

Dance/Tumble Program Schedule

Fall Session - September 9th to November 27th



Twinkle Toes (Ballet/Tumble Combo) - \$195

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			6:00-6:45PM Ages 4-6		

Our **Twinkle Toes** class is for ages 4-6 and will consist of a combination of ballet and beginner tumbling. This program will be a stepping stone to move forward into our Acrobatics class as well as provide flexibility and technique while enhancing our gross and fine motor skill development.

Beginner Tumbling - \$225

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00-8:00PM Ages 8 and up			7:00-8:00PM Ages 6-8		
8:00-9:00PM Ages 8 and up					

Our **Tumbling Program** is designed to provide a time for tumblers to develop technique and skills. The class is divided in a way that allows tumbler to benefit from direct instruction while still granting freedom to explore personal goals. Instructors will lead drills designed to promote strong foundations of tumbling while providing open practice at the end of classes meant to promote individual growth.

Acro Dance - \$225

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		6:00-7:00PM Ages 6-8			
		7:00-8:00PM Ages 9-12			

AcroDance is a popular dance style that combines elements of dance, contortion, and gymnastics. Not only is this dance form entertaining, it also develops flexibility, strength, and balance. For the first half of the session, classes will spend equal time in the dance room and on the gym floor learning basic technique and skills. In the second half of the session, time will be spent predominantly in the dance room working on combinations that artfully incorporate dance and acrobatics.