

# Ages 12+

Advanced level dancers will train in a structured environment.

Advanced level is only for the serious student. Emphasis is on strengthening body placement, coordinating body movements, and improving technique while creating an ARTIST. Dancers are training at an Elite level and must have at least 4 years of experience. Dress code and attendance are enforced to promote the best training. Classes are bundled each day to encourage multiple style training.

Class choices:

- Advanced Ballet and Pointe Monday 6:30pm-8:15pm (RF) Studio 1
- Advanced Hip Hop Monday 8:15pm-9:15pm (MG) Studio 1
- Dance Essentials Tuesday 6:30pm-7:30pm (MP) Studio 1
- Advanced Contemporary Tuesday 7:30pm-8:30pm (MP) Studio 1
- Advanced Jazz Tuesday 8:30pm-9:15pm (MP) Studio 1
- Advanced Ballet /Pointe Wednesday 6:00pm-7:15pm (MP) Studio 1
- Advanced Musical Theatre Wednesday 7:15pm-8:00pm (MP) Studio 1
- Advanced Jazz Thursday 6:00pm-7:00pm (EK) Studio 1
- Advanced Contemporary Thursday 7:00pm-8:00pm (EK) Studio 1

*\*Pointe is by director approval- do not purchase pointe shoes until dancer is approved by director*

*\*Dance Essential Dancers will need a large yoga ball, a small yoga ball, 2 yoga blocks, and stretch bands. Dance essentials will not be in the recital, and is considered a strength and stretch class.*

*\*\* instructor to be announced*

*Dress Code and tuition information listed on page 17*