



Gymnastics Effective: August 13, 2018

Dance Effective: August 13, 2018

Dance 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

www.volusiagymnastics.com volusiaacademy@gmail.com 386-228-0917

STUDIO ALLEGRO- Downstairs

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3:35-4:30 Preteam	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)	3:35-4:30 Tap/Ballet Combo (5 & 6 yr olds)	10:05-11:00 Ballet 2-3yr olds
4:35-5:30 Primary Ballet	4:35-5:30 Tap/Ballet Combo (3 & 4 yr olds)	4:35-5:30 Acro 1	4:35-5:30 Mini Movers Jazz/Hip Hop (4-6 yr olds)	4:35-5:30 Primary Hip Hop	
5:35-6:30 Tap/Ballet Combo (5 & 6 yr olds)	5:35-6:30 Jazz Level 1	5:35-6:30 Acro 2	5:35-6:30 Ballet Level 1		
	6:35-7:30 Hip Hop Level 1/2		6:35-7:30 Leaps & Turns Level 1		

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 Secondary Lyrical	3:35-4:30 Musical Theatre (9-12yr olds)	3:35-4:30 Primary Leaps & Turns	4:35-5:30 Primary Lyrical
4:35-5:30 Prim/Second Tap	4:35-5:30 Secondary Hip Hop	4:35-5:30 Musical Theatre (5-8yr olds)	4:35-5:30 Contemporary Level 1	
5:35-7:00 Jazz Level 2/3	5:35-6:45 Ballet Level 2	5:35-6:30 Lyrical Level 1	5:35-6:45 Ballet Pre/Beg Pointe Level 2	
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	6:50-8:00 Ballet Pointe Level 3/4	
	8:05-9:00 Contemporary 2/3		8:05-9:00 Tap Level 1/2	

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

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 crate 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.