

2022-2023 Fall Schedule

Monday

Dance and Gym Program

- 5:30-6:15 p.m. Babies/Tots Ballet, Tap, & Jazz (Ages 4-7)
- 5:30-6:15 p.m. Mommy/Daddy and Me 4 and under
- 6:15-7:00 p.m. Pre Gym-Gymnastics/Acro
- 7:00-7:45 p.m. Level 1 Gym/Acro
- 7:45-8:30 p.m.



Tuesday

Dance Program

- 5:30-6:15 p.m. Petite/Tweens Jazz and Tap
- 6:15-7:00 p.m. Petite/Tweens Pre Pointe/Ballet
- 7:00-7:45 p.m. Petite/Tweens Jazz and Tap
- 7:45-8:30 p.m. Petite/Tweens Pre Pointe/Ballet

Tuesday

Gym Program

- 5:30-6:15 p.m. Level 1-2 Gym/Acro
- 6:15-7:00 p.m. Level 2 Gym/Acro
- 7:00-7:45 p.m. Level 3 Gym/Acro
- 7:45-8:30 p.m.

Thursday

Dance Program

- 5:30-6:15 p.m. Teen Tap
- 6:15-7:00 p.m. Ballet/Pointe
- 7:00-7:45 p.m. Ballet/Pointe
- 7:45-8:30 p.m. Teen Jazz/Lyrical/Contemporary

Thursday

Hip-Hop Dance Program

- 5:30-6:15 p.m. Hip-Hop Level 1-2
- 6:15-7:00 p.m. Hip-Hop Level 4
- 7:00-7:45 p.m. Hip-Hop Level 3

Pre Gym	Gym Level 1	Gym Level 2
-All assisted skills for pre gym • Front/back rolls • Handstands • Cartwheels • Floor back bends	• Handstands • Cartwheels • Round-off • Rolls • Bridge • Back bend kick overs	• Handstand walks • Back bend kick overs • Back/Front walkovers • Prep for Ariel cartwheels

Gym Level 3 Advanced Level 2 with connecting skills

- Back/Front handsprings
- Advanced gym and acro skills