

# Dance Moves & Gymnastics



## 2020-2021 Dance and Gymnastics Schedule

### Recreational Dance Classes

#### Preschool Dance

**Mini Movers/Mommy & Me** (18.5 mo.-2.5 years):  
30 min  
Tuesday 4:30-5:00

**Beginning Ballerinas** (3-4 years): 30 min  
Thursday 5:00-5:30

**Prima Ballerinas** (4-5 years): 30 min  
Wednesday 5:00-5:30

**Dance & Tumble** (4-5 years): 1 hour  
Wednesday 6:00-7:00

#### School Age Dance

**5-7 Combo** (Ballet, Jazz, Tap): 1 hour  
Wednesday 5:30-6:30

**Jr. Hip Hop & Tumble** (5-7 years): 1 hour  
Thursday 5:30-6:30

**Hip Hop & Tumble** (8 & up): 1.5 hours  
Thursday 6:30-8:00

**Pom & Cheer** (5 & up): 1 hour  
Tuesday 5:45-6:45

**8 & up Combo** (Ballet, Jazz, Tap): 1.5 hours  
Wednesday 6:30-8:00

## Invitation-Only Dance Classes

### **Ballet**

**Ballet/Jazz I** (5 & up): 1 hour  
Thursday 4:30-5:30

**Ballet II**: 1 hour  
Tuesday 5:30-6:30

**Ballet III**: 1.5 hours  
Monday 6:30-8:00

**Ballet IV**: 1.5 hours  
Monday 4:15-5:45

**Ballet V/VI**: 1.5 hours  
Monday 4:15-5:45

**Ballet V-VI/Pointe/Pre-Pointe**: 1.5 hours  
Tuesday 6:30-8:00

### **Jazz**

**Jazz II**: 1 hour  
Wednesday 6:30-7:30

**Jazz III**: 45 min  
Tuesday 6:30-7:15

**Jazz IV**: 45 min  
Monday 5:45-6:30

**Jazz V**: 45 min  
Tuesday 5:45-6:30

### **Dance Kaleidoscope**

**DK III**: 45 min  
Tuesday 7:15-8:00

**DK IV**: 45 min  
Monday 6:30-7:15

**DK V**: 45 min  
Tuesday 5:00-5:45

### **Tap**

**Tap I** (5 & up): 30 min  
Thursday 5:30-6:00

**Tap II**: 1 hour  
Tuesday 4:30-5:30

**Tap III**: 45 min  
Monday 5:45-6:30

**Tap IV**: 45 min  
Monday 7:15-8:00

**Tap V**: 45 min  
Saturday 11:00-11:45

### **Dance Teams (Invitation Only)**

#### **Minis**

Thursday 6:00-6:30

#### **Sparkles**

Friday 4:30-5:45

#### **Petite II**

Friday 4:30-7:00

#### **Juniors**

Friday 4:30-7:00

#### **Performance Team**

Thursday 6:45-8:00

#### **Teens**

Saturday 8:30-11:00

#### **Seniors**

Saturday 8:30-11:00

## Recreational Gymnastics Classes

### Preschool Gymnastics

**Toddler Bears** (18 mo.-2.5 years)  
Thursday 5:30-6:15

**Tumble Bears** (3-4 years)  
Monday 6:15-7:00  
Thursday 6:15-7:00

**Big Bears** (4-5 years)  
Monday 5:15-6:15  
Tuesday 5:15-6:15  
Wednesday 5:30-6:30

**Super Bears** (Invitation Only)  
Tuesday 6:15-7:15

### Tumbling (Ages 7 & Up)

**Level 1**  
Thursday 7:00-8:00

**Level 2**  
Thursday 7:00-8:00

**Level 3**  
Wednesday 7:00-8:00

**Jr. Hip Hop & Tumble** (5-7 years)  
Thursday 5:30-6:30

**Hip Hop & Tumble** (8 & up)  
Thursday 6:30-8:00

**Dance & Tumble** (4-5 years)  
Wednesday 6:00-7:00

### Girls Gymnastics

**5-6-7 Level I**  
Monday 4:30-5:30  
Wednesday 5:30-6:30  
Thursday 5:30-6:30

**5-6-7 Level II**  
Monday 5:30-6:30  
Tuesday 6:30-7:30  
Wednesday 4:30-5:30

**8-9-10 Level I**  
Thursday 6:30-7:30

**8-9-10 Level II**  
Monday 6:30-7:30

**Superstars 5-6-7** (Invitation Only)  
Tuesday 5:00-6:30

**Superstars 8-9-10** (Invitation Only)  
Tuesday 6:30-8:00  
Thursday 6:30-8:00

**11 & Up**  
Wednesday 6:30-8:00

### Boys Gymnastics

**Recreational Boys Gymnastics**  
Thursday 4:30-5:30

**Cheer**  
**Pom & Cheer** (5 & up)  
Tuesday 5:45-6:45

## Invitation-Only Gymnastics Teams

### **Girls Gymnastics Teams**

#### **Girls Preteam**

Monday 6:00-7:30  
Wednesday 4:00-5:30

#### **Level 2**

Monday 4:00-6:00  
Wednesday 4:00-6:00  
Friday 4:00-6:30

#### **Level 3**

Tuesday 4:00-6:30  
Thursday 4:00-6:30  
Friday 4:00-7:00

#### **Bronze**

Tuesday 4:15-6:15  
Wednesday 6:00-8:00

#### **Silver**

Monday 4:00-6:00  
Wednesday 4:00-6:00  
Friday 4:00-6:30

#### **Gold**

Monday 4:00-7:00  
Wednesday 4:00-7:00  
Friday 3:30-7:30  
Saturday 8:30-11:00

#### **Optionals**

Monday 5:00-8:30  
Wednesday 5:00-8:30  
Friday 3:30-7:30  
Saturday 8:30-12:30

### **Boys Gymnastics Teams**

#### **Boys Preteam**

Tuesday 4:00-6:00  
Thursday 4:00-6:00

#### **Level 4**

Tuesday 4:00-6:00  
Thursday 4:00-6:00

#### **Level 5**

Tuesday 5:30-8:00  
Thursday 5:30-8:00  
Saturday 8:30-12:30

#### **Level 6 & Up**

Monday 5:00-8:30  
Tuesday 5:30-8:00  
Thursday 5:30-8:00  
Saturday 8:30-12:30