

## 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. Students 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.	6:45-7:45	(ML-1)
Tues.	5:00-6:00	(TK-2)
Wed.	6:30-7:30	(TK-2)
Wed.	10:00-11:00am	(TR-1)

#### Ages (5-6)

Tue.	5:00-6:00	(CD-1)
Wed.	5:45-6:45	(CD-1)

### PRE-DANCE COMBO (LEVEL II-III)

(Ages 4-7) 1 Hour Class

These classes include: 20 minutes each of Pre-Tap Technique, Pre-Ballet Technique & Basic Tumbling. Students 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.	4:45-5:45	(ML-1)
Level II	Tue.	6:45-7:45	(TK-2)
Level III	Tue.	6:45-7:45	(CD-1)

### PRE-POM POM/CHEER

(Ages 4-7) 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	(MT-4)
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### PRE-JAZZ/HIP HOP

(Ages-4-7) 45 min Class

This class is 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	(TK-2)
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## PRE-BALLET/LYRICAL PRE-GYM/TUMBLE 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	(CD-1)
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### PRE-GYMNASTICS

(Ages 4 -7) 45 min Class

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

Tue.	6:00-6:45	(ML-4)
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### TUMBLE TOTS

(Ages 2 1/2 - 4) 30 min Class

The Tumble 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	(ML-1)
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## CHEER/GYMNASTICS CLASSES

### CHEER PREP/POM

(Ages 8 and up) 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	(MT-4)
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### GYMNASTICS

(Ages 7 and up) 45 min Class

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

(7 and up Primary Gym)	Tue.	7:30-8:15	(ML-4)
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## PRIMARY DANCE CLASSES

### PRIMARY CLASSES - Level I.

(Ages 7-9) 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.

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

### PRIMARY CLASSES - Level II.

(Ages 7-9) 45 min Classes

All Primary 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 dancer. Students must have completed the Level I and have a teacher recommendation to register for this class.

Hip Hop-2	Wed.	5:15-6:00	(TR-3)
Jazz-2	Wed.	6:00-6:45	(TR-3)
Tap-2	Wed.	6:45-7:30	(CD-3)
Lyrical-2	Wed.	7:30-8:15	(CD-3)

## PRE-TEEN/TEEN DANCE CLASSES

### PRE-TEEN/TEEN.

(Ages 10 and up) 45 min Classes

Pre-Teen/Teen 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 a teacher recommendation to register for this class.

Tap	Thr.	5:15-6:00	(TR-2)
Lyrical	Thr.	6:05-6:50	(TR-2)
Jazz	Thr.	6:55-7:40	(AA-2)
Hip Hop	Thr.	7:45-8:30	(AA-2)

## ADULT FITNESS CLASSES

Wed.	11:15-12:00	(TR-1)
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### 2009-2010 CENTER STAGE COMPETITION TEAM

Our Competition Team is one of the best in the area. This past year they competed on the local and state levels where they received 41 "Over All Top Scoring Awards" and 9 "Special Judges Awards". At our National Competition, the team received 7 platinum awards 41 high point awards, 13 overall top high point awards, and 2 special judges awards. Competition auditions are being held July 21st, 22nd, and 23rd. For late auditions, please call as soon as possible!

### TINY TOT COMPETITION TEAM CLASSES

#### TINY TOT COMPETITION TEAM (Ages 4-8)

Jazz/Pom/Tech 1	Mon.	4:30-5:15	(TR-2)
Tap-1	Mon.	5:15-5:45	(TK/CD-2)
Tap-2	Mon.	5:45-6:30	(TK/CD-2)
Tech-2	Mon.	6:30-7:15	(TK/CD-2)
Jazz-2	Mon.	7:15-7:45	(TK/CD-2)

### JUNIRO 1 COMPETITION TEAM CLASSES

#### JUNIOR 1 COMPETITION TEAM (Ages 8-10)

Tap	Mon.	4:30-5:15	(TK/CD-2)
Tech	Mon.	5:15-6:40	(AA-3)
Jazz	Wed.	6:45-7:30	(TR-4)
Ballet	Wed.	4:30-5:15	(JC-4)

### JUNIOR 2 COMPETITION TEAM CLASSES

#### JUNIOR 2 COMETITION TEAM (AGES 10+)

Tech	Mon.	5:15-6:40	(AA-3)
Hip Hop	Mon.	6:45-7:30	(AA-3)
Lyrical	Wed.	4:30-5:15	(TR-2)
Ballet	Wed.	5:15-6:40	(JC-4)
Jazz	Wed.	7:30-8:15	(TR-4)

### PRE-SENIOR COMPETITION TEAM CLASSES

#### PRE-SENIOR COMPETITION TEAM (Ages 10+)

Tech	Mon.	5:15-6:40	(TR-4)
Tap	Mon.	7:45-8:30	(TK/CD-2)
Ballet	Thr.	5:20-6:50	(JC-3)
Jazz	Thr.	6:55-7:40	(TR-4)
Lyrical	Thr.	7:45-8:30	(TR-4)

Modern	Thr.	4:30-5:15	(JC-3)
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### SENIOR COMPETITION TEAM CLASSES

#### SENIOR COMPETITION TEAM (Ages 13+)

Jazz	Mon.	4:30-5:15	(AA-4)
Tech	Mon.	5:15-6:40	(TR-4)
Lyrical	Thr.	5:15-6:00	(AA-4)
Hip Hop	Thr.	6:05-6:50	(AA-4)
Ballet	Thr.	6:55-8:30	(JC-3)

Modern	Thr.	4:30-5:15	(JC-3)
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### COMPETITION POM POM TEAM CLASS

#### COMPETITION POM POM TEAM (Ages 5-12) 1.5 Hours

The Competitive Cheer/Pom 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 be pre-approved. All students must be at least 5 years old. No extra classes will be required. The class will meet for 1.5 hours once a week. Excessive absences will not be tolerated. All Cheer 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, pompoms, shoes, and make-up kit. You will be required to pay your entry fee to each competition. (approx. \$45 per competition)

Pom Class	Wed.	5:15-6:30	(TK-3)
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### POWER PAK CLASSES

#### POWER PAK TEAM (Ages 10+) By Award Only

Power Pak Ballet	Sat.	9:30-10:30am	(JC-4)
Power Pak Tech	Sat.	10:30-11:30am	(TR-4)
Power Pak	Sat.	11:30-12:15pm	(TR-4)

#### OPEN TECHNIQUE AND BALLET

Open Tech	Sat.	9:30-10:30	(TR-3)
Open Ballet	Sat.	10:30-11:30	(JC-3)



FOR LATE AUDITIONS  
PLEASE CALL ASAP!