

PRE-DANCE CLASSES

PRE-DANCE COMBO (LEVEL I) (Ages 3-6) 1 Hour Class

This class includes: 20 minutes each of Pre-Tap Technique, Pre-Ballet Technique & Basic Tumbling. They will work on sequencing skills, basic coordination skills, and small & large motor skills. These classes are designed to give the student a fun and exciting first dance experience.

AGES (3-4)

Mon. 4:00-5:00 pm (ML-1)
 Mon. 6:30-7:30 pm (ML-1)
 Tue. 5:00-6:00 pm (TK-1)

AGES (5-6)

Tue. 5:00-6:00 pm (CD-2)
 Thr. 5:30-6:30 pm (TR-1)

PRE-DANCE COMBO (LEVEL II-III) (Ages 4-7 yrs.) 1 Hour Class

These classes include: 20 minutes each of Pre-Tap Technique, Pre-Ballet Technique & Basic Tumbling. They will work on sequencing skills, basic coordination skills, and small & large motor skills. These Classes will elaborate on the Level I Class. All students must have completed Pre-Dance Combo Level I to register for the Level II class. All students must have completed Level II to register for the Level III class.

Level II Mon. 5:00-6:00 pm (ML-1)
Level II Tue. 6:45-7:45 pm (CD-2)

Level III Tue. 6:45-7:45 pm (TK-1)

PRE-POM POM/CHEER (Ages 4-7 yrs.) 45 min. Class

This class is designed for the younger students who would like to dance and cheer. This is a combination of cheer moves and jazz moves. (Pom poms will need to be purchased from the studio for this class)

Tue. 5:15-6:00 pm (JC-4)

PRE-JAZZ / PRE-HIP HOP (Ages 4-7 yrs.) 45 min. Class

These classes are for younger students who wish to learn jazz and hip hop. Students will begin with a warm-up and stretch, followed by pre-jazz combinations & pre-Hip Hop combinations.

Tue. 6:00-6:45 pm (TK-1)

PRE-BALLET / LYRICAL TUMBLING TOTS

PRE- BALLET/LYRICAL (Ages 4-7) 45 min. Class

Students will learn Pre-Ballet technique that will be combined with Pre-Lyrical technique. This class is designed for the younger ballet student who wants to be a ballerina when they grow up.

Tue. 6:00-6:45 pm (CD-2)



See Tuition Chart
for Multiple Class
Discounts!

TUMBLING TOTS (Ages 2 1/2 - 4) 30 Min. Class

The Tumbling Tots Class includes: stretching, small and large motor skills, mat work, mini balance beam, mini trampoline, obstacle course, and basic tumbling. We ask that a parent assist the child during the class.

Mon. 6:00-6:30 pm (ML-1)



HASSLE FREE RECITALS

Students will receive 2 FREE Parent Tickets to the Spring Recital. We will not be charging a recital fee. All costumes will be altered by our Studio Seamstress for FREE. Each family will receive a FREE DVD of the entire recital.

CHEER / TUMBLE COMPETATIVE POM TEAM

CHEER PREP/POM (Ages 8-12 yrs) 45 Min. Class

All cheer prep classes will include: warm-up, stretching, jumps, cheers, sidelines, and a mini cheer routine. (Pom poms will need to be purchased from the studio for this class)

Tue. 6:45 - 7:30 pm (JC-4)

TUMBLING (Ages 4 and up) 45 Min. Class

All tumble classes will begin with a warm-up and stretching followed by progressions and a tumble routine. Students will be able to work on the following: rolls, cartwheels, round-offs, handstands, handsprings backbends, back walkovers, back handsprings, etc.

(4 - 7 yrs)
 Tue. 6:00 - 6:45 pm (JC-4)

(8 - 12 yrs)
 Tue. 7:30 - 8:15 pm (JC-4)

OPEN GYM (4 & up) (Pay by the class)
 Sat. 11:00-12:00 pm (JC-4)



COMPETITIVE CHEER/POM TEAM

The Competitive Cheer/Pom Team routine is a combination of Jazz, Hip Hop & Pom Pom. The Cheer Team will attend 4 local competitions this season. No auditions are required. All students must have 2 - 3 years prior dance experience and be pre approved. All students must be at least 6 yrs. old. No extra classes are required. The class will meet for 2 hours, once a week. Excessive absences will not be tolerated. All Cheer Team Members must attend a mandatory dress rehearsal in January or February. You will be required to purchase a Competition Team T-shirt and Shorts, Team Warm-up Suit, your performance costume, pom poms, shoes, and make-up kit. You will be required to pay your entry fee to each competition. (Approx. \$45 per competition)

(Class time includes open gym)

(6 - 8 yrs) Sat. 10:00-12:00 pm (JC-4)

(9 & up) Sat. 11:00-1:00 pm (JC-4)



PRIMARY DANCE CLASSES

PRIMARY CLASSES – BEG./INT.
(Ages 7 – 10 yrs) 45 Min. Classes

Primary Beginning/Intermediate Level Tap, Jazz, Lyrical and Hip Hop classes will include: stretching, warm-up, basic tap, jazz, Lyrical and Hip Hop technique. This level is for the beginner to Intermediate student and all students who have completed the Pre-Dance Levels.

See tuition chart for multiple class discounts.

Tap	- Thr.	5:00-5:45 pm	(CD-2)
Lyrical	- Thr.	5:45-6:30 pm	(CD-2)
Jazz	- Thr.	6:30-7:15 pm	(TR-2)
Hip Hop	- Thr.	7:15-8:00 pm	(TR-2)

CLASSICAL BALLET
(Ages 7-10) Wed. 4:30-5:25 (JT-3)

PRIMARY CLASSES – INT./ADV.
(Ages 7 – 10 yrs) 45 Min. Classes

All Primary Intermediate/Advanced Level Tap, Jazz, Lyrical and Hip Hop classes will include: stretching, warm-up, and Intermediate/Advanced dance technique. All students must have completed beg./int. level and have a teacher recommendation to register for these classes.

See tuition chart for multiple class discounts.

Tap	- Tue.	5:15-6:00 pm	(MT-3)
Lyrical	- Tue.	6:00-6:45 pm	(MT-3)
Jazz	- Tue.	6:45-7:30 pm	(MT-3)
Hip Hop	- Tue.	7:30-8:15 pm	(MT-3)

Create You Own Combo!

PRE-TEEN / TEEN DANCE CLASSES

PRE-TEEN / TEEN – BEG./INT.
(Ages 10 and up)

Pre-Teen / Teen Beginner / Intermediate Level Tap, Jazz, Lyrical and Hip Hop classes will include: stretching, warm-up, and basic beginner to intermediate dance technique. This level is for the beginner to intermediate student.

See tuition chart for multiple class discounts.

Tap	- Wed.	5:30-6:15 pm	(JC-2)
Lyrical	- Wed.	6:15-7:00 pm	(JC-2)
Jazz	- Wed.	7:00-7:45 pm	(JC-2)
Hip Hop	- Wed.	7:45-8:30 pm	(JC-2)



CLASSICAL BALLET
(Ages 10-12) Wed. 5:30-6:55 (JT-3)
(Ages 13+) Wed. 7:00-8:25 (JT-3)

Modern
(Ages 13 +) Thr. 6:00-6:30 (JT-4)

PRE-TEEN / TEEN – INT./ADV.
(Ages 10 and up)

Pre-Teen/Teen Intermediate/Advanced Level Tap, Jazz, Lyrical and Hip Hop classes will include: stretching, warm-up, and intermediate to advanced dance technique. This level is for the intermediate to advanced student. Students must have completed the beginner / intermediate level and have a teacher recommendation to register for this class.

See tuition chart for multiple class discounts.

Jazz	- Thr.	5:00 – 5:45 pm	(AA-3)
Hip Hop	- Thr.	5:45 – 6:30 pm	(AA-3)
Lyrical	- Thr.	6:30 – 7:15 pm	(CD-3)
Tap	- Thr.	7:15 – 8:00 pm	(CD-3)

Create Your Own combo!



CENTER STAGE DRESS CODE

All short hair must be secured back off the face. All long hair must be secured in a pony-tail, bun, or braid. Absolutely no T-shirts, or jeans permitted. All cami tops & shorts must be form fitting. Proper shoes must be worn to all classes. Jewelry should not be worn to class. All tap shoes must have buckles or elastic bands. NO STRINGS PLEASE.

PRE-DANCE CLASS DRESS CODE
Students may wear any color leotard to class. Tights should be worn to all classes.

- Tap - White tap shoes (no strings please)
- Ballet - Pink ballet slippers
- Tumbling - Use ballet slippers or socks
- Jazz/Hip Hop – Tan jazz shoes
- Cheer/Pom – White Tennis Shoe

PRIMARY & PRE-TEEN / TEEN DRESS CODE
Students need to wear “Center Stage Wear” or solid black dance attire to all classes. cami tops and dance shorts must be form fitting. Tights should be worn to all classes. No T-shirts!

- Tap - Tan tap shoes (No strings please)
- Ballet - Pink ballet slippers (leotard, pink tights)
- Jazz - All Leather, Tan Jazz Shoe
- Hip Hop - Black hip hop sneaker
- Lyrical - Tan lyrical shoe with buckle
- Cheer/Pom – White Tennis Shoe

CHEER/POM
All students need to wear a black leotard or form fitted black top that can tuck into shorts. Black shorts can be worn if they are form fitting cheer or dance shorts. White Tennis Shoes that are worn inside only!

TUMBLE
All students need to wear a black leotard or black bike-tard. Black dance shorts can be worn if they are form fitting. Bare Feet or socks.

HIP HOP DRESS CODE
All students need to wear “Center Stage Wear” or solid black dance attire. Dance Pants or Dance Shorts and cami tops must be form fitting. NO JEANS OR T-SHIRTS!!

MALE DRESS CODE
All male students need to wear black dance, sweat, or wind pants with white T-shirt. No jeans permitted. Proper Shoes.

HASSLE FREE RECITALS
Students will receive 2 FREE Parent Tickets to the Spring Recital. We will not be charging a recital fee. All costumes will be altered by our Studio Seamstress for FREE. Each family will receive a FREE DVD of the entire recital.

FALL CLASSES BEGIN
SEPTEMBER 14TH, 2009!

CALL: 330-533-4581

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www.CenterStageDanceAcademy.net