

## 2025/26 Schedule of Classes

Class Session: August 11, 2025 – July 2026



- Registration is ongoing., Always accepting new students!
- Mommy and Me! 8 Week Session 1 starts in September.

WEEKDAY	TIME	ROOM 1	ROOM 2
<b>Monday</b>	4:30PM - 5:30PM	Kinder Ballet/Tap Combo (ages 4-6, 1hr)	Lyrical – Beginning (1hr)
	5:30PM - 6:30PM	Acro – Beginning (1hr)	Jazz – Beginning (1hr)
	6:30PM - 7:30PM	Acro – Advanced (1hr)	
	7:30PM - 8:30PM	Modern – Advanced (1hr)	
<b>Tuesday</b>	9:00AM – 10:00AM	Mommy and Me Dance! (ages 2-3, 1hr)	
	4:00PM - 6:00PM	Legacy Lightning POMS Practice 	Legacy Lightning POMS Practice 
	6:00PM – 7:00PM	Leaps & Turns – Advanced (1hr)	Ballet – Adult (1.5hr)
	7:00PM – 7:30PM	Tap – Advanced (1hr)	
	7:30PM - 8:00PM		Jazz/Hip-Hop – Adult (1hr)
	8:00PM - 8:30PM		
<b>Wednesday</b>	4:30PM – 5:30PM	Ballet – Beginning (1hr)	
	5:30PM - 6:30PM	Tap/Jazz (Mini Team, Ages 5-8, 1hr)	Leaps & Turns – Beginning (Ages 9-11, 1hr)
	6:30PM - 7:30PM	Jazz – Advanced (1hr)	Ballet – Intermediate (1hr)
	7:30PM - 8:30PM	Hip Hop – Advanced	
<b>Thursday</b>	9:00AM – 10:00AM	Mommy and Me Dance! (ages 2-3, 1hr)	
	4:30PM - 5:30PM	Tap – Beginning (1hr)	
	5:30PM - 6:30PM	Hip Hop – Beginning (1hr)	Musical Theatre (1hr)
	6:30PM - 7:30PM	Ballet & Pointe – Advanced (2hr)	Jazz – Intermediate (1hr)
	7:30PM - 8:30PM		
<b>Saturday</b>	9:30AM - 10:30AM	Kinder Ballet/Tap Combo (ages 4-6, 1hr)	
	10:30AM - 1:00PM	Company Rehearsal Time (duration and frequency as needed)	

## Dance Class Descriptions

*General description of the different types of dance offered at Carmichael Academy of Dance.*

Creative Movement (ages 2-3) - Introduction to dance in a fun imaginative way. In this caring and structured environment students will learn rhythm patterns, fine and gross motor movement, creative movement, music, and socialization.

Pre-Ballet (ages 3-4) - This class consists of approximately 50% ballet and 50% tap instruction. For the beginning student, in this class students will learn basic terminology and proper technique in a structured yet fun learning environment.

Kinder Ballet (ages 3-5) - This class consists of approximately 50% ballet and 50% tap instruction. Compared to Pre-Ballet, students in this class will begin to build more difficulty in basic ballet and tap technique preparing them for more advance classes.

Tap/Jazz (ages 5-7) - This combo class is approximately 50% jazz and 50% tap instruction. It's a great introduction to jazz and tap technique for the younger student. Focused on beginning to build more difficulty in those techniques, this class will help prepare the student for more advanced classes.

Ballet - Classical ballet technique and terminology are taught with an emphasis of proper body alignment and awareness. There are four levels of ballet offered in order to accommodate all levels of dancers. Please see director for proper level placement. Placement will be based on skill level, not age.

Pointe – A classical ballet technique, pointe work teaches dancers to dance in pointe (or toe) shoes. Readiness for pointe is determined by a strict set of criteria; part of which is ballet skill level. The studio director will determine students' readiness for pointe once they are at the ballet 4 skill level.

Tap - Tap dance technique and terminology is taught focusing on rhythm, syncopations, patterns, and musicality. Please see director for proper level placement. Placement will be based on skill level, not age.

Jazz - Traditional jazz technique emphasizing body placement, isolations, turns, jumps, and improvisation. Influenced by the rhythms of jazz and pop music; jazz is a very important style of dance and is prominent in POMS routines, Broadway style musicals, music videos, commercials, and many other media in modern society. Please see director for proper level placement. Placement will be based on skill level, not age.

Modern/Lyrical - Modern dance technique developed as an opposition to classical ballet. This genre of dance incorporates elements such as: contract & release, floor work, fall & recovery, and improvisation. Movements are deeply expressive and fluid, and are often a reflection of the music and its lyrics. Emphasis will be placed on Horton and Graham technique. Please see director for proper level placement. Placement will be based on skill level, not age.

Acro/Tumbling – In tumbling class students will learn proper stretching technique and they will build strength by performing tumbling moves. Students will learn rolls, cartwheels, head stands, walkovers, and others utilizing gymnastic mats and trampolines.

Hip Hop - High energy class for boys and girls where they will learn funky, street style, dance while learning the structure of dance class and individual expression. Music is age appropriate.

Breakdancing - This High energy b-boy class (for boys and girls despite the name) consists of variations that include four kinds of movement: toprock, downrock, power moves, and freezes.