

DANCE DYNAMICS

2026–2027 Parent Class Guide

Starting in October “Homeschool Dance Co-op”

Text 609.390.9522 - to save you spot

18 MONTHS–3 YEARS

MONDAY

5:15 — Kinder Fun Kids-combo | ages 18m-3

5:15 — Mini Movers-tap/jazz/ballet/acro | (beg) • ages 3 to 5

6:00 — First Steps (Tumbling) | Beg • ages 3 to 6

TUESDAY

10:00 — Mini Tumble + Dance | (Daytime) • ages 18mth - 4

5:45 — Tiny Tumble + Dance | (Daytime) • ages 2 - 4

WEDNESDAY

5:30 — Mini Movers-tap/jazz/ballet/acro | (beg) • ages 3 to 5

THURSDAY

5:30 — Wiggles & Worship | ages 2.5 to 5

3–5 YEARS

MONDAY

5:15 — Hip Hop Fusion | Beg + • ages 5 - 9

5:15 — Kinder Fun Kids-combo | ages 18m-3

5:15 — Mini Movers-tap/jazz/ballet/acro | (beg) • ages 3 to 5

6:00 — First Steps (Tumbling) | Beg • ages 3 to 6

TUESDAY

10:00 — Mini Tumble + Dance | (Daytime) • ages 18mth - 4

6:15 — Dance + Tumble | (beg) • ages 5 to 8

6:30 — Mini Acro N | Beg+ • ages 4 to 7

WEDNESDAY

4:45 — Hip Hop Littles | • ages 4 to 7

5:30 — Mini Movers-tap/jazz/ballet/acro | (beg) • ages 3 to 5

5:30 — Tumble Sprouts R | Beg+ • ages 4 to 7

THURSDAY

4:45 — PreBallet (N) | Beg • ages 4 to 7

5:30 — Wiggles & Worship | ages 2.5 to 5

5–8 YEARS

MONDAY

5:15 — Hip Hop Fusion | Beg + • ages 5 - 9

5:15 — Mini Movers-tap/jazz/ballet/acro | 1 (beg) • ages 3 to 5

6:00 — First Steps (Tumbling) | Beg • ages 3 to 6

6:00 — Young Movers-tap/jazz/ballet/acro | 2/3 (inter) • ages 6 to 10

6:45 — Mini (Acro/Tumbling) | Beg/Int • ages 6 to 10

TUESDAY

4:30 — Jr Elite Acro Y | inr/Adv • ages 6 to 10

5:30 — Jazz (beg/inter) | Inter • ages 7 to 10

5:30 — Tap/Jazz (Beg+) | Beg/Inter • ages 6 to 10

6:30 — Hip Hop (beg/inter) Y + P | Beg/Inter • ages 7 to 12

6:30 — Mini Acro N | Beg+ • ages 4 to 7

7:30 — Intermediate Acro P | Inter • ages 7 to 11

WEDNESDAY

4:30 — Rising Acro R | Inter • ages 7 to 11

4:45 — Hip Hop Littles | ages 4 to 7

5:30 — Hip Hop Kids | ages 8 to 11

5:30 — Mini Movers-tap/jazz/ballet/acro | (beg) • ages 3 to 5

5:30 — Tumble Sprouts R | Beg+ • ages 4 to 7

THURSDAY

4:30 — Ballet P+Y | Beg/inte • ages 8 to 11

4:45 — PreBallet (N) | Beg • ages 4 to 7

5:30 — Contemporary | Beg/Inter • ages 8 to 11 and a 7 to 11

5:30 — Wiggles & Worship | ages 2.5 to 5

6:30 — Kids Worship (like VBS) | ages 6 to 10

6–10 YEARS

MONDAY

- 5:15 — **Hip Hop Fusion** | Beg + • ages 5 - 9
- 6:00 — **First Steps (Tumbling)** | Beg • ages 3 to 6
- 6:00 — **Young Movers-tap/jazz/ballet/acro** | (inter) • ages 6 to 10
- 6:45 — **Mini (Acro/Tumbling)** | Beg/Int • ages 6 to 10
- 6:45 — **Performance Team** | ages 10 to 15
- 7:30 — **Pre-Advanced AcroPT** | Inter • ages 10+

TUESDAY

- 4:30 — **Jr Elite Acro** | inr/Adv • ages 6 to 10
- 5:30 — **Jazz (beg/inter).** | Inter • ages 7 to 10
- 5:30 — **Rising Acro** | Beg/Int • ages 7 to 11
- 5:30 — **Tap/Jazz (Beg+)** | Beg/Inter • ages 6 to 10
- 6:30 — **Hip Hop (beg/inter)** | Beg/Inter • ages 7 to 12
- 6:30 — **Mini Acro N** | Beg+ • ages 4 to 7
- 7:30 — **Intermediate Acro P** | Inter • ages 7 to 11

WEDNESDAY

- 4:30 — **Rising Acro** | Inter • ages 7 to 11
- 4:45 — **Hip Hop Littles** | • ages 4 to 7
- 5:30 — **Hip Hop Kids** | • ages 8 to 11
- 5:30 — **Jazz/Contemp/Improv** | 5,6b • ages 10 to 15
- 5:30 — **Tumble Sprouts R** | Beg+ • ages 4 to 7

THURSDAY

- 4:30 — **Ballet** | Beg/inte • ages 8 to 11
- 4:45 — **PreBallet** | Beg • ages 4 to 7
- 5:30 — **Contemporary** | Beg/Inter • ages 8 to 11
- 6:30 — **Kids Worship (like VBS)** | ages 6 to 10
- 7:30 — **Jr. Worship** | ages 10 to 13

10–15 YEARS

MONDAY

- 6:00 — **Young Movers-tap/jazz/ballet/acro** | 2/3 (inter) • ages 6 to 10
- 6:45 — **Mini (Acro/Tumbling)** | Beg/Int • ages 6 to 10
- 6:45 — **Performance Team** | ages 10 to 15
- 7:30 — **Pre-Advanced AcroPT** | Inter • ages 10+

TUESDAY

- 4:30 — **Jr Elite Acro** | Inr/Adv ages 6 to 10
- 5:15 — **Technique** | Adv • ages 13+
- 5:30 — **Hip Hop** | Inter • ages 11 to 15
- 5:30 — **Jazz (beg/inter).** | Inter • ages 7 to 10
- 5:30 — **Rising Acro** | Beg/Int • ages 7 to 11
- 5:30 — **Tap/Jazz (Beg+)** | Beg/Inter • ages 6 to 10
- 6:30 — **Hip Hop (beg/inter) Y + P** | Beg/Inter • ages 7 to 12
- 6:30 — **Jazz (placement)** | Adv • ages 13+
- 6:30 — **Technique** | Inter • ages 11 to 15
- 7:30 — **Intermediate Acro P** | Inter • ages 7 to 11
- 7:45 — **Hip Hop** | Adv • ages 13+
- 7:45 — **Jazz** | Inter • ages 11 to 15

WEDNESDAY

- 4:30 — **Rising Acro R** | Inter • ages 7 to 11
- 5:30 — **Hip Hop Kids** | 3,4 • ages 8 to 11
- 5:30 — **Jazz/Contemp/Improv** | 5,6b • ages 10 to 15

THURSDAY

- 4:15 — **Ballet** | Adv • ages 13 +
- 4:30 — **Ballet P+Y** | Beg/inte • ages 8 to 11
- 4:30 — **Contemporary** | Inter • ages 11+
- 5:30 — **Ballet** | Inter • ages 11+
- 5:30 — **Contemporary** | Adv • ages 13+
- 5:30 — **Contemporary (Y+P)** | Beg/Inter • ages 8 to 11
- 6:30 — **Ballet (beg/inter)** | ages 11–15

6:30 — Kids Worship (like VBS) | ages 6 to 10

7:30 — Jr. Worship | ages 10 to 13

7:30 — Sr. Worship | ages 13 +

15 YEARS & UP

MONDAY

6:45 — Performance Team | ages 10 to 15

7:30 — Pre-Advanced AcroPT | Inter • ages 10+

TUESDAY

5:15 — Technique | Adv • ages 13+

5:30 — Hip Hop | Inter • ages 11 to 15

6:30 — Jazz (placement) | Adv • ages 13+

6:30 — Technique | Inter • ages 11 to 15

7:45 — Hip Hop | Adv • ages 13+

7:45 — Jazz | Inter • ages 11 to 15

WEDNESDAY

5:30 — Jazz/Contemp/Improv | Beg/Int • ages 10 to 15

6:30 — Hip Hop Beg/Int .11 to 16

THURSDAY

4:15 — Ballet | Adv • ages 13 +

4:30 — Contemporary | Inter • ages 11+

5:30 — Ballet | Inter • ages 11+

5:30 — Contemporary | Adv • ages 13+

6:30 — Ballet (beg/inter) | ages 11–15

7:30 — Sr. Worship | ages 13 +

Acro Tumbling Breakdown Chart

- **First Steps - Acro (115)**
 - ages 2.5-4
 - 1st year or 2 of acro class for littles
 - level one of sprouts
- **Tumble Sprouts (313)**
 - ages 3-5
 - previously tumble sprouts
 - level 2 of sprouts, sprouts PLUS
- **Mini - Acro (120, 220,)**
 - Ages 4-7 level 2/3
 - requirements cartwheel, bridge, forward roll
- **Rising - Acro (308)**
 - Ages 6-9 level 3/4
 - requirement back bend, handstand into a bridge, back bend stand up
- **Intermediate - Acro (225)**
 - ages 7-10 level 4/5
 - requirements backwalkover and frontwalkover
- **Pre- Advanced - Acro (125)**
 - ages 10 and up level 5/6
 - PT teams girls or teens tricks and previously teen tricks and tumble girls
- **Junior Elite -Acro (100, 210)**
 - ages 6-10 level 6
 - 6-10 but advanced in level Delaney W, addy
- **Elite Acro (105). -level 6**
 - ages 10 +
- Int/Adv (318 open Gym) level 7/8**
 - ages 11 +