

Classes Offered 2023 – 2024

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 – 9 approximately
Wednesday 5:00 – 5:30 pm Miss Ellen

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

Ages: 9 – 11 approximately
Thursday 5:00 – 6:00 pm Miss Lara

Ballet ¾ Technique \$67/\$57 as a 2nd class monthly tuition

Ages: 11 – 14 approximately
Tuesday 7:30 – 8:30 pm Miss Lois

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

Ages: 14 – 18 approximately
Tuesday 6:15 – 7:30 pm Miss Lois

Pointe Technique \$62 – No special discounts offered

Special Permission Only
Tuesday 5:15 – 6:15 pm Miss Lois

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

Ages: 7 – 9 approximately
Tuesday 6:30 – 7:00 pm Miss Sarah

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

Ages: 9 – 11 approximately
Thursday 7:30 – 8:15 pm Miss Lara

Jump, Leap, and Turn ¾ \$52/\$42 as a 2nd class monthly tuition

Ages: 11 – 14 approximately
Wednesday 7:00 – 7:45 pm Miss Lara

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

Ages: 14 – 18 approximately
Saturday 9:30 – 10:15 am Miss Brenna

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 5th**.

Please see other side for additional classes.

Flexibility Training Classes

Flexibility Training Levels 1 – 5

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 **\$47/\$37 as a 2nd class monthly tuition**

Ages: 9 – 11 approximately

Thursday 6:00 – 6:30 pm Miss Lara

Flexibility Training 3/4 **\$52/\$42 as a 2nd class monthly tuition**

Ages: 11 - 14 approximately

Wednesday 7:45 – 8:30 pm Miss Lara

Flexibility Training 5 **\$52/\$42 as a 2nd class monthly tuition**

Ages: 14 - 18 approximately

Thursday 6:45 – 7:30 pm Miss Lara

Tumbling Classes

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

Mini Tumbling **\$47/\$37 as a 2nd class monthly tuition**

Ages 3 – 5 approximately

Tuesday 4:30 – 5:00 pm Miss Dodie

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

Ages: 6 – 10 approximately

Wednesday 6:45 – 7:30 pm Miss Dodie

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

Ages: 11 – 14 approximately

Wednesday 6:00 – 6:45 pm Miss Dodie