



Summer 2024

Mommy & Me

18 - 36 months Monday 9:30 - 10:30 AM

This one-hour class meets once a week.

Using fun music, props, mats and other equipment in the Mommy & Me Dance classes, moms and toddlers ages 18 months – 3 years old enjoy creative movement and dance based play. Please bring your own yoga mat.

INTRODUCTION TO DANCE

Intro to Dance A/ B/ C combined: 3-6 year olds Monday 10:30 - 11:30 am

Intro to Dance A/ B/ C combined: 3-6 year olds Tuesdays 5:30 - 6:30 pm

This one-hour class meets once a week.

A combination of ballet, and creative movement. We introduce the fundamentals of dance to our youngest dancers in engaging, creative and imaginative ways.

Leotard: Revolution Camisole Dress RD20019 Pink

Footed Tights: Revolution Color-Flow Footed Tights 1000-1122 Classic Pink

Ballet Shoes: Revolution Stretch Ballet Shoe 150-157 Classic Pink

BOYS: White T-Shirt, tucked in, black shorts, white socks, Revolution Stretch Ballet Shoe 150-157 in Black.

BALLET 1 / 2

Mondays 11:30 am - 12:30 pm

Tuesdays 6:30 - 7:30 pm

7-8 year olds, and beginning 9-10 year olds

Age appropriate barre exercises are introduced, with the focus on proper posture, alignment, and technique. Stretching exercises help dancers continue to improve their flexibility. New steps in center are introduced. This class includes gentle stretching and ballet steps are put together to form choreography.

Leotard: Revolution Camisole Dress RD20019 Soft Lilac

Footed Tights: Revolution Color-Flow Footed Tights 1000-1122 Classic Pink

Ballet Shoes: Revolution Stretch Ballet Shoe 150-157 Classic Pink

BOYS: White T-Shirt, tucked in, black shorts, white socks, Revolution Stretch Ballet Shoe 150-157 in Black.

BALLET 3

Mondays 5:30 - 7:00 pm (combined with Ballet 4)

9 year olds with ballet experience and beginning 10-12 year olds

Age appropriate barre exercises with the focus on proper posture, alignment, and technique. Stretching exercises help dancers continue to improve their flexibility. New steps in center are introduced. This class meets twice a week during the school year. Additional classes are available for more serious students.

Leotard: Revolution Camisole Dress RD20019 Soft Blue

Footed Tights: Revolution Color-Flow Footed Tights 1000-1122 Classic Pink

Ballet Shoes: Revolution Stretch Canvas Dance Shoe RD013400 | RD013401 Classic Pink

BOYS: White T-Shirt, tucked in, black shorts, white socks, Revolution Stretch Canvas Dance Shoe RD013400 | RD013401 Black.



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BALLET 4

Monday 5:30 - 7:00 pm (combined with Ballet 3)

Tuesday 5:30 - 7:00 pm (combined with Ballet 5)

Thursday 5:30-7:00 pm (combined with Ballet 5)

An Intermediate level ballet class 10-11 year olds with ballet experience and older beginners.

Enrollment in this class is by audition only. This class meets three times a week. Minimum enrollment is twice a week. Additional classes are available for more serious students.

Leotard: Revolution Camisole Dress RD20019 Black

Convertible Tights: Revolution Color-Flow Convertible Tights 1050-1422 Classic Pink

Ballet Shoes: Revolution Stretch Canvas Dance Shoe RD013400 | RD013401 Classic Pink

BOYS: White T-Shirt, tucked in, black shorts, white socks, Revolution Stretch Canvas Dance Shoe RD013400 | RD013401 in Black.

Beginner Pointe

Tuesday and Thursday 7:00 - 7:30 pm

This class is by invitation only for those students deemed by the instructor as ready for pointe work.

BALLET 5

Monday 7:00 - 9:00 pm (combined with Ballet 6)

Tuesday 5:30 - 7:00 pm (combined with Ballet 4)

Wednesday 6:30 - 8:00 pm (combined with Ballet 6)

Thursday 5:30 - 7:00 pm (combined with Ballet 4)

Enrollment in this class is by audition only. This Intermediate/ Advanced class for ages 12 and up meets three times a week. Minimum enrollment is twice a week. Additional classes are available for more serious students.

Leotard: any style or color BALLETS leotard. Must have Black leotard for Master classes

Convertible Tights: Revolution Color-Flow Convertible Tights 1050-1422 Classic Pink

Ballet Shoes: Revolution Stretch Canvas Dance Shoe RD013400 | RD013401 Classic Pink

BOYS: White T-Shirt, tucked in, black shorts, white socks, Revolution Stretch Canvas Dance Shoe RD013400 | RD013401 in Black. Shorts should be replaced by black tights at the upper levels.

BALLET 6

Monday 7:00 - 9:00 pm (combined with Ballet 5)

Tuesday 7:30 - 9:00 pm

Wednesday 6:30 - 8:00 pm (combined with Ballet 5)

Thursday 7:30 - 9:00 pm

Enrollment in this class is by audition only. This Intermediate/ Advanced/ Pre-Professional class for ages 14 and up meets three times a week. Minimum enrollment is twice a week. Additional classes are available for more serious students.

Leotard: any style or color BALLETS leotard. Must have Black leotard for Master classes

Convertible Tights: Revolution Color-Flow Convertible Tights 1050-1422 Classic Pink

Ballet Flats: Revolution Stretch Canvas Dance Shoe RD013400 | RD013401 Classic Pink

Pointe Shoes at this level are pointe, or de-shanked pointe shoes.

BOYS: White T-Shirt, tucked in, black shorts, white socks, Revolution Stretch Canvas Dance Shoe RD013400 | RD013401 in black. Shorts should be replaced by black tights at the upper levels.



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CONTEMPORARY

Lyrical/Contemporary A/B: 8-12 yr Tuesdays 7:30-8:30 pm

Jazz/Contemporary C: 12 and up Thursday 6:00-7:15 pm

Jazz/Contemporary A/B: 7-12 yr Thursday 7:30-8:15 pm

ages 7 and up A fusion of modern/ lyrical/ jazz and ballet. Ages are guidelines only. Placement is by skill level as assessed by the instructor. Please consult with the teacher regarding her preferences on dress code.

Turns & Jumps Class

Wednesdays 8:00-9:00 pm

A class for ages 9 and up focusing on improving balance and rotation in turns and amplitude for jumps.

Body Conditioning for Dancers

Wednesday 6:00-6:30 pm

A series of exercises tailored to a dancer's need for the development and improvement of strength and flexibility. A yoga mat and thera-band/resist-a-band will be needed.