

## Rhythmic Gymnastics

Fall/Spring 24-25 Schedule

August 28<sup>th</sup> – June 2<sup>nd</sup>

# Lakeshore

## DANCE AND GYMNASTICS

Team	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Xcel	5:00-8:00pm Rhythmic				5:00-8:00pm Rhythmic	1:00-2:15pm Ballet (Int.)  2:15-3:30pm Ballet (Adv)
Beginner ages 5+  Recommended dance classes listed. Can enroll for 50% off 2 <sup>nd</sup> class!	Jazz/Acro Ages 6-8 6:45-7:30pm  Jazz/Acro Ages 8-10 7:30-8:15pm			Jazz/Acro Ages 4-6 4:45-5:30pm	5:00-6:00pm Ages 5-7 Rhythmic	12:45-1:45pm Ballet & Tap combo class Ages 6-8

### 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

**B/T combo classes:** pink leotard, pink tights, pink ballet shoes, tan tap shoes. Hair tied back.