

## Classes Offered 2024 - 2025

### 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.

**Ballet 1 Technique     \$50/\$40 as a 2<sup>nd</sup> class monthly tuition**

*Ages: 7 - 10 approximately*

Wednesday     6:45 - 7:15 pm     Miss Dodie

**Ballet 2 Technique     \$54/\$44 as a 2<sup>nd</sup> class monthly tuition**

*Ages: 8 - 10 approximately*

Wednesday     5:30 - 6:15 pm     Miss Delainey

**Ballet 3 Technique     \$68/\$58 as a 2<sup>nd</sup> class monthly tuition**

*Ages: Pre - Teen*

Tuesday     5:00 - 6:00 pm     Miss Lara

**Ballet 4/5 Technique     \$68/\$58 as a 2<sup>nd</sup> class monthly tuition**

*Ages: Advanced Pre - Teen/Teen*

Tuesday     6:45 - 7:45 pm     Miss Lois

**Ballet 6 Technique     \$70/\$60 as a 2<sup>nd</sup> class monthly tuition**

*Ages: Advanced Teen*

Monday     7:30 - 8:45 pm     Miss Lois

**Pointe Technique     \$55 - No special discounts offered**

*Special Permission Only*

Tuesday     7:45 - 8:30 pm     Miss Lois

#### Flexibility Training Classes

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     \$50/\$40 as a 2<sup>nd</sup> class monthly tuition**

*Ages: 8 - 10 approximately*

Monday     7:45 - 8:15 pm     Miss Delainey

**Flexibility Training 3     \$54/\$44 as a 2<sup>nd</sup> class monthly tuition**

*Ages: Pre - Teen*

Tuesday     7:00 - 7:45 pm     Miss Lara

**Flexibility Training 4/5 \$54/\$44 as a 2<sup>nd</sup> class monthly tuition**

*Ages: Advanced Pre - Teen/Teen*

Tuesday     6:00 - 6:45 pm     Miss Lara

**Flexibility Training 6     \$54/\$44 as a 2<sup>nd</sup> class monthly tuition**

*Ages: Advanced Teen*

Monday     6:15 - 7:00 pm     Miss Delainey

#### 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](http://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 3<sup>rd</sup>**.

*Please see other side for additional classes.*

## **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.

### **Jump, Leap, and Turn 1      \$50/\$40 as a 2<sup>nd</sup> class monthly tuition**

*Ages: 7 - 10 approximately*

Monday      7:00 - 7:30 pm      Miss Lois

### **Jump, Leap, and Turn 2      \$54/\$44 as a 2<sup>nd</sup> class monthly tuition**

*Ages: 8 - 10 approximately*

Monday      7:00 - 7:45 pm      Miss Delainey

### **Jump, Leap, and Turn 3      \$54/\$44 as a 2<sup>nd</sup> class monthly tuition**

*Ages: Pre - Teen*

Wednesday      6:15 - 7:00 pm      Miss Delainey

### **Jump, Leap, and Turn 4/5      \$54/\$44 as a 2<sup>nd</sup> class monthly tuition**

*Ages: Advanced Pre - Teen/Teen*

Saturday      9:00 - 9:45 am      Miss Ally

### **Jump, Leap, and Turn 6      \$54/\$44 as a 2<sup>nd</sup> class monthly tuition**

*Ages: Advanced Teen*

Saturday      9:00 - 9:45 am      Miss Payton

## **Tumbling Classes**

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

### **Tumbling Add On      \$15 monthly tuition**

A quick tumbling class before or after your dancer's ballet and tap class. See 12 and under sheet for specific classes. - Choose 1 below.

Tuesday      6:00 - 6:15 pm      Miss Dodie

Wednesday      5:30 - 5:45 pm      Miss Dodie

### **Intermediate Tumbling      \$54/\$44 as a 2<sup>nd</sup> class monthly tuition**

*Ages: 7 - 12 approximately*

Wednesday      7:15 - 8:00 pm      Miss Dodie

### **Advanced Tumbling      \$54/\$44 as a 2<sup>nd</sup> class monthly tuition**

*Ages: Pre - Teen/Teen*

Tuesday      8:30 - 9:15 pm      Miss Dodie