

Cabarrus Dance Academy

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Dance disciplines are color coded and offered by age/grade level

Classes Offered By Age/Grade

Grade level of dancer during 2022-2023 school year

2.5 years before Sept 1st	3 years before Sept 1st	4 years before Sept 1st	Kindergarten 22-23 School Year	First Grade 22-23 School Year
Wiggle	Pre-Dance	Pre-Ballet	Kindergarten Combo	1st Grade Combo
		Acro & Tumble	Acro & Tumble	Acro & Tumble
			Hippity Hop	Hippity Hop

Class Levels & Times Offered

Class Name	Description	Times	2.5 years before Sept 1st	3 years before Sept 1st	4 years before Sept 1st	Kindergarten 22-23 School Year	First Grade 22-23 School Year
Wiggle & Whirl 45 minutes	Creative movement for tiny tots	Wed 9:30 AM Wed 4:45 PM	✓				
Pre-Dance 45 minutes	Basic ballet technique through creative movement and fun.	Tues 6:15 PM Wed 10:15 AM Thurs 4:00 PM Thurs 5:30 PM		✓			
Pre-Ballet 45 minutes	Pre-Ballet Class including barre, center work and across the floor exercise.	Mon 5:30 PM Tues 5:30 PM Wed 4:00 PM Thurs 4:45 PM			✓		
Kindergarten Combo (Ballet/Tap) 1 Hour	This class will take a 30 minute ballet class and 30 minute tap class.	Mon 4:30 PM Wed 5:30 PM Thurs 4:30 PM				✓	
1st Grade Combo (Ballet/Tap) 1 Hour	This class will take a 30 minute ballet class and 30 minute tap class.	Mon 4:30 Wed 6:30 Thurs 6:15					✓
Acro & Tumble 45 min	Introductory acrobatic floor work and strength training using mats	Thurs 5:30 Wed 4:00			✓	✓	✓
Hippity Hop 45 min	FUNDamentals of Hip Hop with kid friendly music	Mon 5:30 Wed 4:45				✓	✓

★ NEW Adult Class Wednesdays 7:15-8pm - (6 week sessions)★

Cabarrus Dance Academy (704)782-1915 www.cabarrusdance.com

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Classes Offered By Grade

Grade level of dancer during 2022-2023 school year

Second Grade **Third Grade** **Fourth Grade** **Fifth Grade**

Class Levels & Times Offered

Dance disciplines are color coded and offered by grade level. Make sure you meet class requirements to enroll.

Ballet I 45 minutes	New to ballet OR catching up from time off	Tues 4:45	✓	✓	✓	✓
Ballet II 45 minutes	Completed a Combo Class/ or Ballet I	Mon 4:45 Tues 6:15	✓	✓	✓	✓
Ballet III 45 minutes	Class designed for 4th & 5th graders that have experience in Ballet	Mon 4:45 Tues 6:15			✓	✓
Tap I 45 minutes	New to tap OR catching up from time off from tap	Tues 4:00	✓	✓	✓	✓
Tap II 45 minutes	Completed a Combo Class/ or Tap I	Mon 4:00 Tues 5:30	✓	✓	✓	✓
Tap III 45 minutes	Experience Tap 4th/5th Grade	Mon 4:00 Tues 7:00			✓	✓
Jazz I 45 minutes	New to Jazz OR catching up from time off from Jazz	Mon 5:30 Tues 4:45	✓	✓	✓	✓
Jazz II/III 45 minutes	Completed Jazz I	Mon 5:30 Tues 4:45		✓	✓	✓
Hip Hop I/II 45 minutes	New to Hip Hop OR catching up from time off from Hip Hop	Tues 5:30	✓	✓	✓	✓
Hip Hop II 45 minutes	Completed Hippy Hop or Hip Hop I	Mon 6:15 Tues 5:30	✓	✓	✓	✓
Hip Hop III 45 minutes	Experience Hip Hop - 4th/5th Grade	Mon 6:15			✓	✓
Acro I 45 minutes	Beginning Acro	Thurs 4:00	✓	✓	✓	✓
Acro II 45 minutes	Enrollment pending skill assessment	Wed 4:45 Thurs 4:45	✓	✓	✓	✓
Acro III 45 minutes	Enrollment pending skill assessment	Thurs 6:15	✓	✓	✓	✓
Acro I (intermediate)	Additional Class for Beg-Acro II	Wed 5:30				✓
Acro II (intermediate)	Enrollment pending skill assessment	Wed 7:00			✓	✓
Sacred 45 minutes	Worship Dance	Tues 4:00	✓	✓	✓	✓

★ NEW Adult Class Wednesdays 7:15-8pm - (6 week sessions) ★

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Cabarrus Dance Academy

Classes Offered for Dancers 6th-12th Grade

Grade level of dancer during 2022-2023 school year

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6th
Grade

7th
Grade

8th
Grade

9th
Grade

10th
Grade

11th
Grade

12th
Grade

Class Levels, Requirements & Times Offered

Dance disciplines are color coded and offered by grade level.
Make sure you meet class requirements to enroll.

Ballet I Intermediate 45 min class	Completed Elementary Levels of Ballet	Thurs 6:15							
Ballet II Intermediate 45 min class	Completed Intermediate Ballet I	Thurs 6:15							
Ballet Proteges 30 min class	Selected by Audition. Must also be enrolled in Intermediate Ballet II	Thurs 7:30							
Ballet High School 45 min class	Completed Intermediate Ballet I & II.	Mon 7:00 Tues 6:15							
Ballet Company 45 min class	Selected by Audition. Must also be enrolled in HS Ballet.	Thurs 7:30							
Pre-Pointe 30 min class	Developing the muscles required for pointe work.	Thurs 7:00							
Pointe I 30 min class	Beginning Pointe class. (Pre-pointe is a prerequisite if you are entering 7th or 8th Grade.)	Thurs 7:00							
Pointe II 30 min class	Prerequisite - Pointe I	Thurs 7:00							
Pointe III 30 min class	Prerequisite - Pointe II	Mon 7:45 Tues 7:00							
Tap I Intermediate 45 min class	Completed Elementary Levels of Tap	Mon 7:00							
Tap II Intermediate 45 min class	Completed Tap Intermediate I	Mon 7:00							
Tap Protege 30 min class	Selected by Audition. Must also be enrolled in Tap II Intermediate	Thurs 8:00							
Tap HS 45 min class	Completed Intermediate Tap	Wed 6:15							
Lee-ettes 1 Hour	HS Tap Class Selected by Audition.	Wed 6:15							

			6th	7th	8th	9th	10th	11th	12th
Jazz I/II Intermediate 45 min class	Completed Elementary Levels of Jazz	Mon 6:15	✓	✓	✓	✓	✓	✓	✓
Jazz III HS 45 min class	Completed Int Jazz I/II	Wed 5:30				✓	✓	✓	✓
Jazz IV HS 45 min class	Completed HS Jazz III	Wed 5:30						✓	✓
Hip Hop Basic	Beginning to little Hip Hop experience	Mon 7:45	✓	✓	✓	✓	✓	✓	✓
Hip Hop Intermediate 45 min class	Completed Elementary Hip Hop Levels	Mon 7:45	✓	✓	✓	✓	✓	✓	✓
Hip Hop HS 45 min class	Completed Int Hip Hop	Thurs 4:00 Thurs 5:30				✓	✓	✓	✓
Acrobatics I Intermediate 45 min class.	Enrollment pending skill assessment	Wed 5:30	✓	✓	✓				
Acrobatics II Intermediate 45 min class	Enrollment pending skill assessment	Wed 7:00 Thurs 6:15 (This is the Acro III elem class but offered to this age group/level for an additional time)	✓	✓	✓				
Sacred MS/HS 45 min class	Worship Dance	Wed 4:45	✓	✓	✓	✓	✓	✓	✓
Modern Basic 45 min class	New to Modern	Wed 6:15	✓	✓	✓	✓	✓	✓	✓
Modern/Contemporary Intermediate 45 min class	Some Modern Experience	Thurs 5:30	✓	✓	✓	✓	✓	✓	✓
Modern/Contemporary HS 45 min class	Completed Intermediate Modern	Tues 5:30 Thurs 4:45				✓	✓	✓	✓