



Dance Effective: 8/15/22

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

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**STUDIO ADAGIO-(Upstairs)**

Monday	Tuesday	Wednesday	Thursday	Friday
	3:30-4:25 Musical Theatre (6 & up)	3:30-4:25 Ballet/Tap Mini Combo (4-6yrs)		
4:30-5:25 Petite Ballet (6-8yrs)	4:30-5:25 Junior Jazz (9 & up)	4:30-5:25 Leaps & Turns (6 & up)	4:30-5:25 Petite Ballet (6-8yrs)	
5:30-6:25 Junior Ballet (9 & up)	5:30-6:25 Acro (6 & up)		5:30-6:25 Junior Ballet (9 & up)	
6:30-7:75 Junior Lyrical/Contemporary (9 & up)	6:30-7:25 Petite Tap (6-8yrs)		6:30-7:25 Junior Lyrical/Contemporary (9 & up)	
	7:30-8:25 Junior Tap (9 & up)			

**STUDIO ALLEGRO- (Downstairs)**

Monday	Tuesday	Wednesday	Thursday	Friday
		4:30-5:25 POMS (5 & UP)		
5:30-7:25 Creative Movement (3-5yrs)	5:30-7:25 Hip Hop (6 & up)	5:30-6:25 Jazz/Acro Mini Combo (4-6yrs)	5:30-6:25 Creative Movement (3-5yrs)	5:30-6:25 Ballet/Tap Mini Combo (4-6yrs)
6:30-7:25 Jazz/Acro Mini Combo (4-6yrs)	6:30-7:30 Petite Lyrical/Contemporary (6-8yrs)	6:30-7:25 Petite Jazz (6-8yrs)	6:30-7:25 Petite Lyrical/Contemporary (6-8yrs)	6:30-7:25 Petite Jazz (6-8yrs)
				7:30-8:25 Leaps & Turns (6 & up)

**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

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

**Ballet/Tap 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.