

**CLASSES MEET ON SATURDAYS FOR A TOTAL OF 3 CLASSES**

**3/7, 3/14, 3/21**

**SCHEDULE**

**MISS KATELYN & MISS ALYSE**

<b>9:00-9:30</b>	<b>Creative Movement -- Adult &amp; Me (1.5-4yrs)</b>
<b>9:30-10:00</b>	<b>Intro to Dance (4-6yrs)</b>
<b>10:00-10:30</b>	<b>Intro to Acro (4-6yrs)</b>
<b>10:30-11:00</b>	<b>Beginner Dance (7yrs+)</b>
<b>11:00-11:30</b>	<b>Beginner Acro (7yrs+)</b>
<b>11:30-12:15</b>	<b>Power/Spark Leaps, Turns, Combo</b>
<b>12:15-1:15</b>	<b>Force Leaps, Turns, Combo</b>

**SESSION PRICING**

\*Pricing is total for all 3 classes in the session  
\*Multiple class discount is per session

**RECREATIONAL CLASSES**

- 1- 30 min class - \$35**  
*(creative move, dance or acro)*
- 2- 30 min classes - \$50**  
*(combo – both dance & acro)*

# SIGN UP ONLINE TODAY!

# **CLASS DESCRIPTIONS**

**Creative Movement (ages 18 months – 4yrs.)** - a joyful way for children to explore movement through music and dance. Your child will work on developing physical skills, channel energy, stimulate imagination, and creativity. This class is open to adults (mom, dad, aunts/uncles, grandparents, babysitters) to join and help your dancer take class, you may participate as much or as little as your child needs! ADULT PARTICIPATION

**Introduction to Dance (ages 4-6)** students will learn the fundamental skills and fundamental basics of dance. Students will improve flexibility, coordination, range of motion, musicality, and poise. Students will also develop greater self-confidence, self-expression, and body awareness. This is the perfect class for your first-time dancer or a dancer with some experience!

**Intro to Acro/Tumbling(ages 4-6)** Students will learn strength and flexibility to perform gymnastic-based tricks. It teaches flexibility, balance, strength, and coordination. Skills in this class that will be learned are forward/backward rolls, handstands, headstands, cartwheels, backbends and more.

**Beginner Dance (ages 7 yrs. & up)** – This is the perfect class for first time dancers and dancers with some experience! Students will learn the beginning skills and fundamentals of lyrical, ballet and jazz dance. Students will improve flexibility, coordination, range of motion, musicality, and poise. Students will also develop greater self-confidence, self-expression, and body awareness. In this class, students will learn leaps, pirouettes, and choreography.

**Beginner/Intermediate Acro/Tumbling(7yrs+)** - If your child is under age 7 but able to kick over, please email the student for access to this class. Students will learn strength and flexibility to perform gymnastic-based tricks. It teaches flexibility, balance, strength, and coordination. Skills in this class that will be learned are handstands, headstands, cartwheels, aerial drills, front walkovers, back walkovers, back handspring drills, and more.

\*\* If your child can do a back handspring, please email the studio to be added to the competition Acro class \*\*