

2020 Fall Class Schedule
Schedule Runs September 9 - May 29, 2021

Preschool & Kindergarten Classes

Creative Movements

Beg	2-3	Wed	11:30 AM	0.75
Beg	2-3	Thu	5:00 PM	1.00

Gymnastics

Beg	4-6	Thu	9:30 AM	1.00
Beg	4-6	Fri	10:00 AM	1.00

Toddler Play

All	PreSchool	Wed	10:30 AM	1.00
All	PreSchool	Thu	9:30 AM	1.00
All	PreSchool	Thu	10:30 AM	0.75
All	PreSchool	Fri	11:00 AM	0.75

Tumbling & Ballet Combination Class

Beg	3-4	Tue	6:00 PM	1.00
Beg	3-4	Wed	9:30 AM	1.00
Beg	3-4	Wed	4:30 PM	1.00
Beg	3-4	Thu	10:30 AM	1.00
Beg	3-4	Thu	6:00 PM	1.00
Beg	3-4	Sat	10:30 AM	1.00
I	4-5	Wed	9:30 AM	1.00
I	4-6	Tue	6:00 PM	1.00
I	4-6	Wed	4:30 PM	1.00
I	4-6	Thu	10:30 AM	1.00
I	4-6	Thu	6:00 PM	1.00
I	5-6	Sat	10:30 AM	1.00

Tumbling/Tap/Ballet Combination Class

Beg	3-4	Mon	5:30 PM	1.00
Beg	3-4	Wed	5:30 PM	1.00
Beg	3-4	Sat	9:30 AM	1.00
I	4-6	Mon	5:15 PM	1.25
I	4-6	Wed	5:30 PM	1.25
I	4-6	Sat	9:30 AM	1.00

Tumbling & Trampoline Classes

Back Handspring Class

All	7+	Tue	5:00 PM	0.75
All	All	Mon	7:15 PM	0.75

Boys Tumbling

Beg	6-up	Tue	5:15 PM	0.75
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Tumbling & Trampoline Classes

Trampoline

Beg	5+	Mon	4:30 PM	0.75
Beg	5+	Tue	5:00 PM	1.00
Beg	5+	Wed	4:30 PM	0.75
Beg/Int	7+	Wed	7:15 PM	0.75
Int	7+	Tue	4:15 PM	0.75
Int/Adv	ALL	Mon	7:15 PM	0.75

Tumbling

Beg & I	4-6	Tue	4:15 PM	0.75
Beg & I	5-7	Mon	5:15 PM	0.75
Beg & I	9+	Mon	7:45 PM	0.75
I	5-7	Sat	9:30 AM	1.00
I - II	5-8	Mon	6:30 PM	0.75
I - II	5-8	Tue	4:30 PM	0.75
I & II	NR	Wed	6:30 PM	0.75
II	All	Wed	5:30 PM	1.00
II - III	All	Mon	6:00 PM	1.00
II - III	All	Wed	7:00 PM	1.00
II & III	Tech	Thu	7:00 PM	0.75
III	All	Mon	4:30 PM	1.00
III & IV	All	Tue	5:00 PM	1.00
III & IV	NR	Tue	7:00 PM	1.00
IV & V	NR	Mon	7:45 PM	1.00
IV & V	NR	Wed	7:00 PM	1.00
V & VI	Tech	Thu	4:30 PM	1.00

Tumbling & Trampoline Combo

Beg	4-6	Wed	10:30 AM	1.00
Beg	5-7	Tue	5:45 PM	1.00
Beg	6-9	Sat	9:30 AM	1.00
Beg/Int	5-8	Fri	4:30 PM	1.00
Beg/Int	8-10	Tue	5:45 PM	1.00
Int	9+	Wed	6:45 PM	1.00

Gymnastics Classes

Gymnastics

Beg	5-7	Thu	4:30 PM	1.00
Beg	5-8	Sat	11:30 AM	1.00
Beg	6-9	Thu	6:30 PM	1.00
Beg/Int	7-10	Tue	6:45 PM	1.00

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Dance Classes

Ballet

Beg	5-7	Mon	3:45 PM	0.75
Beg	6-9	Tue	4:30 PM	0.75
Beg	Tech	Wed	4:30 PM	0.50
I	6-9	Mon	4:30 PM	1.00
I	6-9	Tue	4:30 PM	0.75
I	Tech	Wed	5:30 PM	0.75
I & II	All	Thu	5:00 PM	1.00
II-III	Tech	Mon	5:30 PM	1.00
IV-V	Tech	Mon	6:30 PM	1.00
Pilates	Tech	Mon	7:30 PM	0.50

Hip Hop

Beg/Int	9+	Wed	7:30 PM	0.75
Int	9+	Tue	8:00 PM	1.00
Int/Adv	10+	Mon	7:30 PM	1.00

Jazz

Beg	Tech	Wed	5:00 PM	0.50
Beg & I	5-8	Mon	6:30 PM	0.75
I	6-9	Tue	5:15 PM	0.75
I	Tech	Wed	6:45 PM	0.75
II	All	Thu	6:30 PM	1.00
III	Tech	Mon	6:30 PM	1.00
III & IV	All	Mon	6:30 PM	1.00
IV	Tech	Mon	5:30 PM	1.00
Middle	HighScho	Thu	7:30 PM	1.25

Jazz & Hip Hop Combo

Beg	6-9	Thu	4:15 PM	0.75
Beg	7-10	Sat	11:30 AM	1.00
Beg & I	6-8	Mon	4:45 PM	0.75
Beg/Int	7-10	Wed	7:15 PM	1.00
Beg/Int	8+	Tue	7:00 PM	1.00

Kids Zumba

Beg	All	Thu	5:00 PM	1.00
Beg	All	Sat	11:30 AM	1.00

Leaps & Turns

Beg	All	Thu	4:15 PM	0.75
Int	All	Mon	4:30 PM	1.00
Int	All	Wed	6:30 PM	0.75
Int/Adv	All	Thu	7:45 PM	0.75

Dance Classes

Lyrical

Int	9+	Wed	6:30 PM	0.75
Int/Adv	10+	Thu	7:00 PM	0.75

Stretch & Conditioning

All	All	Wed	8:15 PM	0.50
All	All	Thu	6:30 PM	0.50

Tap

Beg & I	6-9	Tue	3:45 PM	0.50
I	5-8	Wed	6:30 PM	0.75

Tap & Ballet

Beg	3-4	Wed	3:30 PM	1.00
Beg & I	4-6	Wed	6:00 PM	1.00

Youth Ballet Company

Beg/Int	All	Mon	4:30 PM	1.00
Beg/Int	All	Wed	5:30 PM	1.00

Dance & Tumbling Combo Classes

Tumbling & Jazz Combination Class

Beg & I	5-7	Wed	4:30 PM	1.00
Beg & I	5-7	Thu	5:30 PM	1.00
I	7-10	Wed	4:30 PM	1.00
I	7-10	Thu	5:30 PM	1.00

Cheer Classes

Cheerleading

Cheer	9+	Thu	7:45 PM	0.75
Cheer Team	9+	Mon	7:00 PM	1.00
Mini Cheer	6-8	Mon	4:30 PM	0.75

Tumbling for Cheerleaders

Beg/Int	Teen	Thu	7:00 PM	0.75
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Tumbling & Trampoline Teams

NAC Tumbling Team

N.A.C.	All	Mon	4:15 PM	1.00
N.A.C.	All	Mon	7:00 PM	1.00
N.A.C.	All	Tue	4:15 PM	1.00
N.A.C.	All	Tue	6:00 PM	1.00
N.A.C.	All	Wed	4:15 PM	1.00
N.A.C.	All	Thu	4:30 PM	1.00
N.A.C.	All	Thu	5:30 PM	1.00

USAG Pre Team

Pre Team	All	Wed	6:45 PM	1.50
Pre Team	All	Thu	4:15 PM	1.50

USAG Tumbling & Trampoline Team

Team	All	Mon	5:15 PM	2.00
Team	All	Tue	6:45 PM	2.00
Team	All	Wed	5:00 PM	2.00
Team	All	Thu	6:30 PM	2.00
Team	All	Sat	10:30 AM	2.00
Tramp Drills	All	Mon	7:15 PM	0.75
Tramp Drills	All	Thu	8:30 PM	0.50

Premier Dance Team

Premier Team

Premier	A	Mon	7:30 PM	0.50
Premier	A	Tue	8:00 PM	0.50
Premier	Mighty	Wed	6:15 PM	0.50
Premier	Mini	Wed	5:30 PM	0.50
Premier A	A	Tue	4:30 PM	0.50
Premier A	A	Tue	5:00 PM	0.50
Premier A	A	Tue	5:30 PM	0.50
Premier A	A	Tue	6:00 PM	0.50
Premier A	A	Tue	6:30 PM	0.50
Premier A	A	Tue	7:00 PM	0.50
Premier A	A	Tue	7:30 PM	0.50
Premier B	B	Tue	4:30 PM	0.50
Premier B	B	Tue	5:00 PM	0.50
Premier B	B	Tue	5:30 PM	0.50
Premier B	B	Tue	6:30 PM	0.50

Adult Classes

Adult Classes

Zumba	15+	Thu	6:00 PM	1.00
Zumba	15+	Thu	7:00 PM	1.00
Zumba	15+	Sat	10:30 AM	1.00