

2023 Fall Class Schedule

Schedule Runs September 6 - May 25, 2024

Gymnastics Classes					Dance Classes				
	Age			Hrs		Age			Hrs
Gymnastics					Ballet				
1	5-8	Wed	5:00 PM	1.00	1	7-8	Wed	4:30 PM	0.50
1	6+	Tue	4:15 PM	1.00	1/2	7+	Wed	5:00 PM	0.75
1	6+	Thu	7:00 PM	1.00	2	8+	Mon	8:00 PM	1.00
1	7+	Tue	7:15 PM	1.00	2	8+	Wed	6:30 PM	1.00
2-3	7+	Tue	5:15 PM	1.00	2-3	7+	Thu	4:30 PM	1.00
2-3	7+	Wed	7:45 PM	1.00	3	8+	Mon	4:30 PM	1.25
2-3	7+	Fri	4:15 PM	1.00	4/5	8+	Thu	6:15 PM	1.50
2-3	7+	Sat	12:00 PM	1.00	5	8+	Mon	5:45 PM	1.25
Beg	5-7	Sat	11:00 AM	1.00	Beg	5-8	Thu	5:15 PM	0.75
Beg	5-8	Tue	6:15 PM	1.00	Beg & I	7+	Thu	7:00 PM	0.75
Beg	5-8	Thu	4:30 PM	1.00	I	6-8	Tue	4:30 PM	0.75
Beg	6+	Wed	4:15 PM	0.75	Pre Point	9+	Mon	7:00 PM	0.50
Beg	6+	Fri	5:15 PM	1.00	Ballet Stretch & Flex				
Beg	7+	Wed	7:00 PM	1.00	All	9+	Sat	12:30 PM	0.75
Mighty Mites					Hip Hop				
1	4-6	Mon	6:45 PM	0.75	Beg	7+	Mon	7:00 PM	0.75
1	4-6	Thu	4:15 PM	1.00	Int	9+	Mon	7:45 PM	1.00
1	4-6	Fri	5:00 PM	1.00	Jazz				
Mighty Tots					1	5-6	Wed	5:30 PM	0.50
Beg	4-6	Mon	6:00 PM	0.75	1	6+	Tue	5:15 PM	0.75
Beg	4-6	Tue	4:30 PM	0.75	1/2	7+	Wed	5:45 PM	0.75
Beg	4-6	Tue	5:15 PM	0.75	2-3	8+	Tue	7:30 PM	1.00
Beg	4-6	Fri	4:15 PM	0.75	Beg	5-7	Thu	4:30 PM	0.75
Beg	4-6	Sat	9:15 AM	0.75	Beg	7+	Thu	7:45 PM	1.00
Tiny Tots					Jazz & Hip Hop Combo				
Beg	3-4	Mon	5:15 PM	0.75	1	6-9	Mon	4:45 PM	1.00
Beg	3-4	Tue	9:30 AM	0.75	1	7+	Thu	7:00 PM	1.00
Beg	3-4	Tue	3:30 PM	0.75	2-3	8+	Wed	7:30 PM	1.00
Beg	3-4	Wed	10:45 AM	0.75	Beg	5-7	Thu	4:30 PM	0.75
Beg	3-4	Thu	6:15 PM	0.75	Beg	6-8	Sat	11:30 AM	1.00
Beg	3-4	Sat	9:15 AM	0.75	Beg	7+	Wed	7:00 PM	1.00
					Beg	9+	Tue	8:30 PM	0.75
					Jazz Tech				
					2-3	8+	Thu	5:30 PM	0.75
					4/5	8+	Thu	7:45 PM	1.00
					Jazz/Ballet				
					Beg	6+	Mon	7:00 PM	1.00

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Dance Classes				

<i>Leaps & Turns</i>				
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

<i>Tap & Ballet</i>				
1	5-6	Wed	6:30 PM	1.00
Beg	3-4	Thu	5:15 PM	0.75
Beg	3-4	Sat	9:00 AM	0.75
Beg & I	5-7	Sat	9:45 AM	0.75

<i>Turns</i>				
Beg/Int	6+	Wed	4:00 PM	0.50
Int	7+	Thu	4:00 PM	0.50

Dance & Tumbling Combo Classes				
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<i>Jazz/Ballet/Tumbling</i>				
Beg	5-7	Wed	4:15 PM	1.25
Beg	5-7	Thu	6:30 PM	1.00

<i>Tumbling & Ballet Combination Class</i>				
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	11:00 AM	1.00
Beg	4-5	Wed	9:45 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

<i>Tumbling & Jazz Combination Class</i>				
Beg	6-8	Tue	6:15 PM	1.25

<i>Tumbling & Jazz Tap Ballet</i>				
1	5-7	Mon	5:30 PM	1.50

	Age		Hrs	
Dance & Tumbling Combo Classes				

<i>Tumbling/Tap/Ballet Combination Class</i>				
Beg	3-4	Wed	6:00 PM	1.00
Beg	3-4	Thu	3:30 PM	1.00
Beg	3-4	Sat	10:30 AM	1.00
Beg & I	4-6	Mon	5:45 PM	1.00
Beg & I	5-6	Wed	6:00 PM	1.00
Beg & I	5-6	Sat	10:30 AM	1.00

Cheer Classes				
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<i>Cheerleading</i>				
All	5-7	Fri	4:30 PM	0.75
All	5-8	Mon	4:15 PM	0.75
All	6-8	Sat	11:45 AM	0.75
All	7-10	Fri	5:15 PM	0.75
All	8+	Thu	7:30 PM	0.75
All	9+	Mon	7:15 PM	0.75
All	9+	Sat	11:00 AM	0.75

Tumbling & Trampoline Classes				
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<i>Acrobatic Skills for Dancers</i>				
2	7+	Sat	11:45 AM	0.75

<i>Trampoline</i>				
All	6+	Tue	5:45 PM	0.50
All	6+	Tue	6:15 PM	0.50
All	6+	Thu	5:45 PM	0.75
All	7+	Tue	5:15 PM	0.50
All	7+	Tue	8:00 PM	0.50

<i>Tumbling</i>				
1/2	6+	Wed	6:00 PM	1.00
1/2	7+	Thu	5:30 PM	1.00
2-3	6+	Wed	7:00 PM	1.00
2-3	7+	Tue	7:00 PM	1.00
3/4	7+	Tue	7:00 PM	1.00
3/4	7+	Thu	8:00 PM	1.00
3/4	9+	Mon	7:30 PM	1.00
5	9+	Mon	8:00 PM	1.00
Beg & I	8+	Tue	8:15 PM	0.75

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Tumbling & Trampoline Classes

		Age				Hrs
<i>Tumbling & Trampoline Combo</i>						
Beg		5-8	Mon	4:15 PM		1.00
Beg		7+	Mon	6:45 PM		1.25
I		6+	Mon	4:15 PM		1.00

		Age				Hrs
<i>Tumbling for Cheerleaders</i>						
All		5-8	Mon	5:00 PM		0.50
All		6+	Sat	12:30 PM		0.50
All		8+	Thu	8:15 PM		0.75
All		9+	Mon	8:00 PM		0.75

Tumbling & Trampoline Teams

		Age				Hrs
<i>NAC Tumbling Team</i>						
All	All		Mon	4:30 PM		1.00
All	All		Mon	7:30 PM		1.00
All	All		Tue	4:15 PM		1.00
All	All		Tue	5:15 PM		1.00
All	All		Thu	5:15 PM		1.00

		Age				Hrs
<i>USAG Pre Team</i>						
All	All		Wed	6:30 PM		1.50
All	all		Thu	4:15 PM		1.50

		Age				Hrs
<i>USAG Tumbling & Trampoline Team</i>						
All	All		Mon	5:30 PM		2.00
All	All		Wed	4:30 PM		2.00
All	All		Thu	6:30 PM		2.00

Premier Dance Team

		Age				Hrs
<i>Premier Team</i>						
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	Tue	7:30 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 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	Tue	7:30 PM		0.50
Premier B		All	Wed	4:30 PM		0.50

Preschool Classes

		Age				Hrs
<i>Creative Movements</i>						
Beg		1.5-3	Tue	10:15 AM		0.75
Beg		1.5-3	Wed	9:00 AM		0.75
Beg		1.5-3	Wed	5:00 PM		1.00
Beg		1.5-3	Thu	5:30 PM		1.00
Beg		1.5-3	Sat	9:30 AM		1.00