

GYMNASTICS CLASSES

PS GYM: Thirty minutes tumbling & thirty minutes of bars, beam, & trampoline. Ages 3-4.

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>
11:00 - 12:30	4:30 - 5:30	5:00 - 6:00	5:00 - 6:00
4:00 - 5:00	5:30 - 6:30	6:00 - 7:00	

GYM PREP: Thirty minutes tumbling & thirty minutes of bars, beam, & trampoline. Ages 5-6.

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>
10:00 - 11:00	6:30 - 7:30	4:00 - 5:00	4:00 - 5:00
5:00 - 6:00			6:00 - 7:00
6:00 - 7:00			

HOUR TUMBLING: Basic tumbling skills taught through progressions. Ages 7 & up.

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>
6:00 - 7:00	5:15 - 6:15	6:00 - 7:00	5:00 - 6:00
	6:30 - 7:30	8:00 - 9:00	8:00 - 9:00
	7:30 - 8:30		

TUMBLING/TRAMPOLINE: Consists of thirty minutes of each tumbling & trampoline. Participation in both class segments is required. Ages 7 & up.

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>
4:00 - 5:00	4:30 - 5:30	4:00 - 5:00	4:00 - 5:00
5:00 - 6:00	5:30 - 6:30	5:00 - 6:00	5:00 - 6:00
7:00 - 8:00			6:00 - 7:00

ACRO TRICKS: Controlled movement, flexibility & strength.

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>
	6:15 - 7:00		

PS COMBO CLASSES

PS COMBO: Twenty minutes of each tap, ballet, and tumbling. Ages 3-5. Must be potty trained. Levels 1-3 denoted in parentheses.

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>
10:00 - 11:00 (1)	4:30 - 5:30 (3)	4:00 - 5:00 (2)	4:00 - 5:00 (1)
4:45 - 5:45 (2)		5:00 - 6:00 (1)	5:00 - 6:00 (2)
		6:00 - 7:00 (2)	
		7:00 - 8:00 (3)	

CHEER CLASSES

MINI CHEER PREP: One hour class that includes basic fundamentals of cheer; including motions, jumps, tumbling, and chants.

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>
	4:15 - 5:15		

CHEER: One hour class that includes instruction in motions, chants, & cheers to prepare for cheer tryouts.

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>
		7:00 - 8:00	6:00 - 7:00
		8:00 - 9:00	7:00 - 8:00

DANCE TECH/POM

POM PREP: One hour class to prepare the student for pom tryouts.

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>
	8:30 - 9:15	8:00 - 8:45	

LEAPS & TURNS: Drills and progressions to develop strong leaps and turns.

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>
		7:00 - 8:00	

JAZZ TECH: Includes progressions to learn and strengthen jazz technique. No combinations involved.

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>
6:45 - 7:30		4:45 - 5:30	

DANCE CLASSES

DANCE PREP: Thirty minutes of tap, ballet, & jazz. Ages 6-7. This class prepares the student for multiple dance programs.

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>
		5:30 - 7:00	6:00 - 7:30

BALLET: Includes warmup, barre work, center floor, & routines. Levels 2-4 denoted in parentheses.

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>
	4:45 - 5:30 (3)		5:15 - 6:00 (2)
	5:30 - 6:15 (4)		

TAP: Includes warmup, rhythm, techniques & routines. Levels 2-5 denoted in parentheses.

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>
	4:00 - 4:45 (3)		4:30 - 5:15 (2)
	7:45 - 8:30 (4/5)		

Jazz: Includes warmup, across the floor technique, dance combinations & routines. Levels 2-6 denoted in parentheses.

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>
	5:30 - 6:15 (3)		6:00 - 6:45 (2)
	6:15 - 7:00 (5/6)		
	7:00 - 7:45 (3)		
	7:00 - 7:45 (4)		

Hip Hop: Includes a warmup & dance combinations. Must be enrolled in Jazz in conjunction with this class. Levels 2-6 denoted in parentheses.

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>
	6:15 - 7:00 (3/4)		6:45 - 7:30 (2/3)
	7:00 - 7:45 (5/6)		