

Summer 2019

HEART OF THE VALLEY DANCE ACADEMY

Classes begin on June 17th and run through August 2nd with no classes the week of July 1st.

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		Class details
A	5:00-6:00 pm Ballet 1 ☆	G	5:30-6:15 pm Princess Dance Ages 3-6 ♡	N	5:30-6:15 Princess dance Ages 3-6 ♡	U	5:30-6:15 pm Pom and Dance Ages 4-7 ♡	
B	6:00-6:45 pm Stay Strong 1-2 ♡	H	5:30-6:15 Hip hop ages 5-10 ♡	O	5:30-6:15 pm Jazz and Hip hop Ages 5-8 ♡	V	6:15-7:00 pm Back to Basics Ages 6 - 10 ♡	Princess Dance class is about all things princess – we use lots of props and have lots of fun.
C	6:45-7:45 pm Ballet 2 ☆	I	6:15-7:00 pm Ballet /Lyrical Ages 5-8 ♡	P	6:15-7:00 pm Ballet Intensive Ages 7-11 ♡	W	6:15-7:00 pm Turns and Leaps Ages 12 and up ♡	Back to Basics works on core strength, finding balance, improving releve, and stretching feet - Drilling the Basics to improve overall technique.
D	6:45-7:45 pm Ballet 3 ☆	J	6:15-7:00 pm Hip Hop Ages 11-15 ♡	Q	6:15-7:00 pm Tap and Ballet Ages 5-8 ♡	X	7:00-7:45 Tap Technique Ages 11 and up ♡	Ballet Intensive focuses on both barre and floor work. Dancers will work on improving their overall ballet technique.
E	7:45-8:30 pm Stay Strong 3-4 ♡	K	7:00-7:45 pm Back to Basics Ages 11 and up ♡	R	7:00-7:45 Lyrical/Contemporary Ages 11 and up ♡	Y	7:00-7:45 pm Turns and leaps Ages 6-10 ♡	Tap Technique focuses on all things tap – time steps, improving speed, sound clarity, ankle strength and more!
MT	7:45-8:30 pm Tap Technique Ages 11 and up ♡	L	7:00-7:45 pm Ballet Intensive Ages 12 and up ♡	S	7:00-7:45 pm Tap Technique Ages 6-10 ♡	Z	7:45-8:30 pm “Bad Moms” Dance Age -adult ♡	Turns and Leaps participants will work on all turns from pirouettes to a-turns and more! Dancers will also work on improving height in jumps, spotting, and various leaps.
F	8:30 – 9:30 pm Ballet 4 ☆	M	7:45-8:30 pm Stay Strong All ages ♡	T	7:45-8:30 pm Back to Basics Ages 11 and up ♡			“Bad Moms” Dance is all about fun with a little fitness added in! Prove to yourself you still got it!
☆\$80		Class Fees- ♡.....\$60						