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 4753 Spotswood Trail, Penn Laird
 (3 miles east of Valley Mall on Route 33, Harrisonburg)

DANCE

ages 2 to 18

SPIN IT, TWIRL IT, MOVE IT, SHAKE IT
 FOR OUR FRIENDS WHO LIKE TO MOVE TO THE BEAT

BEGINNING DANCE PROGRAMS

For the beginning dancer (ages 2-5 years old), we have our Tiny Dancer Program. This series of courses sets your new dancer on a path to strong dance skills, and they are going to ENJOY the process! This is not your typical "practice it, practice it, practice it" repetitious curriculum that extinguishes the little dancer's excitement for the art. These classes are packed with imaginative activities that keep the kids moving and learning (even when they think they are playing).

For the beginning dancer ages 3-5		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	TINY DANCER -- LEVEL 1 ages 3-5	3:30-4:00	5:45-6:15				
	TINY DANCER -- LEVEL 2						
	TINY DANCER -- LEVEL 3						

Creatively move together ages 2-4		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	MOMMY & ME DANCE AGES 2-4		5:00-5:30				

SPECIALTY DANCE PROGRAMS

The Specialty Dance Program is designed to be two classes per week. The dancer at this level needs the additional class time to advance at a pace that satisfies their desires for achievement. The techniques learned in these classes are increasingly more difficult. Proper practice is the key to advancement, and more time with the instructor is the key to properly practicing the techniques. If the dancer is choosing to cross-train (ex. cheer and gymnastics, ballet and tap,...), each class will benefit from the other as they are paired with synergistic partners. We have suggested pairings below. **Just pick your passion!**

CHOOSE 2 OF THE FOLLOWING

For ages 5 and up (or who have graduated Tiny Dancer program)		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	BALLET -- LEVEL 1		4:00-4:45				
	INTRODUCTION TO TAP			5:45-6:30			
	CHEER DANCE	6:00-6:45					
	CHEER STUNTING & TUMBLING				4:40-5:25		
	POP JAZZ -- LEVEL 1	4:15-5:00					
	HIP HOP -- LEVEL 1			4:10-4:55			
	POP JAZZ -- LEVEL 2 (must first complete level 1)	5:00-5:45					
	HIP HOP -- LEVEL 2 (must first complete level 1)			5:00-5:45			
MODERN/CONTEMPORARY (AGES 8 AND UP)			6:30-7:15				

below is a selection of recommended pairings

Dance Pairings Menu for ages 5 and up	1	BALLET -- LEVEL 1		4:00-4:45				
		INTRODUCTION TO TAP			5:45-6:30			
	2	CHEER DANCE	6:00-6:45					
		CHEER STUNTING & TUMBLING				4:40-5:25		
	3	POP JAZZ -- LEVEL 1	4:15-5:00					
		HIP HOP -- LEVEL 1			4:10-4:55			
	4	HIP HOP -- LEVEL 1			4:10-4:55			
		CHEER DANCE	6:00-6:45					