

# C A B A R R U S *Dance* A C A D E M Y

Required Age before September 1, 2025	Class Options	Description	Times Offered	Length of Class/Week	What you will need for class
2.5 years	Wiggle & Whirl	Creative Movement for Tiny Tots	Mon 6:15 PM Tues 4:00 PM Wed 4:00 PM	30 Minutes-Once a Week	<ul style="list-style-type: none"> <li>• Solid BLACK or PINK Leotard must have sleeves</li> <li>• Ballet Pink Tights</li> <li>• Pink Ballet Shoes</li> <li>• Optional Items: Matching Ballet Skirt</li> </ul>
3 years	Pre-Dance	Basic Ballet technique through Creative Movement and Fun	Mon 5:30 PM Wed 10:00 AM Wed 5:30 PM Thurs 4:00 PM Thurs 5:30 PM	45 Minutes-Once a Week	<ul style="list-style-type: none"> <li>• Solid BLACK or PINK Leotard must have sleeves</li> <li>• Ballet Pink Tights</li> <li>• Pink Ballet Shoes</li> <li>• Optional Items: Matching Ballet Skirt</li> </ul>
4 years	Pre-Ballet	Pre-Ballet Class including barre, center work and across the floor exercises	Mon 4:45 PM Tues 5:30 PM Wed 10:45 AM Wed 4:00 PM Thurs 4:45 PM	45 Minutes-Once a Week	<ul style="list-style-type: none"> <li>• Solid BLACK or PINK Leotard must have sleeves</li> <li>• Ballet Pink Tights</li> <li>• Pink Ballet Shoes</li> <li>• Optional Items: Matching Ballet Skirt</li> </ul>
	Twist & Tumble	Upbeat music and movement including mat work	Mon 4:00 PM Thurs 4:00 PM	45 Minutes-Once a Week	<ul style="list-style-type: none"> <li>• Solid BLACK or PINK Leotard must have sleeves</li> <li>• Pink or Caramel Transition Tights</li> <li>• Bare Feet</li> </ul>

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