

THE PERFORMANCE 9 MONTH PROGRAM – Revised 9/20/23

33 Weeks: September 11–June 5. *Fees include recital costume, tights, t-shirt and recital video.*

Ballet Program: Students will be taught the classical techniques of ballet, including terminology and positions. Ballet is the foundation for all forms of dance. It provides strength, balance, flexibility, posture, technique and knowledge of terminology critical to the success in other dance forms, including jazz, modern, lyrical, tap, and hip-hop.

Classes	Day/Time	Instructor	Location (subject to change)	Code	Fee
Bitty Ballet (3-4)	Thursdays 3:45–4:30p	Ms. Sarah	ALC Studio 101	260102-1	R: \$558 NR: \$702
Pre-Ballet (5-6)	Wednesdays 4:00–4:45p	Ms. Sarah	ALC Studio 101	260110-1	R: \$558 NR: \$702
Jr Ballet I (7+)	Mondays 4:45–5:30p	Ms. Lauren	ALC Studio 113	260111-1	R: \$558 NR: \$702
Jr Ballet I (7+)	Wednesdays 4:00–4:45p	Ms. Ella	ALC Studio 102	260111-2	R: \$558 NR: \$702
Jr Ballet II (8+)	Thursdays 4:30–5:30p	Ms. Sarah	ALC Studio 101	260111-4	R: \$585 NR: \$738
Jr Ballet III (9+)	Tuesdays 6:30–7:45p	Ms. Lauren	ALC Studio 102	260111-5	R: \$603 NR: \$756
Jr Ballet III/Pre-Pointe (10+)	Wednesdays 7:00–8:00pm	Ms. Sarah	ALC Studio 113	260111-3	R: \$630 NR: \$792
Sr Ballet I (10+)	Thursdays 5:00–6:30p	Ms. Jamie	ALC Studio 102	260183-2	R: \$630 NR: \$792
Sr Ballet II/III (11+)	Tuesdays 5:30–7:00p	Ms. Ella	ALC Studio 101	260112-2	R: \$630 NR: \$792
Beg Pointe (12+)* ** (no costume fee)	Wednesdays 7:15–8:00p	Ms. Ella	ALC Studio 102	260112-1	R: \$414 NR: \$522

***Must be taken with an additional ballet **Must have instructor's consent**

Jazz Program: Combines techniques of classical ballet and modern dance with current forms of popular dance. Students will be taught movement vocabulary ranging from the isolation of certain body parts to the movement of the entire body with accents of musical rhythms.

Classes	Day/Time	Instructor	Location (subject to change)	Code	Fee
Jr Jazz I (7+)	Mondays 5:30–6:15p	Ms. Lauren	ALC Studio 113	260121-1	R: \$558 NR: \$702
Jr Jazz II (8+)	Thursdays 5:30–6:30p	Ms. Sarah	ALC Studio 113	260121-3	R: \$585 NR: \$738

Modern and Contemporary Program: Discover new ways of using your body and defy the limitations of all different dance forms. This discipline of dance requires strength, control and grace, by utilizing concepts such as; contract/release, fall/recovery and tilts/spirals.

Classes	Day/Time	Instructor	Location (subject to change)	Code	Fee
Mini-Modern (5–6)	Mondays 4:00–4:45p	Ms. Ella	ALC Studio 101	260160-1	R: \$558 NR: \$702
Beg Contemporary* (7+)*	Mondays 6:30–7:30p	Ms. Sarah	ALC Studio 113	260161-1	R: \$585 NR: \$738
Jr Contemporary I (8+)*	Wednesdays 5:00–6:15p	Ms. Holly	ALC Studio 102	260161-2	R: \$603 NR: \$756
Jr Contemporary II (10+)*	Thursdays 8:00–9:15p	Ms. Sarah	ALC Studio 113	260161-3	R: \$603 NR: \$756
Int Contemporary (12+)* **	Tuesdays 7:45–9:00p	Ms. Lauren	ALC Studio 102	260162-1	R: \$603 NR: \$756
Teen Contemporary (13+)* **	Wednesdays 8:00–9:30p	Ms. Ella	ALC Studio 102	260162-2	R: \$630 NR: \$792
Sr Contemporary (14+)* **	Wednesdays 8:00–9:30p	Ms. Holly	ALC Studio 101	260162-3	R: \$630 NR: \$792

***Must be taken with an additional ballet **Must have instructor's consent**

Tap Program: Students learn to make music with their feet. Early levels learn basic terminology in an interactive classroom, working in center and down the floor. Advanced levels focus on how to elaborate on these basic ideas, incorporating intricate rhythms, and will be exposed to the exciting “loose ankle” technique of rhythm tap.

Classes	Day/Time	Instructor	Location (subject to change)	Code	Fee
Beg Tap (5-6)	Tuesdays 5:00-5:45p	Mr. Case	ALC Studio 113	260141-1	R: \$558 NR: \$702
Beg Tap (5-6)	Thursdays 4:00-4:45p	Ms. Jamie	ALC Studio 102	260141-3	R: \$558 NR: \$702
Jr Tap (7+)	Tuesdays 6:00-7:00p	Mr. Case	ALC Studio 113	260141-2	R: \$585 NR: \$738
Sr Tap (11+)	Tuesdays 7:00-8:00p	Mr. Case	ALC Studio 113	260142-1	R: \$585 NR: \$738

Hip Hop Program: Students will learn to groove to the newest and best of upbeat street funk. Classes will begin with a basic warm-up, including isolations, stretch and strength, and learn combinations in center and down the floor, incorporating style and attitude.

Classes	Day/Time	Instructor	Location (subject to change)	Code	Fee
Teeny Bop Hip Hop (4-6)	Wednesdays 6:15-7:00p	Ms. Sarah	ALC Studio 113	260130-1	R: \$558 NR: \$702
Jr Hip Hop I (7+)	Thursdays 4:30-5:30p	Mr. Mat	ALC Studio 113	260131-1	R: \$585 NR: \$738
Jr Hip Hop II (8+)	Mondays 7:30-8:30p	Mr. Mat	ALC Studio 113	260131-2	R: \$585 NR: \$738
Sr Hip Hop I (10+)	Mondays 8:30-9:30p	Mr. Mat	ALC Studio 113	260134-1	R: \$585 NR: \$738
Sr Hip Hop II (11+)	Thursdays 7:00-8:00p	Mr. Mat	ALC Studio 113	260134-2	R: \$585 NR: \$738

Conditioning/Leaps/Turns: These not recital classes are designed specifically for the serious dancer who wishes to perfect and refine their skills of turning, jumping, and leaping. These classes are taught with an emphasis on technique and correct body placement. The strength and conditioning exercises within this class are designed to build stamina and condition the body for difficult tricks and the aerobic requirements needed for advanced dancing.

Classes	Day/Time	Instructor	Location (subject to change)	Code	Fee
Mini Conditioning, Leaps, Turns (6+)	Mondays 6:00-7:00p	Ms. Ella	ALC Studio 101	260181-1	R: \$441 NR: \$549
Jr Conditioning, Leaps, Turns (8+)	Wednesdays 6:30-7:45p	Ms. Holly	ALC Studio 101	260181-2	R: \$468 NR: \$558
Int Conditioning, Leaps, Turns (10+)	Mondays 6:30-8:00p	Ms. Lauren	ALC Studio 102	260181-3	R: \$495 NR: \$621
Teen Conditioning, Leaps, Turns (12+)	Tuesdays 8:00-9:30p	Ms. Ella	ALC Studio 101	260181-4	R: \$495 NR: \$621
Sr Conditioning, Leaps, Turns (14+)	Thursdays 6:30-8:00p	Ms. Jamie	ALC Studio 102	260181-5	R: \$495 NR: \$621

