



Dance Effective: 2/11/22

### 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/Improv/POMS/Hip Hop: Any color leotard, any color tights, proper shoes, hair pulled back

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

[www.volusiagymnastics.com](http://www.volusiagymnastics.com) [volusiaacademy2@gmail.com](mailto:volusiaacademy2@gmail.com) 386-228-0917

#### STUDIO ALLEGRO- (Downstairs)

Monday	Tuesday	Wednesday	Thursday	Friday
3:30-4:25 Jazz mini			3:30-4:25 Tap Level 1	3:30-4:25 Tiny Tots
4:30-5:25 Contemporary Beginner	4:30-5:25 Acro	4:30-5:25 Mini Ballet/Tap	4:30-5:25 Hip Hop Mini	4:30-5:25 Contemporary Level 2
	5:30-6:25 Ballet Level 1 (11+)	5:30-6:25 Lyrical Level 1 (11+)	5:30-6:25 Contemporary Level 1 (11+)	
	6:30-7:25 Lyrical Level 2 (7-10yr olds)	6:30-7:25 Acro Level 2/3		

#### STUDIO ADAGIO-(Upstairs)

Monday	Tuesday	Wednesday	Thursday	Friday
3:30-4:25 Hip Hop 1/2 (7-10yr olds)	3:30-4:25 Jazz Level 1 (7-10yr olds)	3:30-4:25 POM	3:30-4:25 Lyrical (7-10yr olds)	3:30-4:30 Jazz Level 2 (7-10yr olds)
4:30-5:25 Leaps & Turns Beginner	4:30-5:25 Ballet Level 1 (7-10yr olds)	4:30-5:25 Musical Theatre (All)	4:30-5:25 Jazz Level 2 (7-10yr olds)	4:30-5:25 Ballet Level 2 (11+)
5:30-7:25 Competition Team	5:30-7:25 Competition Team	5:30-6:25 Jazz Level 2/3	5:30-6:25 Ballet Level 2 (7-10yr olds)	5:30-6:25 Ballet/Pre Pointe
		6:30-7:25 Lyrical Level 2 (11+)	6:30-8:30 Leaps & Turns Advanced	6:30-7:25 Pre Pointe

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

**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. **Jazz:** One of the classical forms of dance. Jazz focuses on quick, sharp movements set to faster temp music. **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. **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. **POMS:** A movement base class that focuses on sharp arm movements, execution of choreographic visuals and dance team/cheer skills. Dancers will learn fundamentals of Pom positions, performance skills and pushes dancers to expand on their high energy, entertainment skills.