

Age/Grade	Class	Dancin' 4 Ever Class Description/What to Wear	Day/Time	Class Dates	Tuition
Walking – 2yrs	<b>Wiggles &amp; Giggles</b>	<p>Caregiver and child exploring with movement.</p> <p>What to Wear: Bare feet and comfortable clothing.</p>	Saturdays 9:45-10:15am	January 26 February 2, 9, 23 March 2, 9, 16, 23, 30 April 6, 13, 27 May 4, 11	\$155.00
3-6 yrs	<b>Tippy Toes</b>	<p>Creative movement with dance and ballet. Dancers will begin exploring ballet positions in an encouraging environment with fun music and props.</p> <p>What to Wear: Girls- Light pink ballet slippers, one red sock, leotard, and skirt of their choice. Boys- Black ballet slippers, one red sock, and comfortable clothing.</p>	Saturdays 10:15-11:00am	January 26 February 2, 9, 23 March 2, 9, 16, 23, 30 April 6, 13, 27 May 4, 11	\$225.00
3-6 yrs	<b>Dancin' Tots</b>	<p>A fun combination of tap and jazz for preschoolers in a high energy and enriching environment.</p> <p>What to Wear: Girls- Black buckle or tie tap shoes, light pink ballet slippers, one red sock, leotard and skirt. Boys- black lace up tap shoes, black ballet slippers, one red sock and comfortable clothing.</p>	Sundays 9:30-10:15am	January 20, 27 February 3, 10, 24 March 3, 17, 24, 31 April 7, 14, 28 May 5, 19	\$225.00
3-6 yrs	<b>Dancin' Tots</b>	<p>A fun combination of tap and jazz for preschoolers in a high energy and enriching environment.</p> <p>What to Wear: Girls- Black buckle or tie tap shoes, light pink ballet slippers, one red sock, leotard and skirt. Boys- Black lace up tap shoes, black ballet slippers, one red sock and comfortable clothing.</p>	Sundays 10:15-11:00am	January 20, 27 February 3, 10, 24 March 3, 17, 24, 31 April 7, 14, 28 May 5, 19	\$225.00

3-6yrs	<b>Dancin' Tots</b>	<p>A fun combination of tap and jazz for preschoolers in a high energy and enriching environment.</p> <p>What to Wear: Girls- Black buckle or tie tap shoes, light pink ballet slippers, one red sock, leotard and skirt. Boys- Black lace up tap shoes, black ballet slippers, one red sock and comfortable clothing.</p>	Wednesdays 2:15-3:00pm	January 16, 23, 30 February 6, 13, 20, 27 March 20, 27 April 3, 10, 24 May 1, 8	\$225.00
Children 3 yrs and up with Dad or Someone Special	<b>Daddy &amp; Daughter</b>	<p>Dads and daughters spend quality time together learning a hip hop dance.</p> <p>What to Wear: Sneakers and comfortable clothing.</p>	Sundays 12:30-1:15pm	February 24 March 3, 17, 24, 31 April-7, 14, 28 May-5, 19	\$165.00
Children 3 yrs and up with Adult(s)	<b>Family Hip Hop</b>	<p>Learn all the latest hip hop moves while spending quality time with your child/children.</p> <p>What to Wear: Sneakers and comfortable clothing.</p>	Sundays 5:30 – 6:00pm	January 20, 27 February 3, 10, 24 March 3, 17, 24, 31 April 7, 14, 28 May 5, 19	\$155 per family
Kindergarten-1 <sup>st</sup> grade	<b>Hip Hop</b>	<p>Enjoy learning all the latest hip hop moves with friends in an energetic environment.</p> <p>What to Wear: Black and white high top Converse sneakers (no Velcro) and comfortable clothing.</p>	Sundays 1:15-2:15pm	January 20, 27 February 3, 10, 24 March 3, 17, 24, 31 April 7, 14, 28 May 5, 19	\$295.00
Kindergarten-1 <sup>st</sup> grade	<b>Tap &amp; Hip Hop Combo</b>	<p>Our dynamic combination class of tap and hip hop in an encouraging environment.</p> <p>What to Wear: Girls- Black buckle or tie tap shoes, black and white hip top Converse sneakers (no Velcro) and comfortable clothing. Boys- Black lace up tap shoes, black and white hip top Converse sneakers (no Velcro) and comfortable clothing.</p>	Sundays 11:00-12:15pm	January 20, 27 February 3, 10, 24 March 3, 17, 24, 31 April 7, 14, 28 May 5, 19	\$365.00

Kindergarten- 1 <sup>st</sup> grade	<b>Tap &amp; Hip Hop Combo</b>	<p>Our dynamic combination class of tap and hip hop in an encouraging environment.</p> <p>What to Wear: Girls- Black buckle or tie tap shoes, black and white hip top Converse sneakers (no Velcro) and comfortable clothing. Boys- Black lace up tap shoes, black and white hip top Converse sneakers (no Velcro) and comfortable clothing.</p>	Mondays 4:45-6:00pm	January 28 February 4, 11, 25 March 4, 11,18, 25 April 1, 8, 15, 29 May 6, 13	\$365.00
Kindergarten- 2 <sup>nd</sup> grade	<b>Beginner Ballet</b>	<p>Introduce proper technique and ballet positions with barre work, floor work and stretching. Designed to promote creative expression and self esteem.</p> <p>What to Wear: Girls- Light pink ballet slippers, black leotard, and light pink tights. Hair to be worn in a bun. Boys- Black ballet slippers, white tee shirt, and black athletic shorts.</p>	Wednesdays 5:00-6:00pm	January 16, 23, 30 February 6, 13, 20, 27 March 20, 27 April 3, 10, 24 May 1, 8	\$295.00
1 <sup>st</sup> – 4 <sup>th</sup> grade	<b>Jazz/LET</b>	<p>A technique class designed to assist students in focusing on leaps, extensions, and turns that jazz dancers will perform.</p> <p>What to Wear: Beige jazz shoes and comfortable clothing.</p>	Sundays 3:30-4:30pm	January 20, 27 February 3, 10, 24 March 3, 17, 24, 31 April 7, 14, 28 May 5, 19	\$295.00
2 <sup>nd</sup> -3 <sup>rd</sup> grade	<b>Jazz/LET</b>	<p>A technique class designed to assist students in focusing on leaps, extensions, and turns that jazz dancers will perform.</p> <p>What to Wear: Beige jazz shoes and comfortable clothing.</p>	Wednesdays 6:00-7:00pm	January 23, 30 February 6, 13, 20, 27 March 20, 27 April 3, 10, 24 May 1, 8	\$275.00

2 <sup>nd</sup> -3 <sup>rd</sup> grade	<b>Tap &amp; Hip Hop Combo</b>	<p>A dynamic combination class of tap and hip hop in an encouraging environment.</p> <p>What to Wear: Black lace up tap shoes, black and white Converse high tops (no Velcro) and comfortable clothing.</p>	Sundays 2:15-3:30pm	<p>January 20, 27 February 3, 10, 24 March 3, 17, 24, 31 April 7, 14, 28 May 5, 19</p>	\$365.00
2 <sup>nd</sup> - 4 <sup>th</sup> grade	<b>Hip Hop</b>	<p>Enjoy learning all the latest hip hop moves with friends in an encouraging environment.</p> <p>What to Wear: Black and white high top Converse sneakers (no Velcro) and comfortable clothing.</p>	Sundays 4:30-5:30pm	<p>January 20, 27 February 3, 10, 24 March 3, 17, 24, 31 April 7, 14, 28 May 5, 19</p>	\$295.00
2 <sup>nd</sup> - 5 <sup>th</sup> grade	<b>GIRLZ Break Dance &amp; Hip Hop</b>	<p>High energy movin' and groovin' class for girls learning all the latest break dancing, freeze, and hip hop moves.</p> <p>What to Wear: Black and white high top Converse sneakers (no Velcro) and comfortable clothing.</p>	Sundays 1:15-2:15pm	<p>January 20, 27 February 3, 10, 24 March 3, 17, 24, 31 April 7, 14, 28 May 5, 19</p>	\$295.00
2 <sup>nd</sup> - 5 <sup>th</sup> grade children with special needs	<b>STARZ</b>	<p>A dance class for children with special needs. Please note: The building is not wheel chair accessible so we cannot accommodate those with this need.</p> <p>What To Wear: Sneakers and comfortable clothing.</p>	Saturdays 11:00-11:45am	<p>*Free Trial class on February 2* February 9, 23 March 2, 9, 16, 23, 30 April 6, 13, 27 May 4, 11</p>	\$195.00
2 <sup>nd</sup> - 6 <sup>th</sup> grade	<b>BOYZ Break Dance &amp; Hip Hop</b>	<p>High energy movin' and groovin' class for boys learning all the latest break dancing, freeze, and hip hop moves.</p> <p>What to Wear: Sneakers and comfortable clothing.</p>	Sundays 12:15-1:15pm	<p>January 20, 27 February 3, 10, 24 March 3, 17, 24, 31 April 7, 14, 28 May 5, 19</p>	\$295.00

2 <sup>nd</sup> grade and up	<b>Tap I/II</b>	<p>Introduction to New York/Broadway style of tap and representation of current trends of rhythm.</p> <p>What to Wear: Black lace up tap shoes and comfortable clothing.</p>	<p>Thursdays 5:00-6:00pm</p>	<p>January 24, 31 February 7, 14,21,28 March 7, 21, 28 April 4, 11, 25 May 2, 9</p>	\$295.00
5 <sup>th</sup> grade	<b>Hip Hop</b>	<p>Enjoy learning all the latest hip hop moves with friends in an energetic and encouraging environment.</p> <p>What to Wear: Black and white high top Converse sneakers (no Velcro) and comfortable clothing.</p>	<p>Sundays 5:30-6:30pm</p>	<p>January 20, 27 February 3, 10, 24 March 3, 17, 24, 31 April 7, 14, 28 May 5, 19</p>	\$295.00
5 <sup>th</sup> and up	<b>Teen Stretch</b>	<p>Gain specific flexibility needed to improve dance technique.</p> <p>What to Wear: Beige jazz shoes or bare feet and comfortable clothing.</p>	<p>Sundays 6:30-7:00pm</p>	<p>January 20, 27 February 3, 10, 24 March 3, 17, 24, 31 April 7, 14, 28 May 5, 19</p>	\$155.00
5 <sup>th</sup> and 6 <sup>th</sup> grade	<b>Jazz/LET &amp; Pom Prep</b>	<p>This class is a must for poms! Techniques designed to focus on leaps, extensions, and turns that dancers will perform in jazz and poms.</p> <p>What to Wear: Beige jazz shoes and comfortable clothing.</p>	<p>Sundays 7:00-8:00pm</p>	<p>January 20, 27 February 3, 10, 24 March 3, 17, 24, 31 April 7, 14, 28 May 5, 19</p>	\$295.00
7 <sup>th</sup> grade and up	<b>Jazz/LET &amp; Pom Prep</b>	<p>This class is a must for poms! Techniques designed to focus on leaps, extensions, and turns that dancers will perform in jazz and poms.</p> <p>What to Wear: Beige jazz shoes and comfortable clothing.</p>	<p>Sundays 7:00-8:00pm</p>	<p>January 20, 27 February 3, 10, 24 March 3, 17, 24, 31 April 7, 14, 28 May 5, 19</p>	\$295.00

6 <sup>th</sup> grade and up	<b>Teen Hip Hop</b>	Learn all the latest hip hop moves with teens in an energetic and encouraging environment.  What to Wear: Black and white high top Converse sneakers (no Velcro) and comfortable clothing.	Sundays 8:00-8:45pm	January 20, 27 February 3, 10, 24 March 3, 17, 24, 31 April 7, 14, 28 May 5, 19	\$225.00
Invite only	<b>Tap III</b>	Strengthening technique, developing sound and tone, as well as learning challenging choreography.  What to Wear: Black lace up tap shoes and comfortable clothing.	Thursdays 6:00-7:00pm	January 24, 31 February 7, 14,21,28 March 7, 21, 28 April 4, 11, 25 May 2, 9	\$295.00
Adults	<b>Hip Hop Mamas</b>	An energetic adult cardio hip hop class that guarantees sweat and giggles while making new friends.  What to Wear: Black hip hop sneakers and workout clothing.	Sundays 8:00-9:00pm	January 20, 27 February 3, 10, 24 March 3, 17, 24, 31 April 7, 14, 28 May 5, 19	\$295.00
Adults	<b>Hip Hop Mamas</b>	An energetic adult cardio hip hop class that guarantees sweat and giggles while making new friends.  What to Wear: Black hip hop sneakers and workout clothing.	Wednesdays 9:30-10:30am	January 16, 23, 30 February 6, 13, 20, 27 March 20, 27 April 3, 10, 24 May 1, 8	\$295.00
Adults	<b>Hip Hop Mamas</b>	An energetic adult cardio hip hop class that guarantees sweat and giggles while making new friends.  What to Wear: Black hip hop sneakers and workout clothing.	Thursdays 7:45-8:30pm	January 24, 31 February 7, 14,21,28 March 7, 21, 28 April 4, 11, 25 May 2, 9	\$295.00

Adults	<b>Adult Tap</b>	<p>Learn basic and intermediate tap techniques while getting a great workout.</p> <p>What to Wear: Black lace up tap shoes and comfortable clothing.</p>	Mondays 6:15-7:00pm	January 28 February 4, 11, 25 March 4, 11,18 April 8, 29 May 6, 13	\$225.00
Adults	<b>Latin Dance for Couples</b>	<p>Learn basic Latin steps to Merengue, Salsa, Rumba, Bachata and techniques of leading and following. Learn a Bachata dance.</p> <p>What to Wear: Ladies- <a href="#">Latin ballroom dance shoes</a> and comfortable clothing. Men- <a href="#">Black lace up Latin dance shoes</a> or work/dress shoes and comfortable clothing.</p>	Mondays 7:00 – 8:00pm	January 28 February 4, 11, 25 March 4, 11, 18 April 8, 29 May 6, 13, 25	\$255.00 per couple
Adults	<b>Tuesday Yoga</b>	<p>A gentle class focusing on flowing from pose to pose and linking movement with breath work to improve the mental, emotional, physical flexibility and health of each student. The instructor will offer a variety of modifications to encourage participation of everyone. Postures will include a wide variety of sitting, standing, and lying positions, offered in a fun and encouraging environment.</p> <p>What to Wear: Bare feet and workout clothing. *Please bring a yoga mat.</p>	Tuesdays 6:00-7:00pm	January 15*,22,29 February 5,12,19,26  *Free Trial Class	\$135.00
Adults	<b>Thursday Yoga</b>	<p>This gentle flow class is sequenced to slowly relax and release the body promoting flexibility while quieting the mind.</p> <p>What to Wear: Bare feet and workout clothing. *Please bring a yoga mat.</p>	Thursdays 6:30-7:30pm	January 24*, 31 February 7, 14, 21, 28 March 7  *Free Trial Class	\$135.00

Adults	<b>Yoga &amp; Barre Sculpt</b>	<p>This class will get you flowing through vinyasa sequences designed to warm and tone the body, combined with lower body barre work and ending with longer stretches.</p> <p>What to Wear: Bare feet and workout clothing. *Please bring a yoga mat.</p>	Saturdays 9:30-10:30am	<p>January 26* February 2, 9, 23 March 2, 9, 16</p> <p>*Free Trial Class</p>	\$135.00
Adults	<b>Yoga &amp; Pilates Core</b>	<p>This blended class combines the core-firming benefits of Pilates with the strength and flexibility of yoga.</p> <p>What to Wear: Bare feet and workout clothing. *Please bring a yoga mat.</p>	Thursdays 5:30-6:30pm	<p>January 24*, 31 February 7, 14, 21, 28 March 7</p> <p>*Free Trial Class</p>	\$135.00
Adults	<b>Pilates: Stronger &amp; Slimmer</b>	<p>Pilates is a mind-body class that aims to tone the muscles of the abdomen, back, shoulders, and hips. This class focuses on strength, bodily control, flexibility, injury recovery and prevention. Many people also participate in a Pilates program to achieve increased body awareness and muscle strength, as well as better balance, posture and breathing.</p>	Tuesdays 5:00-6:00pm	<p>January 22*, 29 February 5, 12, 19, 26</p> <p>*Free Trial Class</p>	\$115.00