



FALL/SPRING 2021 DANCE SCHEDULE

PRICES DO NOT INCLUDE \$45 ANNUAL REGISTRATION FEE

Ages 3-5 | \$67 per month | Multiple Class Discounts Offered

Tuesday	9:00-9:50 AM	Ballet/Tap	Gina
Wednesday	9:50-10:40 AM	Ballet/Tap	Gina
Wednesday	4:20-5:10 PM	Ballet/Tap	Calli
Wednesday	5:25-6:15 PM	Hip Hop	Monika
Friday	5:25-6:15 PM	Ballet/Tap	Monika
Saturday	9:00-9:50 AM	Ballet/Tap	Erin

Ages 6-9 | \$67 per month | Multiple Class Discounts Offered

Monday	5:25-6:15 PM	Ballet	Monika
Monday	6:20-7:10 PM	Jazz	Erin
Monday	7:15-8:05 PM	Tap/MusTheat	Erin
Tuesday	2:40-3:30 PM	Ballet	Christa
Tuesday	4:00-4:50 PM	Ballet	Christa
Tuesday	4:40-5:30 PM	Dance Tumble	Tylie
Wednesday	6:20-7:10 PM	Hip Hop	Emilie
Thursday	4:00-4:50 PM	Ballet	Christa
Saturday	9:55-10:45 AM	Ballet/Tap	Erin

Ages 10 & up | \$67 per month | Multiple Class Discounts Offered

Tuesday	5:30-6:20 PM	Dance Tumble	Charley
Tuesday	6:25-7:15 PM	Hip Hop	Emilie
Tuesday	7:20-8:10 PM	Ballet/Lyrical	Erin
Wednesday	1:40-2:30 PM	Ballet	Gina
Wednesday	7:15-8:05 PM	Hip Hop	Emilie
Thursday	3:10-4:00 PM	Ballet	Christa
Thursday	4:55-6:10 PM	Ballet	Christa
Thursday	6:10-6:50 PM	Turns & Tech	Erin
Thursday	6:50-7:30 PM	Tap	Erin
Thursday	7:30-8:20 PM	Jazz	Erin
Saturday	10:50-11:40 AM	Ballet/Lyrical	Erin
Saturday	11:45-12:15 PM	Tap	Erin
Saturday	12:20-1:10 PM	Jazz/Hip Hop	Erin



Ages 3-5 | \$106 per month

Monday	4:00-5:20 PM	Ballet/Tap/Gym	Calli/Jordan
Tuesday	4:10-5:30 PM	Gym/Ballet/Tap	Adrianna/Calli
Wednesday	9:00-10:20 AM	Ballet/Tap/Gym	Gina/Jordan
Friday	4:00-5:20 PM	Ballet/Tap/Gym	Calli/Adrianna

Ages 6-9 | \$106 per month

Monday	4:00-5:20 PM	Gym/Ballet/Tap	Tylie/Calli
Friday	4:00-5:20 PM	Gym/Ballet/Tap	Ashley/Tylie

*"Dance is the
Joy of movement and
the Heart of Life!"*



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NEW REQUIREMENTS: Here at The Rock, we recognize Ballet is the foundation of all genre's of dance. We strive to develop dancers by building a strong foundation. In redeveloping our dance program, **we will be requiring all classes other than hip hop to also participate in a ballet class.** Our new pricing structure will allow for adding these classes to make it affordable for all.

DANCE ATTIRE: Moving forward, your dancer can now wear whatever color dance attire they would prefer. Requirements for attire are with the class descriptions below. We have many different styles of dance wear as well as footwear to outfit your dancer in something that they love and will want to learn and showcase their new skills in.

Below is our class descriptions and any requirements your dancer may need:

- **Ballet** The foundation of many dance genre's, ballet will maximize technique and longevity in a career of dance. Ballet teaches grace, poise, and the technique needed for all other areas of dance while improving posture, flexibility, fitness, balance, self-discipline, self-confidence, and more ... (no prerequisite class required, ballet shoes, leotard and tights required)
- **Ballet/Lyrical** This class combines techniques of classical ballet and modern dance with current forms of popular dance. Focus is on increasing flexibility and strength, rhythms and isolation of body parts, and expressing personal style ... (no prerequisite class required, ballet shoes, leotard and tights required)
- **Dance Tumbling** If this is your nitch you are very familiar with the trend of incorporating aerals and tumbling moves into your dance routines. The eye catching routines of "World of Dance" proves that to be true! This class helps students to move cartwheels into aerals, walkovers into back handsprings and more. The skill progressions are coupled with strength & flexibility to help the student be successful and safe in the learning process ... (no prerequisite class required, leotard and/or shorts required)
- **Hip Hop** A high-energy class that teaches all different styles of hip hop such as popping, locking, tutting, and street style ... (no prerequisite class required, hip hop shoes or sneakers required)
- **Jazz** In this class, we will build upon our foundation of ballet. If you enjoy moving to the rhythm of high-energy music and learning to turn and leap, then this is the class for you! ... (Ballet required in conjunction with this class, leotard, tights and jazz shoes required)
- **Tap/Musical Theatre** This class will be full of fun and energy as we combine tap with musical theatre. Tap focuses on rhythms and patterns in footwork through proper technique, as well as personal style and producing clear sounds while musical theater teaches your dancer a new way to express their emotions, facials, and dance style. ... (Ballet required in conjunction with this class, leotard, tights and tap shoes required)
- **Turns & Techniques** to help improve their execution of leaps, turns, jumps and other dance skills/tricks, this class will focus on strength and flexibility, proper alignment as well as understanding of body awareness and mobility ... (Ballet required in conjunction with this class)
- **Fusion** This hour and 20 minute class provides the best of both worlds by combining gymastics and dance in one class. Each class is provides 40 minutes of dance and 40 minutes of gymnastics.