

## RECREATIONAL SCHEDULE

### MONDAY

Grade 7-12 Tap: 6:00-6:30  
Grade 7-12 Ballet: 6:30-7:30  
Pointe (Teacher Approval): 7:30-8:00  
Grade 7-12 Acro/Leaps & Turns: 8:00-8:30

### TUESDAY

Grade K-1 Combination Class: 4:15-5:15  
Grade 2-3 Combination Class: 4:15-5:15  
Mini Hip Hop (Grade 1-3): 5:15-6:00  
Mini Acro (Grade 2-6): 6:00-6:30  
Grade 4-6 Tap: 5:30-6:00  
Grade 4-6 Hip Hop: 6:00-6:30  
Grade 4-6 Combination Class (Ballet/Jazz): 6:30-7:30

### THURSDAY

Ages 3-4 Combination Class: 4:00-4:45  
Grade 7-12 Hip Hop: 5:30-6:15  
Grade 7-12 Jazz: 6:30-7:30  
Grade 7-12 Contemporary: 7:30-8:15

# NORTHERN LIGHTS DANCE ACADEMY

FRAZEE 2025-2026

## PRICING

30 min. class: \$43

45 min. class: \$45

60 min. class: \$47

Student Cap: \$143

Family Cap: \$241

Multi-Class Discount

(3+classes): 5% off

One Time Registration Fee: \$20/dancer

## CLASS DESCRIPTIONS

**Ages 3-4, Grade K-1, Grade 2-3 Combination Classes:**

These classes will focus on ballet and tap instruction.

Students will learn terminology as well as the basic dance movements.

**Grade 4-12 Dancers:** Dancers in these grades can specialize in a specific style. You are welcome to take as many different classes as you would like.

**REGISTRATION OPENS JULY 22**

**OPEN HOUSE: SEPTEMBER 4**

**5:00-6:30 PM**

ALL REGISTRATION IS DONE ONLINE.

If a class is full please join the waitlist and we will let you know when we open an additional time slot.

Class starts September 8.

## COMPETITION SCHEDULE

### MONDAY

Jr. & Petite Performance Ballet: 4:00-5:00  
Mini Stars: 4:00-5:15  
Petite Technique: 5:15-6:00  
Jr. Performance: 5:00-6:00  
Core, Fusion & Elite Tap: 6:00-6:30  
Core, Fusion, & Elite Ballet: 6:30-7:30  
Pointe: 7:30-8:00  
Core, Fusion & Elite Acro/Leaps & Turns: 8:00-8:30  
Core & Elite: 8:30-9:30

### TUESDAY

Mini Star Hip Hop: 5:15-6:00  
Mini Star Acro: 6:00-6:30  
Petite Tap: 5:30-6:00  
Petite Hip Hop: 6:00-6:30  
Petite Performance: 6:30-7:30

### THURSDAY

Jr. Performance Acro/Leaps & Turns: 4:00-4:30  
Jr. Performance Hip Hop: 4:30-5:00  
Jr. Performance Tap: 5:00-5:30  
Core & Fusion Hip Hop: 5:30-6:15  
Jr. Performance Jazz: 5:30-6:30  
Elite Hip Hop: 6:15-7:00  
Fusion & Core Jazz: 6:30-7:30  
Elite Jazz: 7:00-8:00  
Fusion & Core Contemporary: 7:30-8:15  
Elite Contemporary: 8:00-8:45  
Fusion: 8:15-9:15

## CONTACT INFORMATION

WEBSITE: [WWW.NLDADANCE.COM](http://WWW.NLDADANCE.COM)  
PHONE: (218) 530-0030  
E-MAIL: [INFO@NLDADANCE.COM](mailto:INFO@NLDADANCE.COM)  
East Main Street  
Frazee, MN

## COMPETITION TEAM INFO.

For additional information on our competition teams please contact the studio.