

Dance Schedule 2025 – 2026

Celebrating our 28th year!

Monday:

4:15	Acro for Competition (14+ yrs)	MW	4:15	Tap/Jazz Funk Combo (4-7yrs)	MK
5:15	Beginner Acrobatics	MW			
6:15	Intermediate Acrobatics	MW	6:00	Musical Theater (6-8 yrs)	HL
7:15	Advanced Acrobatics	MW	7:00	Musical Theater (9-12yrs)	HL

Tuesday:

4:15	Lyrical (12-15yrs)	KT	4:15	Ballet (8-11yrs)	KC
5:15	Contemporary (12-15yrs)	KT	5:15	Lyrical (8-11yrs)	KC
6:15	Contemporary (15+ yrs)	KT	6:15	Tap Competition	KC
			7:15	Ballet Technique (15+ yrs)	KC
			8:15	Pointe (invitation only)	KC

Wednesday:

4:15	Tap/Ballet Combo I (4-6yrs)	MK	4:15	Ballet (12-15yrs)	KC
5:15	Tap/Jazz Combo II (7-8yrs)	MK	5:15	Beg. Pointe (invitation only)	KC
			6:15	Junior Competition II	KC
			7:15	Ballet (16+ yrs)	KC
			8:15	Senior Competition II	KC

Thursday:

4:15	Tap (8-10yrs)	KT	4:15	Rising Star Ballet (5-6yrs)	GL
5:15	Jazz (10-12yrs)	KT	5:15	Rising Star Hip Hop (6-8yrs)	GL
6:15	Hip Hop (9-12yrs)	JK	6:15	Rising Star Tap (8-10yrs)	JL
7:15	Hip Hop (14+yrs)	JK	7:15	Rising Star Lyrical (8-10yrs)	JL

Friday:

9:30	First Steps (2½ - 3½yrs)	MK
10:15	Tap/Ballet/Acro Combo I (3½ -5yrs)	MK

Saturday:

10:15	Hip Hop (5-6yrs)	TBA	9:00	First Steps (2½ - 3½yrs)	KC
11:15	Jazz (8-11yrs)	TBA	9:45	Ballet/Tap Combo II (6-8yrs)	KC
			10:45	Ballet/Tap Combo I (4-5yrs)	KC
			11:45	Ballet (8-11yrs)	KC
			12:45	Junior I Competition	KC

Rising Star classes: Thursdays, 4:15-8:15pm; taught by our assistant teachers, \$45.00 per month.

Age is used as a general guide for class placement; however, skill level is the primary factor in determining the best fit for each dancer.

[Guide to Dance Styles](#)

ACROBATICS: Acrobatics (or "Acro") combines technique with gymnastic-style skills like balances, limbering, tumbling, and flexibility. Unlike our other classes, Acro is grouped by skill level—Beginner, Intermediate, and Advanced—rather than by age. This allows students of all ages to progress safely and confidently at their own pace. Classes focus on strength, control, and proper technique to support acrobatic and dance development.

BALLET: Ballet is a classical dance style that builds strong technique, posture, and control. Dancers learn precise movements and positions that improve balance and coordination. It's a graceful and disciplined form of dance that supports development in many other styles.

CONTEMPORARY: Contemporary dance is a creative and expressive style that mixes modern, ballet, and jazz techniques. It emphasizes floor work, fluid movements, and emotional expression. Dancers explore abstract concepts and storytelling through movement. It's both artistic and athletic.

HIP HOP: Hip Hop is a street-style dance focused on rhythm, musicality, and personal style. Dancers learn foundational grooves, isolations, and freestyle movement. Set to contemporary urban music, it's energetic, expressive, and fun. Great for dancers who love to move and express themselves.

JAZZ: Jazz is a high-energy dance style that blends technique with fun, expressive movement. It includes kicks, turns, jumps, and stylized choreography. Set to upbeat, popular music, jazz helps dancers build coordination, strength, and stage presence. It's both technical and dynamic.

JAZZ FUNK: Jazz Funk is a fusion of jazz technique and hip-hop groove. It combines sharp, stylized movements with attitude and rhythm. Dancers enjoy upbeat choreography set to current pop or R&B music. It's a great way to build confidence and performance skills.

LYRICAL: Lyrical dance blends ballet and jazz techniques to express emotion and storytelling through movement. Dancers learn fluid choreography set to lyrical or emotional music. It focuses on grace, control, and expression. This style encourages connection to music and feelings.

MUSICAL THEATER: Musical Theater dance brings Broadway-style performances to life, combining dance, acting, and character work. Dancers perform fun, theatrical routines set to songs from musicals or pop hits. It's great for building stage presence, confidence, and storytelling skills. Perfect for dancers who love to perform!

POINTE: Pointe is an advanced form of ballet where dancers perform in specialized shoes designed to support dancing on the tips of the toes. It requires significant strength, technique, and body awareness. For the safety and readiness of each dancer, Pointe is offered **by invitation only** to those who have demonstrated the necessary foundation in ballet. Dancers continue to build control, alignment, and artistry in this highly disciplined class.

TAP: Tap dance focuses on rhythm, timing, and making music with your feet. Dancers wear special shoes that create percussive sounds on the floor. It helps develop coordination, musicality, and precision. Tap is both fun and challenging, offering a unique way to connect movement with music.