



Gymnastics Effective: May 29, 2018

Dance Effective: June 11, 2018

Skill Levels:

Primary: age 7& up

Secondary: base on strength but generally 12 yrs & up*

Levels 1, 2, 3, 4 in progression based on strength

*teacher recommendation required

565 S. Lakeview Drive Unit 101 – Lake Helen, FL 32744

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STUDIO ALLEGRO- Downstairs

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---------------------------------|--|--------|
| 3:35-4:30 Primary Ballet | 3:35-4:30 Tap/Ballet Combo (5 & 6 yr olds) | 3:35-4:30 Primary Jazz | 3:35-4:30 Tap/Ballet Combo (3 & 4 yr olds) | |
| 4:35-5:30 Primary Tap | 4:35-5:30 Tap/Ballet Combo (3 & 4 yr olds) | 4:35-5:30 Primary Leaps & Turns | 4:35-5:30 Tap/Ballet Combo (5 & 6 yr olds) | |
| 5:35-6:30 Tap/Ballet Combo (5 & 6 yr olds) | 5:35-6:30 Jazz Level 1 | 5:35-6:30 Contemporary Lvl 1 | 5:35-6:30 Ballet Level 1 | |
| | 6:35-7:30 Hip Hop Level 1/2 | 6:35-7:30 Tap Level 1 | 6:35-7:30 Leap & Turns Level 1 | |
| | | 7:35-8:30 Tap Level 2 | | |

Create an account on our website so we can schedule your child for a free trial class.

STUDIO ADAGIO-Upstairs

| Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------------------------------|----------------------------------|-----------------------------|---|------------------|
| 3:35-4:30 Secondary Ballet | 3:35-4:30 Primary Lyrical | 3:35-4:30 Secondary Jazz | 3:35-4:30 Secondary Lyrical | 3:35-4:30 Acro 1 |
| 4:35-5:30 Secondary Tap | 4:35-5:30 Primary Hip Hop | 4:35-5:30 Lyrical Level 1 | 4:35-5:30 Secondary Hip Hop | 4:35-5:30 Acro 2 |
| 5:35-7:00 Jazz level 2/3 | 5:35-6:45 Ballet Level 2 | 5:35-6:30 Musical Theatre | 5:35-6:45 Ballet Pre & Beg Pointe Level 2/3 | |
| 7:05-8:30 Leaps & Turns Level 2/3 | 6:50-8:00 Ballet Level 3/4 | 6:35-8:00 Lyrical Level 2/3 | 6:50-8:30 Ballet Pointe Level 4 | |
| | 8:05-9:00 Contemporary Level 2/3 | | | |

Dress Code

Ballet/Pointe: Black leotard, pink tights, pink ballet shoes, hair in bun

Lyrical/Contemporary/Modern: Any color leotard, any color tights, bare feet, hair pulled back

Jazz/Musical Theatre/Tap/Leaps & Turns: Any color leotard, any color tights, proper shoes, hair pulled back

Hip Hop: any clothes that allow free movement but covers the body

Tap/Ballet Combo: A young dancer's introduction to classical tap and ballet. Children will focus on basic technique, musicality and spatial awareness while learning how to perform for an audience. **Ballet:** The fundamental root of all disciplines of dance. Our Academy focuses on teaching Vaganova (Russian) ballet with an emphasis on classical repertoire. Proper terminology, body alignment and strengthening are integral components of early ballet training. **Pre-pointe:** An introduction the strengthening and stretching exercises essential for pointework. Secondary Ballet and up only. **Pointe:** The study of dancing on pointe, primarily for dancers 11 and up with extensive ballet training. Intermediate Ballet and up only. **Jazz:** One of the classical forms of dance, Jazz focuses on quick, sharp movements set to faster temp music. Our Academy focuses on all styles of jazz from Broadway to Classical. **Lyrical:** Lyrical uses the grace and fluidity of ballet combined with the strength of jazz to interpret the lyrics of music to tell a story. **Contemporary:** Contemporary is a more athletic form of dance combining ballet, jazz, and modern to create lines within a piece of choreography. **Modern:** combination of dance forms using an abstract concept making shapes & lines with the body. **Leaps & Turns:** Focus is given to essential turning and leaping that can be used in all forms of dance. **Tap:** Rhythms and sounds are the foundation for this style of dance. Dancers learn classical tap techniques to evolve into more complex, quick combinations. **Musical Theatre:** Pieces from Broadway musicals are studied in this class. Tap, Jazz, and acting are all part of this performance style class. **Hip Hop:** A relatively new discipline of dance derived from street dancing. Elements of classical Jazz infuses with freestyle street movements including popping and locking and breaking. Choreography is primarily set to hip-hop, pop and R&B music.