



# SUMMER SESSION 1: May 23-June 24

13331 Lincoln Plaza Way Cedar Lake, IN 219-669-2920

Register for classes at: [www.LMPremierDance.com](http://www.LMPremierDance.com)

| <u>Monday</u>   |   | <u>Tuesday</u>  |  |   | <u>Wednesday</u>   |  |  |
|---|---|---|--|---|--|--|--|
| Ms. Tammy   | Ms. Brooke  | Ms. Patricia  | Ms. Brooke   | Ms. Lynn                                    | Ms. Tammy  | Ms. Lynn                                   | Ms. Brooke                               |
|   | <b>4:15-5:00</b><br>Toddler Tap/Ballet/Jazz<br>Ages: 3-4                |   | <b>3:45-4:15</b><br>Creative Movement<br>Ages: 2.5-4     |   |  |  | <b>4:15-5:00</b><br>Jazz 1<br>Ages: 5-7  |
| <b>5:00-5:45</b><br>Pre Acro<br>Ages: 4 & 5                             | <b>5:00-5:45</b><br>Hip Hop 2<br>Ages: 8-10                             |   | <b>4:15-5:00</b><br>Hip Hop 2<br>Ages: 8-10              | <b>4:15-5:00</b><br>Ballet 1<br>Ages: 5-7   |  | <b>5:00-5:45</b><br>Ballet 1<br>Ages: 5-7  | <b>5:00-5:45</b><br>Jazz 2<br>Ages: 8-10 |
| <b>5:45-6:45</b><br>Acro 2  | <b>6:00-6:45</b><br>Hip Hop 1<br>Ages: 5-7                              | <b>5:00-5:45</b><br>Ballet 2<br>Ages: 8-10  |  |   | <b>5:45-6:30</b><br>Acro 1 & 2   | <b>5:45-6:30</b><br>Ballet 2<br>Ages: 8-10 | <b>5:45-6:30</b><br>Adv. Jazz            |
| <b>6:45-7:30</b><br>Acro 1  | <b>6:45-8:00</b><br>Premier Dance Team Training<br>Level 2, Ages 9-11   | <b>5:45-6:45</b><br>Pre Pointe<br>Ages: 11-13   | <b>6:00-6:45</b><br>Lyrical/Contemporary 2<br>Ages: 8-10 | <b>6:00-6:45</b><br>Ballet 3<br>Ages: 11-13 |  |  |  |
|   | <b>8:00-9:30</b><br>Premier Dance Team Training<br>Level 3, Ages: 12-14 |   |  |   | <b>7:30-8:30</b><br>Acro 3   |  |  |
| <u>Thursday</u>   |   | <u>Class Descriptions:</u>  |  |   | <u>Classes at a Glance</u>   |  |  |
| Brooke  | Patricia  |   |  |   |  |  |  |
| <b>3:30-4:15</b><br>Toddler Tap/Ballet/Jazz                             |   | <b>Toddler Acro Class: (Ages 4-5)</b> A wonderful introduction into basic gymnastic tumbling and coordination skills. Your child will learn confidence, strength & flexibility!   |  |   | <b>Toddler</b> Tap/Ballet/Jazz Mon. 4:15, Thurs 3:30<br>Pre Acro Mon. 5:00<br>Creative Movement Tues 3:45  |  |  |
| <b>4:15-5:00</b><br>Lyrical/Contemporary 1<br>Ages: 5-7                 |   | <b>Creative Movement (Ages: 2.5 - 4)</b> A joyful way for children to explore movement through music and dance. Your child will work on the fundamentals of ballet & jazz while learning confidence and creativity!   |  |   | <b>Level 1 Ages: 5-7</b> Ballet 1 Tues 4:15 & Wed. 5:00<br>Jazz 1 Wed. 4:15<br>Hip Hop 1 Mon. 6:00 & Thurs 5:00<br>Lyrical 1 Thurs. 4:15<br>Acro 1 Mon 6:45 & Wed. 5:45<br>Premier Dance Team Training Thurs. 5:45             |  |  |
| <b>5:00-5:45</b><br>Hip Hop 1<br>Ages: 5-7                              |   | <b>Toddler Tap/Ballet/Jazz (Ages: 3 &amp; 4)</b> Children will begin to learn the fundamentals of dance exploring basic movements and positions of ballet, tap, and jazz. Your child will learn new dance moves, sing songs, gain confidence and have fun!  |  |   | <b>Level 2 Ages: 8-10</b> Ballet 2 Tues 5:00 & Wed. 5:45<br>Jazz 2 Wed. 5:00<br>Hip Hop 2 Mon. 5:00 & Tues. 4:15<br>Lyrical 2 Tues. 6:00<br>Acro 2 Mon. 5:45 & Wed. 5:45<br>Premier Dance Team Training Mon 6:45 & Thurs. 7:15 |  |  |
| <b>5:45-6:30</b><br>Premier Dance Team Training<br>Level 1, Ages 6-8    |   | <b>Acro classes</b> and gymnastics are not the same thing and use very different training. Gymnastics will teach power and speed, Acro will teach slow-controlled tricks & balances. Acro training emphasizes mastery and progression. Skills & tricks learned in acro class are commonly put into dance routines. For this reason, our certified Acro training program is not always based on age, but on skill development. |  |   |  |  |  |
| <b>6:30-7:15</b><br>Hip Hop 3<br>Ages: 11-13                            |   | <b>Acro 1:</b> Mastering Cartwheels, rolls, hand-stands, standing backbends   |  |   |  |  |  |
| <b>7:15-8:45</b><br>Premier Dance Team Training<br>Level 3, Ages: 12-14 | <b>7:15-8:45</b><br>Premier Dance Team Training<br>Level 2, Ages 9-11   | <b>Acro 2:</b> Mastering backbend-rise, limber skills, back-walkover, handstand walks, chin & elbow stands, partner skills  |  |   |  |  |  |
| <b>8:45-9:30</b><br>Lyrical/Contemporary 3<br>Ages: 11-13               |   | <b>Acro 3:</b> Must have backbend-rise & limber skills & backwalkover. Mastering aerial skills & partner skills   |  |   |  |  |  |
|   |   | <b>Premier Dance Team Training:</b> is recommended for new dancers who are interested in competing on our LM Premier Dance Team. Students enrolled in this class must also take a ballet class at their level. Taking both dance team training classes is not required, but highly recommended. Classes will focus on Stretch, Turns, Leaps, Extensions, & Tricks. If time permits a small combo may be added.                |  |   |  |  |  |
|   |   |   |  |   | <b>Level 3 Ages: 11-14</b> Ballet 3 Tues 6:00<br>Pre Pointe Tues 5:45<br>Hip Hop 3 Thurs. 6:30<br>Acro 3 Wed. 7:30<br>Lyrical/Contemporary 3 Thurs 8:45<br>Premier Dance Team Training Mon. 8:00 & Thurs. 7:15                 |  |  |