

4 WEEKS ONLY ONLY WEEK OF JULY 7, JULY 14, JULY 21 & JULY 28 EACH CLASS ONLY \$50.00

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
Abby	Ms. Elizabeth	Ms. Karen	Lila	Max
4:30 - 5:00pm	4:30 - 5:00PM	4:30 - 5:00pm	4:45 - 5:30pm	9:30 - 10:00am
ΙΝΤRΟ ΤΟ ΤΑΡ	TEENY BALLERINA	ITSY BITSY BALLET	ACRO BASICS	PARENT & TOT
Ages 3 - 5	Ages 5 -7	Ages 3 - 5	Ages 5-8	Ages 2 - 3
An introduction to tap dance and movement	Introduction to ballet for first time dancers.	Introduction to ballet for first time dancers.	This class will explore activites to build	Includes an introduction to dance and
for first time dancers.	Introduce the basics of Classical Ballet	Introduce the basics of Classical Ballet	strength, flexibility, limbering skills, balancing	movement A fun class for both
TAP SHOES ARE MANDATORY FOR THIS	through imagination and creative movement.	through imagination and creative movement.	skills, tumbling skills and partner tricks. No	parents/caregivers and their little dancer.
CLASS.			previous acro/gymnastics experience required.	
			icquireu.	
5:00 - 5:30pm	5:00 - 5:45PM	5:00 - 5:30pm	5:30 - 6:15pm	10:00 - 10:30am
ΙΝΤΟ ΤΟ ΤΑΡ	BEAUTIFUL BALLERINA	LET'S GET TAPPING	MINIACRO	
Ages 6 - 9				
Ages 6 - 9 An introduction to tap dance and movement	Ages 7 - 13 This class is perfect for those with little to no	Ages 5 - 9 Previous tap experienced preferred, but not	Ages 6+ (with at least 1 year experien This class will further explore activites to build	Ages 5 - 5 An introduction to tap dance and movement
for first time dancers.	ballet experience and want to explore ballet.	necessary. Tap dance is a form of dance	strength, flexibility, limbering skills, balancing	for first time dancers.
TAP SHOES ARE MANDATORY FOR THIS		characterized by using the sounds of tap	skills, tumbling skills and partner tricks.	TAP SHOES ARE MANDATORY FOR THIS
CLASS.		shoes striking the floor.		CLASS.
		TAP SHOES ARE MANDATORY FOR THIS CLASS.		
		CLASS.		
5:30 - 6:15pm	5:45 - 6:30pm	5:30 - 6:15pm	6:15 - 7:00pm	10:30 - 11:00am
TOE-TASTIC TAPPING	STRENGTH & STRETCH	ACRO BASICS	ACRO BASICS	ITSY BITSY BALLET
Ages 5 - 9	Ages 10+	Ages 5+	Ages 8 - 10	Ages 3 - 5
Previous tap experienced required. Tap	A full body workout with a focus on the core	This class will explore activites to build	This class will explore activites to build	Introduction to ballet for first time dancers.
dance is a form of dance characterized by	that will improve strength, increase flexibility,	strength, flexibility, limbering skills, balancing	strength, flexibility, limbering skills, balancing	Introduce the basics of Classical Ballet
using the sounds of tap shoes striking the	and help prevent injury.	skills, tumbling skills and partner tricks. No	skills, tumbling skills and partner tricks. No	through imagination and creative movement.
floor.		previous acro/gymnastics experience	previous acro/gymnastics experience	
TAP SHOES ARE MANDATORY FOR THIS CLASS.		required.	required.	
6:15 - 7:00pm	6:30 - 7:30	6:15 - 6:45pm	7:00 - 7:30pm	11:00am - 11:30am
TOE-TASTIC TAPPING	ADVANCED DANCE	JUST DANCE	ACRO TRICKS	TEENY BALLERINA
Ages 10 - 13 Previous tap experience required. Tap dance	Ages 13+	Ages 5 - 9 Not sure which style is your favourite? Why	Ages 8 - 11 Previous Acro or Gymnasics Experience is	Ages 5 - 7 Introduction to ballet for first time dancers.
is a form of dance characterized by using the		not try them all. Will explore Hip Hop, Jazz and		Introduce the basics of Classical Ballet
sounds of tap shoes striking the floor.		Musical Theatre.	impressive acrobatics tricks? This class	through imagination and creative movement.
TAP SHOES ARE MANDATORY FOR THIS	(MUST HAVE AT LEAST 5 YEARS PREVIOUS		breaks down various acrobatic skills, from	
CLASS.	DANCE EXPERIENCE) This class will further develop the foundations		beginner-friendly moves to advanced techniques.	
	of dance. Posture, grace, body alignment,		techniques.	
	jumps, turns, high kicks, balance and more.			
	Suitable for all dance styles.			
	7:30 - 8:30pm	6:45 - 7:30	7:30 - 8:00pm	11:30am - 12:00pm
	YOGA/BARRE	LIGHTS, CAMERA, BROADWAY	ACRO TRICKS	MIX IT UP 1
	Ages 16+	Ages 8 - 12	Ages 12+	Ages 3 - 5
	This class is a fusion of the strengthening and	Immerse yourself in all things Muscial Theatre.	Previous Acro or Gymnasics Experience is	An introduction to dance and movement for
	toning physical aspects of a low impact barre	Musical Theatre is a form of performance	required. Want to learn	first time dancers. Not sure which style your
	workout with the psychological and mindful elements of a yoga practice.	combining acting, singing and dancing to	impressive acrobatics tricks? This class breaks down various acrobatic skills, from	little dancer will enjoy - why not try them all? A mix of ballet & jazz.
	and minute elements of a yoga practice.	present a fully-realized story.	beginner-friendly moves to advanced	This of Datter & Jazz.
			techniques.	
		7:30 - 8:30		12:00pm - 12:30pm
		ADULT DANCE	•	MIX IT UP 2
		Ages 16+		Ages 6 - 9
		No previous dance experience required. Come on out and get your heart rate pumping.		An introduction to dance and movement for first time dancers. Not sure which style your
		Class will explore multiple dance styles.		little dancer will enjoy - why not try them all?
				mix of ballet & jazz.
		9:20 0:1Enr	4	10:20nm 1:00nm
		8:30 - 9:15pm		12:30pm - 1:00pm
		ADULTTAP		MIX-A-LOT
		Ages 16+		Ages 10+
		Previous tap experience required. Tap dance		An introduction to dance and movement for
		is a form of dance characterized by using the sounds of tap shoes striking the floor.		first time dancers. Not sure which style your little dancer will enjoy - why not try them all?
		TAP SHOES ARE MANDATORY FOR THIS		mix of ballet, jazz & hip hop.
		CLASS.		