoes recommended but not required

### **Hip Hop** (*ages 8 & up - Beg/Int skill level*)

- Classes run in 6 week sessions which can be taken individually or consecutively for year round training
- Learn from the best in the industry through CLI!
- Boys and Girls welcome

**Performances:** none **Costume fee:** none

**Schedule:** Mondays 7:45-8:30

**Fees:** \$35/session

**Shoes:** tennis shoes

# Mini-mesters! (6 week sessions)/non-performing classes cont.

## **Jazz Technique** (ages 7 & up - based on skill level)

- Classes run in 6 week sessions
- Technical training is essential for developing dancers
- Extra technique can help a dancer advance much more quickly
- Technique refers to the skills in dance (ex. leaps, turns and jumps)
- Technique also includes strength training and stretching

**Performances:** none **Costume fee:** none

### **Schedule & Fees:**

Jazz Tech I - Thursdays 7:45-8:15 - \$20/session

Jazz Tech II - Tuesdays 5:00-6:00 - \$30/session

Jazz Tech III - Wednesdays 6:45-7:45 - \$30/session

Jazz Tech IV - Mondays 5:45-6:45 - \$30/session

**Shoes:** jazz shoes

## **Tumbling** (Beg.-Adv., as available)

- Tumbling is fast becoming a necessary component of a well-rounded dancer's skill set
- Tumbling skills include cartwheels, aerials, walkovers, round offs, back handsprings, etc.
- Tumbling helps a dancer build strength and flexibility in all areas
- Extra Tumbling can help a dancer advance much more quickly
- Classes run in 6 week sessions

**Performances:** none **Costume fee:** none

### **Schedule & Fees:**

Tumbling Level I - Fridays 4:00-4:45 - \$45/session when added on to a dance schedule (\$60 for Tumbling only)

Tumbling Level II - Fridays 4:45-5:45 - \$55/session when added on to a dance schedule (\$70 for Tumbling only)

Tumbling Level III - Wednesdays 6:45-7:45 - \$55/session when added on to a dance schedule (\$70 for Tumbling only)

Tumbling Level IV - Mondays 5:45-6:45 - \$55/session when added on to a dance schedule (\$70 for Tumbling only)

## **Exercise Classes** (adult/teen)

### **High Fitness**

is a fun fitness class that incorporates interval training with music you love and easy to follow choreography. HIGH Fitness produces a high caloric burn and full body toning through its carefully formulated choreography that alternates between intense cardio peaks and toning tracks.

- Strong, simple, easy-to-follow choreography
- Plyometric-type interval training moves: jump squats, burpees, tuck jumps, etc.
- Low, concentrated, full-body toning moves that sculpt you from top to bottom
- Fun, motivating music from all genres that you KNOW and LOVE
- Intense cardio-peak track
- Options given for all levels of fitness to cater to your needs
- **FIRST CLASS IS ALWAYS FREE!**

**Schedule:** Tuesdays & Thursdays 8:15-9:15pm/Wednesdays 6:15-7:00am/Saturdays 8:00-9:00am (starting 9/14/19) also Friday mornings starting soon!

**Cost:** \$5/class drop in rate or \$40 punch card for 10 visits (exp. 60 days)

**FALL EXPIRATION SPECIAL!** If all 10 visits are used before the 60 day expiration period is up, punch card holder may attend class FREE for the remainder of your punch card period! (Offer good Sept.-Dec.)