



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