

JUNE SESSION 1 : June 3rd- June 20th

Classes take place on Tuesdays and Thursday throughout the 3 weeks for a total of 6 classes.

| <u>MISS KATELYN</u> | |
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| Creative Movement Dance & Tumble (18mos-3 yrs) ** under 2 yrs requires parent participation | 5:00-5:30 |
| Introduction to Acro (4-7 years) | 5:30-6:00 |
| Introduction to Dance (4-7 years) | 6:00-6:30 |
| Beginner Dance (7-11 years) | 6:30-7:00 |
| Beginner Acro (7+ years) | 7:00-7:30 |
| Technique & Combo **12 yrs+ or 8yrs+ if trying out for competition team | 7:30-8:15 |
| Int/Adv. Acro **Must be working on front or back walkovers | 8:15-9:00 |

30 MINUTE CLASSES PER SESSION

total is for the full session & includes all 6 classes.

Single Class = \$45

Intro Combo = \$70

(includes Intro to Acro & Dance)

Beginner Combo = \$70

(includes Beginner Acro & Dance)

45 MINUTE CLASSES PER SESSION

total is for the full session & includes all 6 classes.

Single Class = \$45

Combo = \$75

(includes Technique & any Acro)

Creative Movement Dance & Tumble (ages 18 months – 3 yrs.) -

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. Children 2 years and under will require an adult to assist them in class.

Introduction to Dance (ages 4-7 yrs.) Students will learn the introductory skills and fundamental basics of ballet and jazz technique and 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 to get to try different styles of dance!

Introduction to Acro/Tumbling (ages 4-7 yrs.) - 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 7-11 yrs.) Students will learn the beginner skills and fundamental basics of ballet and jazz technique and 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 to get to try different styles of dance!

Beginner Acro/Tumbling (ages 7+ yrs.) - Students will learn strength and flexibility to perform gymnastic-based tricks. It teaches flexibility, balance, strength, and coordination. Skills learned in this class are forward/backward rolls, handstands, headstands, cartwheels, backbends, starting kick overs, front and back walkovers.

Technique & Combo (12yrs+ or 8yrs+ if trying out for our competition team) – Students will go through stretch and strengthening exercises to support the leaps and turns they will be learning. Each class will end with a dance combination working on different styles of dance and improvisation skills.

Intermediate/Advanced Acro/Tumbling (ages 8+ yrs.) – This is our most advanced tumbling class offered over the summer. Dancers must be working on front or back walkovers to enter the class. This class will work on walkovers, aerials, back handsprings, back tucks and more.

*****if you have a question on which class is right for your dancer please use the “contact us” button for help!*****

JULY & AUGUST SESSIONS

July 15th-31st session 2 | August 12th-28th session 3

Classes take place on Tuesdays and Thursday throughout the 3 weeks for a total of 6 classes

| MISS KATELYN | | MISS HALLEE | |
|--|-----------|--|-------------|
| Creative Movement Dance & Tumble (18mos-3 yrs) ** under 2 yrs requires parent participation | 5:00-5:30 | ASSIST - Creative Movement Dance & Tumble (18mos-3 yrs.) ** under 2 yrs requires parent participation | 5:00-5:30 |
| Introduction to Dance (4-7 years) | 5:30-6:00 | Open Private Lesson - ACRO | 5:30 – 6:00 |
| Beginner Dance (7-11 years) | 6:00-6:30 | Introduction to Acro (4-7 years) | 6:00-6:30 |
| Technique & Combo **12 yrs+ or 8yrs+ if trying out for competition team | 6:30-7:15 | Beginner Acro (7yrs+) | 6:30-7:00 |
| ASSIST - Int/Adv. Acro **Must be working on front or back walkovers | 7:15-8:00 | Int/Adv. Acro **Must be working on front or back walkovers | 7:15-8:00 |
| Competition Team Ballet/Pre-Pointe/Pointe Must be 8yrs+ | 8:00-8:45 | | |

30 MINUTE CLASSES PER SESSION

total is for the full session & includes all 6 classes.

Single Class = \$45

Intro Combo = \$70

(includes Intro to Acro & Dance)

Beginner Combo = \$70

(includes Beginner Acro & Dance)

45 MINUTE CLASSES PER SESSION

total is for the full session & includes all 6 classes.

Single Class = \$45

Double Combo = \$75

(includes two of any Ballet, Technique, Any Acro)

Triple Combo = \$90

(includes Technique, any Acro, Ballet)

Private Lessons

You must email the studio or use the “contact us” form to sign up for private lessons. Miss Gabrielle will be doing dance and tumble privates through the summer. Miss Hallee will be doing Acro privates in July and August.

\$25/30 minute lesson

SIGN UPS ONLINE AT:

www.optimumdancecomplex.com