



# Dance Expressions

2021-2022 ~ HOLLAND STUDIO

We provide positive, technique-based dance training, with the opportunity for each student to express themselves as they grow, in a family-based environment.

**NEW**

*Princess Day Class, Age 2-3 yrs. Coming Soon!*

**AGES: Pre...3 & 4 Jr...5, 6 & 7 Beg...8 & up Int...12 & up Adv...15 & up**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
4:30-5:30 Beg Musical Th* - AH 4:30-5:15 Jr Ballet 1 - MN 4:30-5:30	4:30-5:30 XDT Ballet Technique 1 - MT 4:30-5:30 Beg Jazz 1 - JC 4:45-5:30 Pre-Dance 1 - CF	4:30-5:00 XDT Group - AH/MN 5:00-5:30 XDT Group - AH/MN 4:45-5:30 Jr Jazz 2 - MC 4:45-5:30 Pre-Dance 2 - CF	4:30-5:30 Int Lyrical* - MS 4:30-5:30 Beg Ballet 2 - MT 4:45-5:30 Pre-Tap - CF	
5:30-6:30 Adv Lyrical* - AH 5:30-6:15 Jr Jazz 1 - MN 5:30-6:30	5:30-6:30 XDT Ballet Technique 2 - MT 5:30-6:30 Beg Ballet 1 - CF 5:30-6:00 XDT Group - AH/JC 6:00-6:30 XDT Group - AH/JC	5:30-6:30 XDT Ballet Perf 1 & 2 - MT 5:45-6:30 Jr Ballet 2 - CF 5:30-6:30 Beg Tap - MC	5:30-6:30 Beg Jazz 2 - CF 5:45-6:30 Beg Pointe* - MT 5:30-6:30 Int Tap - MS	
6:30-7:30 Int Jazz 2 - AH 6:30-7:30 Adv. Ballet - EH 6:30-7:15 Jr Hip Hop - MN	6:30-7:30 Beg Lyrical* - JC 6:30-7:30 XDT Ballet Technique 4 - MT 6:30-7:30 XDT Leaps/Turns 2 -AH/MN	6:30-7:30 XDT Leaps/Turns 4 - AH 6:30-7:30 Int Ballet 1 - MN 6:30-7:15 Jr Tap - MC	6:30-7:30 Adv. Tap - CF 6:30-7:15 Int. Pointe* - MT 6:30-7:00 XDT Tap Tech 1 - MS/LH 7:00-7:30 XDT Group T1 - MS/LH	
7:30-8:30 Adv. Jazz - AH 7:30-8:30 Int Ballet 2 - EH 7:30-8:30	7:30-8:00 XDT Group - AH/MN 8:00-8:30 XDT Group - AH/MN 7:30-8:30 Beg Hip Hop - JC 7:30-8:30	7:30-8:30 Int Jazz 1 - MN 7:30-8:00 XDT Group - AH 8:00-8:30 XDT Group - AH 7:30-8:30	7:30-8:00 XDT Tap Tech 2 - MS/LH 8:00-8:30 XDT Group T2 - MS/LH 7:30-8:30 Int/Adv Hip Hop - TD 7:30-8:30	

All dancers are placed in classes by the Dance Expressions staff. Placement is based on a dancer's age, dance experience and ability. Generally, a dancer remains in the same level at least two years, before moving up.

\*Dancers are required to take a flat ballet class in addition to all Pointe & Lyrical classes.

\*Dancers are required to take a jazz class in addition to Musical Theater.