



Summer Session 2: July 11-August 19

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

Register for classes at: www.LMPremierDance.com

Monday		
Ms. Tammy	Ms. Brooke	
	4:15-5:00 Toddler Tap/Ballet/Jazz Ages: 3-4	
5:00-5:45 Pre Acro Ages: 4 & 5	5:00-5:45 Hip Hop 2 Ages: 8-10	
5:45-6:45 Acro 2	6:00-6:45 Hip Hop 1 Ages: 5-7	
6:45-7:30 Acro 1	6:45-7:30 Jazz 3 Ages: 11-13	

Tuesday		
Ms. Patricia	Ms. Brooke	Ms. Lynn
	4:15-4:45 Creative Movement Ages: 2.5-4	
4:45-5:30 Dance Team- Stretch 1 & 2	4:45-5:30 Hip Hop 2 Ages: 8-10	4:45-5:30 Ballet 1 Ages: 5-7
5:30-6:00 Dance Team- Combo 1	5:30-6:00 Dance Team- Combo 2	5:30-6:15 Ballet 2 Ages: 8-10
6:00-7:00 Pre Pointe Ages: 11-13	6:15-7:00 Lyrical/Contemporary 2 Ages: 8-10	6:00-7:00 Ballet 3 Ages: 11-13
7:00-8:00 Pointe 1	7:00-7:45 Lyrical/ Contemporary 3 Ages: 11-13	7:00-8:00 Pointe 2
8:00-8:30 Dance Team- Combo 3	8:00-8:30 Dance Team- Combo 4	
8:30-9:15 Dance Team- Stretch 3 & 4		

Wednesday		
Ms. Tammy	Ms. Lynn	Ms. Brooke
	4:15-5:00 Ballet 2 Ages: 8-10	4:15-5:00 Jazz 1 Ages: 5-7
	5:00-5:45 Ballet 1 Ages: 5-7	5:00-5:45 Jazz 2 Ages: 8-10
5:45-6:30 Acro 1/2	5:45-6:45 Dance Team- Technique 1	5:45-6:45 Dance Team- Technique 2
	6:45-7:15 Dance Team- Combo 1	6:45-7:15 Dance Team- Combo 2
7:30-8:30 Acro 3	7:15-8:15 Dance Team- Technique 3	7:15-8:15 Dance Team- Technique 4
	8:15-9:00 Dance Team- Combo 3	8:15-9:00 Dance Team- Combo 4
		9:00-9:45 Teen Hip Hop Ages 13 +

Thursday		
Tammy	Patricia	Brooke
		3:30-4:15 Toddler Tap/Ballet/Jazz Ages 3 & 4
	4:15-5:00 Dance Team - Stretch 1 & 2	4:15-5:00 Lyrical/Contemporary 1 Ages: 5-7
5:00-6:00 Advanced Acro Team	5:00-5:45 Pre-Dance Team Training Level 1, Ages 6-8	5:00-5:45 Hip Hop 1 Ages: 5-7
6:00-7:00 Elite Acro Team	5:45-6:45 Dance Team- Technique 1	5:45-6:45 Dance Team- Technique 2
	7:00-7:45 Dance Team - Stretch 3 & 4	6:45-7:30 Hip Hop 3 Ages: 11-13
	7:45-8:45 Dance Team- Technique 4	7:45-8:45 Dance Team- Technique 3

Class Descriptions:
Toddler Acro Class: (Ages 4-5) A wonderful introduction into basic gymnastic tumbling and coordination skills. Your child will learn confidence, strength & flexibility!
Creative Movement (Ages: 2.5 - 4) 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!
Toddler Tap/Ballet/Jazz (Ages: 3 & 4) 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!
Acro classes 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 skill development.
Acro 1: Mastering Cartwheels, rolls, hand-stands, standing backbends
Acro 2: Mastering backbend-rise, limber skills, back-walkover, handstand walks, chin & elbow stands, partner skills
Acro 3: Must have backbend-rise & limber skills & backwalkover. Mastering
Pre-Dance Team Training: is recommended for those 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.

Classes at a Glance	
Toddler	Tap/Ballet/Jazz Mon. 4:15, Thurs 3:30 Pre Acro Mon. 5:00 Creative Movement Tues 4:15
Level 1 Ages: 5-7	Ballet 1 Tues 4:45 & Wed. 5:00 Jazz 1 Wed. 4:15 Hip Hop 1 Mon. 6:00 & Thurs 5:00 Lyrical 1 Thurs. 4:15 Acro 1 Mon 6:45, Wed 5:45 Pre Dance Team Training Thurs. 5:00
Level 2 Ages: 8-10	Ballet 2 Tues 5:30 & Wed. 4:15 Jazz 2 Wed. 5:00 Hip Hop 2 Mon. 5:00 & Tues. 4:45 Lyrical 2 Tues. 6:15 Acro 2 Mon. 5:45, Wed. 5:45
Level 3 Ages: 11-14	Ballet 3 & Pre-Pointe Tues 6:00 Lyrical/ Contemporary Tues 7:00 Hip Hop 3 Thurs. 6:45 Acro 3 Wed. 7:30 Jazz 3 Mon 6:45, Wed 9:00
ALL current Dance Team members or interested dance team members are required to take AT A MINIMUM the following classes to be considered for the 2022-23 team:	
1 Ballet Class at their level (45-60min)	
1 Dance Team Stretch Class (45 min)	
2 Dance Team Technique Classes (60min)	
1 Dance Team Combo class (30-45 min)	