

| Class | Length of class | Level | Age | Prerequisite | Description of class | Dress Code | Tentative Days/Times Offered | End of year Show |
|-------------------------|-----------------|------------|----------|---|--|--|--|------------------|
| cheerdance | 1 hour | Beg./Int. | 5 to 11 | None | This class will introduce students to the basics of cheerleading, including cheer motions, cheer jumps, vocal chants, and level 1 stunts as well as basic jazz technique and hip hop dance moves. Students who have prior "cheerdance" or cheerleading experience are encouraged to take this class to master their basic skills before moving on. This is a fun class, but will also prepare aspiring grade school cheerleaders and those who would like to someday become a professional NBA or NFL cheerleader! Students perform in production numbers at various events as well as the end of year Showcase. | Hair pulled back out of the face, comfortable attire, bring dance sneakers if your are a flyer. (NO outside shoes on the gym floor) | Mon. 5:45 - 6:45pm Location: Backstage Dance Studio | Yes |
| cheerdance | 1 hour | Beg./Int. | 10 to 18 | None | SAME AS ABOVE | SAME AS ABOVE | Mon. 7:45 - 8:45pm Location: Backstage Dance Studio | Yes |
| cheerdance | 1 hour | Int./Adv. | 5 to 11 | 2 years of cheerdance or 1 year of comp | Please NOTE: (we are the ONLY facility that offers this class). It is also helpful if students have prior experience with cheerleading and dance. This class will focus on difficult jump combinations, fast precise motions, and level 2 and up cheerleading stunts. Students will show off their abilities in a production routine at various events as well as the end of year showcase. | Hair pulled back out of the face, comfortable attire, bring dance sneakers if your are a flyer. (NO outside shoes on the gym floor) | Mon. 5:45 - 6:45pm Location: Cheer Gym | Yes |
| cheerdance | 1 hour | Int./Adv. | 10 to 18 | 2 years of cheerdance or 1 year of comp | SAME AS ABOVE | SAME AS ABOVE | Mon. 7:45 - 8:45pm Location: Cheer Gym | Yes |
| Tumbling Tots | 30 min | Novice/Beg | 3 & 4 yr | None | This class will introduce students to the basics of tumbling, and start forming the building blocks of strength, flexibility and coordination. | (See Floor Gymnastics) | | |
| Floor Gymnastics | 1 hour | Novice/Beg | 5 to 11 | None | Students will start learning proper technique for basic gymnastic skills. Emphasis will be on technique, body lines and core strength. Each skill gained will build upon the next. | Hair pulled back out of the face, and if long enough, pulled up into a secured bun, or ponytail. Clothing must be form fitting and secure from riding up or falling down. Socks, bare feet, or soft gymnastic/dance shoes that are ONLY worn inside. | Wed. 4:15 - 5:15pm Location: Cheer Gym | Optional |

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| Floor Gymnastics | 1 hour | Beg./Int. | 5 to 11 | Cartwheel and Round Off | Students will start perfecting beginner and intermediate gymnastic tricks to build upon them for more difficult tricks. Emphasis will be on technique, core strength, balance and proper body alignment. | SAME AS ABOVE | Tues. 5:15 - 6:15pm Location: Cheer Gym | Optional |
| Floor Gymnastics | 1 hour | Beg./Int. | 5 and up | Cartwheel and Round Off | SAME AS ABOVE | SAME AS ABOVE | Mon. 4:45 - 5:45pm Location: Cheer Gym | Optional |
| Floor Gymnastics | 1 hour | Beg./Int. | 7 and up | Cartwheel and Round Off | SAME AS ABOVE | SAME AS ABOVE | Tues. 7:15 - 8:15pm Location: Cheer Gym | Optional |
| Floor Gymnastics | 1 hour | Int./Adv. | 5 and up | Bridge Kick over | Students will start working on mastering intermediate gymnastic skills and achieving back handsprings so that running and combined gymnastic skills can be achieved. | SAME AS ABOVE | Mon. 6:45 - 7:45pm Location: Cheer Gym | Optional |
| Floor Gymnastics | 1 hour | Int./Adv. | 7 and up | Bridge Kick over | SAME AS ABOVE | SAME AS ABOVE | Wed. 5:15 - 6:15pm Location: Cheer Gym | Optional |
| Floor Gymnastics | 1 hour | Adv. | 8 and up | Round Off Double BHS MASTERED | Students will work on mastering aerial tricks, back tucks, etc. and building a series of combined gymnastic tricks. Emphasis will be on proper technique, and body alignment. | SAME AS ABOVE | Thurs. 7:45 - 8:45pm Location: Cheer Gym | Optional |
| Tumbling for Cheerleading | 1 hour | All Levels | 5 and up | None | Students will work on cartwheels, round offs, bridge kickovers and back handsprings in a progressive order. | SAME AS ABOVE | Thurs. 5:45 - 6:45pm Location: Cheer Gym | No |
| Stunting for Cheerleading | 30 min | All Levels | 5 to 18 | None | This class will teach the basics of stunting, all the positions of stunts building on more difficult levels of stunting as students master their positions. | Comfortable attire. Socks, bare feet, or cheerleading shoes worn ONLY inside. Flyers will need cheerleading shoes or dance sneakers.. | Thurs. 6:45 - 7:15pm Location: Cheer Gym | No |
| Flexibility and Conditioning | 30 min | All Levels | 5 to 18 | None | This class will focus on building upper body, core and leg strength as well as flexibility needed for splits and gymnastic tricks. This class will help improve all aspects of dance, tumbling, gymnastics and cheerleading. | Comfortable attire. Socks, bare feet, or indoor dance shoes. | Thurs. 7:15 - 7:45pm Location: Cheer Gym | No |
| Flexibility and Conditioning | 30 min | All Levels | 5 to 18 | None | SAME AS ABOVE | SAME AS ABOVE | Mon. 5:15 - 5:45pm Location: Backstage Dance Studio | No |
| Technique Open | 1 hour | All Levels | 5 to 18 | None | This class will focus on proper head, shoulder, hip, leg, and foot body alignment needed to execute dance and gymnastic moves properly, and with grace and beauty. | Hair pulled back out of the face, and up into a neat or messy secured bun. Leotards, or form fitting tops with tights. Form fitting shorts, or short wrap skirts may also be worn. Socks, bare feet, foot thongs, lyrical or ballet shoes can be worn. | Tues. 6:15 - 7:15pm Location: Backstage Dance Studio | No |

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| Hip Hop OPEN | 45 min | All Levels | 4 to 18 | None | This is a fun class that teaches basic street dance moves and combinations including a warm up and across the floor section. | Comfortable attire. Shoes optional. | Wed. 5:15 - 6:00pm Location: Backstage Dance Studio | Yes |
| Ballet/Tap/Jazz OPEN | 1 hour | Beg. | 4 to 8 | | This class will introduce students to the fundamentals of dance, through combinations, across the floor, and center floor exercises. | (See Technique Open dress code) Come dressed with Tap shoes already ON. Bring shoes for ballet and jazz. | Tues. 5:15 - 6:15pm Location: Backstage Dance Studio | Yes |
| Ballet/Tap/Cheer OPEN | 1 hour | Beg. | 3 & 4 | | This class will introduce students to the basics of tap, ballet, as well as cheerleading motions and jumps. | SAME AS ABOVE | Wed. 4:30 - 5:15pm Location: Backstage Dance Studio | Yes |
| Tap OPEN | 1 hour | All Levels | 5 and up | | This class will teach students to use rhythm and sound to create beats with their feet. They will also learn basic dance steps and combinations. | (See Technique Open) Tap shoes | Thurs. 7:00 - 7:45pm Location: On Stage | Yes |
| Lyrical/Jazz OPEN | 45 min | All Levels | 5 and up | | This class will teach the joy of expressive movement as well as up beat combinations that include leaps, jumps and turns. | (See Technique Open) | Thurs. 6:15 - 7:00pm Location: On Stage | Yes |