

## 2022 Fall Class Schedule

### Schedule Runs September 7 - May 27, 2023

Gymnastics Classes					Dance Classes				
	Age			Hrs		Age			Hrs
<b>Gymnastics</b>					<b>Ballet</b>				
1	6+	Tue	5:00 PM	1.00	1	7-8	Wed	5:45 PM	0.75
1	6-8	Wed	4:15 PM	0.75	1/2	7+	Thu	4:45 PM	0.75
1	7+	Tue	7:00 PM	1.00	1/2	8+	Mon	8:00 PM	1.00
1	7+	Wed	5:45 PM	1.00	1/2	8+	Wed	6:30 PM	1.00
2	6-8	Fri	4:15 PM	1.00	3	8+	Mon	4:30 PM	1.25
2	7+	Thu	7:30 PM	1.00	5	8+	Mon	5:45 PM	1.25
2	7+	Sat	11:00 AM	1.00	Beg	6-8	Tue	4:30 PM	0.75
2	8+	Tue	7:00 PM	1.00	Beg & I	7+	Mon	7:00 PM	1.00
Beg	5+	Fri	5:15 PM	0.75	Int/Adv	8+	Sat	10:00 AM	0.75
Beg	6-8	Thu	4:30 PM	1.00	<b>Ballet Stretch &amp; Flex</b>				
Beg	6-8	Sat	12:00 PM	1.00	All	9+	Sat	10:45 AM	0.75
Beg	7+	Wed	7:00 PM	1.00	<b>Dance Team Prep</b>				
Beg	7+	Sat	11:30 AM	1.00	Int	11+	Thu	8:00 PM	1.00
Beg & I	5-8	Tue	4:30 PM	1.00	<b>Hip Hop</b>				
<b>Mighty Mites</b>					Beg/Int	9+	Thu	7:00 PM	1.00
1	4-6	Mon	5:00 PM	0.75	Int/Adv	10+	Mon	8:00 PM	0.75
1	4-6	Fri	5:00 PM	1.00	<b>Jazz</b>				
<b>Mighty Tots</b>					1	5-6	Wed	5:30 PM	0.50
Beg	4-6	Mon	6:30 PM	0.75	1	6-8	Wed	5:00 PM	0.75
Beg	4-6	Tue	4:15 PM	0.75	1/2	7-10	Thu	5:30 PM	1.00
Beg	4-6	Wed	5:00 PM	0.75	2-3	8+	Thu	7:00 PM	1.00
Beg	4-6	Thu	6:15 PM	0.75	Beg	6-9	Tue	5:15 PM	0.75
Beg	4-6	Fri	6:00 PM	0.75	<b>Jazz &amp; Hip Hop Combo</b>				
Beg	4-6	Sat	9:15 AM	0.75	1	6-9	Mon	4:30 PM	1.00
<b>Tiny Tots</b>					Beg	5-7	Sat	11:00 AM	1.00
Beg	3-4	Mon	5:45 PM	0.75	Beg	7+	Mon	7:00 PM	1.00
Beg	3-4	Tue	9:45 AM	0.75	Beg & I	5-7	Thu	4:15 PM	0.75
Beg	3-4	Wed	10:30 AM	0.75	Beg & I	7+	Thu	7:00 PM	1.00
Beg	3-4	Thu	3:45 PM	0.75	Beg & I	9+	Tue	7:30 PM	1.00
Beg	3-4	Thu	5:30 PM	0.75	II	8+	Wed	7:00 PM	1.00
Beg	3-4	Fri	4:15 PM	0.75	<b>Leaps &amp; Turns</b>				
Beg	3-4	Sat	9:15 AM	0.75	1/2	8+	Wed	7:30 PM	1.00
					2-3	9+	Mon	7:00 PM	1.00
					3/4	8+	Mon	5:45 PM	1.25
					5	9+	Mon	4:30 PM	1.25
					Int/Adv	8+	Sat	9:15 AM	0.75

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#### Dance Classes

##### *Tap & Ballet*

	Age		Hrs
1	5-7	Wed 6:15 PM	1.00
Beg	3-4	Sat 9:15 AM	0.75
Beg	3-5	Wed 5:30 PM	0.75

#### Dance & Tumbling Combo Classes

##### *Jazz/Ballet/Tumbling*

Beg	5-7	Wed 4:15 PM	1.25
Beg	5-7	Thu 6:00 PM	1.50

##### *Tap*

Beg	4-5	Thu 5:30 PM	0.50
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##### *Tumbling & Ballet Combination Class*

Beg	3	Wed 9:30 AM	1.00
Beg	3-4	Mon 10:00 AM	1.00
Beg	3-4	Tue 6:00 PM	1.00
Beg	3-4	Wed 4:30 PM	1.00
Beg	3-4	Thu 6:00 PM	1.00
Beg	3-4	Sat 10:00 AM	1.00
Beg	4-5	Tue 11:15 AM	1.00
Beg	4-5	Wed 9:30 AM	1.00
Beg & I	5-6	Tue 6:00 PM	1.00
Beg & I	5-6	Thu 6:00 PM	1.00
Beg & I	5-6	Sat 10:00 AM	1.00

##### *Tumbling & Jazz Combination Class*

Beg	6-8	Tue 6:30 PM	1.00
Beg & I	6-9	Thu 5:00 PM	1.00

##### *Tumbling/Tap/Ballet Combination Class*

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

#### Cheer Classes

##### *Cheerleading*

	Age		Hrs
All	5-8	Mon 4:15 PM	0.75
All	6+	Sat 11:45 AM	0.75
All	8+	Thu 7:30 PM	0.75
All	9+	Mon 7:15 PM	0.75

#### Tumbling & Trampoline Classes

##### *Acrobatic Skills for Dancers*

2	7+	Sat 11:30 AM	0.75
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##### *Trampoline*

All	5-8	Tue 4:15 PM	0.75
All	6+	Tue 5:00 PM	0.75
All	7+	Mon 7:30 PM	0.75

##### *Tumbling*

1	9+	Mon 8:00 PM	0.75
1/2	5-8	Mon 4:15 PM	1.00
2	6+	Wed 6:45 PM	1.00
2-3	7+	Tue 7:00 PM	1.00
3/4	7	Tue 6:45 PM	1.00
3/4	9+	Mon 7:15 PM	1.00
5	9+	Mon 8:00 PM	1.00
5	9+	Thu 5:45 PM	1.00

##### *Tumbling & Trampoline Combo*

Beg	5-8	Mon 4:15 PM	1.00
Beg	5-8	Tue 5:45 PM	1.00
Beg	5-8	Sat 12:30 PM	1.00
Beg	6+	Fri 6:00 PM	1.00
Beg	7+	Mon 6:30 PM	1.00
I	6+	Mon 4:15 PM	1.00
I	7+	Tue 5:45 PM	1.00
II	7+	Wed 7:45 PM	1.00

##### *Tumbling for Cheerleaders*

All	9+	Mon 8:00 PM	0.75
All	9+	Thu 8:15 PM	0.75

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Age		Hrs		
<b>Tumbling &amp; Trampoline Teams</b>				

#### *NAC Tumbling Team*

All	All	Mon	4:30 PM	1.00
All	All	Mon	7:00 PM	1.00
All	All	Tue	4:30 PM	1.00
All	All	Tue	5:30 PM	1.00
All	All	Thu	4:30 PM	1.00

#### *USAG Pre Team*

All	All	Wed	6:30 PM	1.50
All	all	Thu	4:15 PM	1.50

#### *USAG Tumbling & Trampoline Team*

All	All	Mon	5:15 PM	2.00
All	All	Tue	6:45 PM	2.00
All	All	Wed	4:30 PM	2.00
All	All	Thu	6:45 PM	2.00

#### **Premier Dance Team**

#### *Premier Team*

Premier A	All	Tue	4:30 PM	0.50
Premier A	All	Tue	5:00 PM	0.50
Premier A	All	Tue	5:30 PM	0.50
Premier A	All	Tue	6:00 PM	0.50
Premier A	All	Tue	6:30 PM	0.50
Premier A	All	Tue	7:00 PM	0.50
Premier A	All	Wed	4:30 PM	0.50
Premier A	All	Wed	5:00 PM	0.50
Premier A	All	Wed	6:00 PM	0.50
Premier A	All	Wed	6:30 PM	0.50
Premier B	All	Tue	4:30 PM	0.50
Premier B	All	Tue	5:00 PM	0.50
Premier B	All	Tue	5:30 PM	0.50
Premier B	All	Tue	6:00 PM	0.50
Premier B	All	Tue	6:30 PM	0.50
Premier B	All	Tue	7:00 PM	0.50
Premier B	All	Wed	4:30 PM	0.50

Age		Hrs		
<b>Preschool Classes</b>				

#### *Creative Movements*

Beg	1.5-3	Mon	9:15 AM	0.75
Beg	1.5-3	Tue	10:30 AM	0.75
Beg	1.5-3	Wed	8:45 AM	0.75
Beg	1.5-3	Wed	5:00 PM	1.00
Beg	1.5-3	Thu	6:30 PM	1.00
Beg	1.5-3	Sat	9:30 AM	1.00
Beg	1.5-3	Sat	11:00 AM	0.75