

Classes Offered 2022 - 2023

Additional Technique Classes

Ballet Technique Classes

Ballet technique stresses correct placement, body alignment and awareness for classical ballet technique. Students will be taught ballet terminology, anatomy, and how to apply it to their dancing. Ages and levels listed below.

Ballet 1 Technique \$47/\$37 as a 2nd class monthly tuition

Ages: 7 - 11 approximately
Thursday 5:00 - 5:30 pm Miss Kelly

Ballet 2 Technique \$62/\$52 as a 2nd class monthly tuition

Ages: 8 - 12 approximately
Tuesday 6:00 - 7:00 pm Miss Lois

Ballet 3/4 Technique \$62/\$52 as a 2nd class monthly tuition

Ages: 12 - 15 approximately
Tuesday 7:30 - 8:30 pm Miss Lois

Ballet 4/5 Technique \$67/\$57 as a 2nd class monthly tuition

Ages: 14 - 18 approximately
Monday 6:30 - 7:45 pm Miss Lois

Tumbling Classes

The class will cover various types of skills associated with core strengthening, stretching and basic acro/tumbling skills.

Mini Tumbling \$46/\$37 as a 2nd class monthly tuition

Ages 3 - 5 approximately
Wednesday 4:45 - 5:15 pm Miss Dodie

Beginner Tumbling \$52/\$42 as a 2nd class monthly tuition

Ages: 5 - 8 approximately
Tuesday 5:45 - 6:30 pm Miss Dodie

Intermediate Tumbling \$52/\$42 as a 2nd class monthly tuition

Ages: 9 - 14 approximately (Intermediate Level)
Tuesday 5:00 - 5:45 pm Miss Dodie

Tumbling Tricks

This class will still cover various types of tumbling basics and core strength, however will incorporate more "tricks" associated with the needs of dance team styles.

Intermediate Tumbling Tricks \$47/\$37 as a 2nd class monthly

Ages: 9 - 14 approximately (Intermediate Level)
Tuesday 8:45 - 9:15 pm Miss Dodie

Advanced Tumbling Tricks \$52/\$42 as a 2nd class monthly

Ages: 10 & up approximately (Advanced Level)
Thursday 7:15 - 8:00 pm Miss Dodie

Please see other side for additional classes.

IMPORTANT DETAILS

Placement:

Age levels listed are approximate. Dancers are placed according to ability and not always by age.

To Register:

Register online at www.danceonyourtoes.com or register at our front desk during office hours.

Registration is not complete until the official registration form, policy agreement, and registration fee are turned in.

Annual Enrollment Fee:

Students will need to pay an annual **\$30 enrollment fee**. Family enrollment fees are \$50.

Prices:

All families will receive a family discount of \$5.00 off each additional child per month.

Fall Start Date:

Classes begin **September 6th**.

Jump, Leap, and Turn Technique Classes

A class strictly devoted to turns and jumps and the technique required to execute properly. Dancers will receive a short warm-up and technical exercises with specific instruction targeted to each dancer's level. Ages and levels listed below.

Jump, Leap, and Turn 1 Technique **\$47/\$37 as a 2nd class monthly tuition**

Ages: 7 - 11 approximately

Wednesday 6:00 - 6:30 pm Miss Sarah

Jump, Leap, and Turn 2 Technique **\$52/\$42 as a 2nd class monthly tuition**

Ages: 8 - 12 approximately

Tuesday 7:30 - 8:15 pm Miss Hannah

Jump, Leap, and Turn 3 Technique **\$52/\$42 as a 2nd class monthly tuition**

Ages: 11 - 14 approximately

Tuesday 6:15 - 7:00 pm Miss Hannah

Jump, Leap, and Turn 4 Technique **\$52/\$42 as a 2nd class monthly tuition**

Ages: 12 - 16 approximately

Saturday 12:15 - 1:00 pm Miss Kristine

Jump, Leap, and Turn 5 Technique **\$52/\$42 as a 2nd class monthly tuition**

Ages: 15 - 18 approximately

Saturday 9:45 - 10:30 am Miss Kristine

Flexibility Training Classes

Flexibility Training Levels 2 - 5 **\$47/\$37 as a 2nd class monthly tuition**

This class focuses on safe stretching techniques, gaining an understanding of activating appropriate muscles for core & ankle stabilization, and improve awareness of dance technique through specific exercises. Dancers learn turnout control, gain general strength as well as endurance & flexibility through guided exercise.

Flexibility Training 2

Ages: 7 - 11 approximately

Tuesday 7:00 - 7:30 pm Miss Lois

Flexibility Training 3/4

Ages: 12 - 15 approximately

Tuesday 8:30 - 9:00 pm Miss Lois

Flexibility Training 4/5

Ages: 14 - 18 approximately

Monday 7:45 - 8:15 pm Miss Lois