

Rhythmic Gymnastics

Fall/Spring 23-24

August 27 – June 3

Lakeshore

DANCE AND GYMNASTICS

Team	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Xcel	6:15-8:15pm Rhythmic	6:45-7:45pm Modern (optional)	6:30-8:30pm Rhythmic	6:00-7:15pm Ballet (optional)	4:45-5:45pm Tumbling 6:00-8:00pm Rhythmic	1:30-2:45pm Ballet (optional)
Pre-team 2hrs - \$123/month Recommended dance classes listed. Can enroll for 50% off 2 nd class!	7:00-7:45pm Jazz Beg/Int Ages 8-13		6:30-8:30pm Rhythmic			
Beginner ages 5+ 1hr - \$80/month Recommended dance classes listed. Can enroll for 50% off 2 nd class!				6:30-7:15pm Petite Jazz, 6-8 yrs	5:00-6:00pm Ages 5-7 6:00-7:00pm Ages 8+	

Class attire:

Rhythmic: black leotards or shorts and a t-shirt, white socks, hair in a bun

Ballet: black leotard, pink tights, pink ballet shoes, hair in a bun

Jazz: Leotard or form fitting athletic wear such as a tank top with shorts, or leggings

Tumbling: Leotard or form fitting athletic wear such as a tank top with shorts, or leggings