

## **Pulse Companies:**

### **Pulse Petites:**

Ages 4-7

- 2 competitions
- 1 Local convention
- 1-3 group dances
- May be selected for a solo or duo/ Trio
- 2 days of dance per week with the option to do more.

Monday and Wednesdays

Class styles: Ballet, Tap, Jazz and rehearsal required. Optionals: Lyrical & Hip hop

Group Dance Genres: Tap, Jazz, Hip Hop or Lyrical

### **Mini Pulse Co:**

Avg Ages 7-10

- 5 Competition/ Conventions in Texas ( Austin, San Antonio, San Marcos, Dallas, Houston can all be options)
  - Convention Nationals ( Out of state)
  - 3-8 group dances. In house and outside choreography.
  - May be selected for Solos, and Duo/ Trios in addition to group dances.
- Styles: Ballet, tap, jazz, lyrical, ballroom, hip hop and musical theatre. Mix of small and large groups. Some dancers may cross age groups if necessary.
- 4 days of dance per week

### **Mini Premiere Co:**

Avg Ages 7-10

- 3 Conventions in Texas ( Austin, San Antonio, San Marcos, Dallas, Houston can all be options)
  - Out of state Nationals
  - 1 local competition
  - 3-5 group dances. In house and outside choreography.
  - May be selected for Solos, and Duo/ Trios in addition to group dances.
- Styles: Tap, jazz, lyrical, musical theatre, and hip hop. Mix of small and large groups. Some dancers may cross age groups if necessary.
- 3 Days of dance per week

### **Junior Pulse Co:**

Avg ages 10-12

- 5 Competition/ Conventions in Texas ( Austin, San Antonio, San Marcos, Dallas, Houston can all be options)
  - Convention Nationals ( Out of state)
  - 3-8 group dances. In house and outside choreography.
  - May be selected for Solos, and Duo/ Trios in addition to group dances.
- Styles: Ballet, tap, jazz, lyrical, ballroom, hip hop, contemporary. Mix of small and large groups. Some dancers may cross age groups if necessary.

- 4 days of dance per week

### **Junior Premiere Co:**

Avg ages 10-12

- 3 Conventions in Texas ( Austin, San Antonio, San Marcos, Dallas, Houston can all be options)
  - 1 local competition
  - Convention Nationals ( Out of state)
  - 3-5 group dances.
  - May be selected for Solos, and Duo/ Trios in addition to group dances.
- Styles:Ballet, tap, jazz, lyrical, ballroom, hip hop, contemporary. Mix of small and large groups.  
Some dancers may cross age groups if necessary.
- 3 Mandatory days of classes per week

### **Teen/ Senior Premiere Co:**

Ages 13 and up ( Will be broken up pending numbers)

- 3 Conventions in Texas ( Austin, San Antonio, San Marcos, Dallas, Houston can all be options)
  - 1 Local competition
  - Convention Nationals ( Out of state)
  - 3-8 group dances.
  - May be selected for Solos, and Duo/ Trios in addition to group dances.
- Styles: Ballet, tap, jazz, lyrical, ballroom, hip hop, contemporary. Mix of small and large groups.  
Some dancers may cross age groups if necessary.
- 3 days of Dance per week

### **Teen Pulse Co:**

Avg age 13-15

- 5 Competition/ Conventions in Texas ( Austin, San Antonio, San Marcos, Dallas, Houston can all be options)
  - Convention Nationals ( Out of state)
  - 2-10 group dances. In house and outside choreography.
  - May be selected for Solos, and Duo/ Trios.
- Styles: Ballet, tap, jazz, lyrical, ballroom, hip hop, contemporary mix of small and large groups.  
Some dancers may cross age groups if necessary.
- 4 days of dance per week

### **Senior Pulse Co:**

Avg age 15-18

- 5 Competition/ Conventions in Texas ( Austin, San Antonio, San Marcos, Dallas, Houston can all be options)
  - Convention Nationals ( Out of state)
  - 2-10 group dances. In house and outside choreography.
  - May be selected for Solos, and Duo/ Trios.
- Ballet, tap, jazz, lyrical, ballroom, hip hop, contemporary mix of small and large groups. Some dancers may cross age groups if necessary.

- 4 days of dance per week

**Group dances:**

Dancers are cast by Pulse Staff & Outside choreographers. You may decide to max out your number of group dances for a season at 5 for your dancer but you will not get to pick and choose which dances they are in.

**The Pulse Company-** This is our advanced company composed of well rounded dancers that compete in all styles of dance. Our goal is to compete for the prestigious “ Studio of the year” title. Competitions require group dances in Ballet, Ballroom or Musical Theatre, Lyrical or Contemporary, Tap, Jazz and Hip Hop in the Mini/Juniors and Teen/Senior age brackets.

**Pulse Premiere:** This team is for dancers looking to grow in their competition and convention experience with a lighter time commitment per week and less competitions total. They will still attend some of the same competitions/ conventions as The Pulse Co and the same nationals to maintain a team-first mentality.

**Pulse Petites:** for our youngest dancers just starting out that want to chase their dreams and get on stage experience! This will be a stepping stone for their future on Premiere or Pulse Co!