

12-24 MOS

Parent & Me* (<2yrs, Pre-Ballet)

Itty Bitty Ballet (2-3)

2-5 YEARS

Itty Bitty Ballet (2-3)

Itty/Bitty Tumbling (2-4)

Bitty Ballet (3-4)

Tiny Tumblers (3-5)

Tiny T's (4-5, Tap and Ballet)

KINDER-2ND GRADE

KinderCombo (Tap, Jazz and Ballet)

1st-2nd Grade Combo (Tap, Jazz and Ballet)

K-2nd Grade Pom

K-2nd Grade Hip Hop

K-2nd Grade Tumbling

K-2nd Grade Lyrical

K-2nd Grade Musical Theater

3RD-5TH GRADE

3rd- 5th Grade Combo (Tap, Jazz and Ballet)

3rd- 5th Grade Pom

3rd- 5th Grade Hip Hop

3rd- 5th Grade Lyrical

3rd- 5th Grade Musical Theater

6TH GRADE+

Competition and Recreational Classes:

Middle School/High School Tap

Middle School/High School Jazz

Middle School/High School Ballet

Middle School/High School Hip Hop

Middle School/High School Musical Theater

Middle School/High School Lyrical

TUMBLING 3rd GRADE +

Beginner/Intermediate*- Dance focused tumbling and acro working on beginner skills like somersaults and cartwheels through aerial and backhandspring prep, building strength and basic technique.

Advanced*- Dance focused tumbling and acro working on advanced variations of handsprings and aerials.

OPEN TECHNIQUE

Core & Power*- Dance strength class focused on core strength and explosive jumps and leaps.

Skills & Tricks*- Continued technique focused on jump, leaps and turns with some added challenge and variation.

Foundations*- Focused on the basics and the building blocks of a strong dancer, mastering basic turn and jump techniques.

Improv*- Practice your confidence in making up your own moves to all styles of dance.

Extensions*- Flexibility focused class to improve leg holds, jumps and leaps.

Strength & Flexibility*- Combined dance focused strength and flexibility class to improve jumps, leaps and overall stamina and versatility.

Open Technique/Open Combo*- Additional technique classes for competition team members, by invite only.

COMPETITION PROGRAMING

By Invite Only

Tiny Team (4-5 Years)

Mini Team (5-8 Years)

Junior Team (8-12 Years)

Senior Team (1, 2, 3, 4) (11+ Years)

MSHS Team (11+ Years)

*Non-Recital Class



2025-2026

CLASSES