

SCHEDULE GUIDE



2026-27

Season 56



*We empower dancers to grow,
express, and succeed—
on and off the stage.*

📍 3524 E MARKET ST, YORK

☎️ 717-755-6683 CALL OR TEXT

✉️ CS@DanceItForward.org

WWW.DANCEITFORWARD.DANCE



Season Calendar & Signature Productions

AT DANCE IT FORWARD

Office Hours

Mon 4-8 pm
 Tues 4-8 pm
 Wed 4-8 pm
 Thr 4-8 pm
 Sat 10 am-1 pm

Summer Office Hours Vary
 See Calendar

Welcome to our 56th Season

For over 55 years, Dance It Forward® has inspired dancers to grow in confidence, creativity, and connection through the joy of dance. Proudly recognized as York County's "Best of the Best" year after year, we are committed to creating a welcoming community where every dancer can thrive.

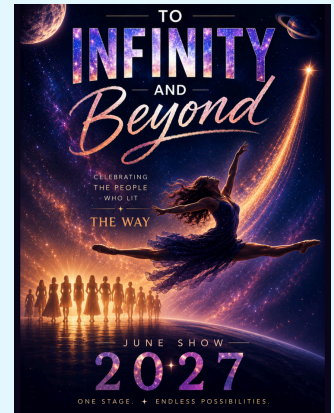
From first steps to professional stages around the world, our students have built a legacy of excellence. Join us and discover why generations of families have called Dance It Forward home—we're so excited you're here!



Summer Programs	June 15 to August 6, 2026
Forward Force Competition Dance Team Auditions!	Coming Soon
The Hip Nut Auditions!	August 6, 2026
School Year Season Opening	August 22, 2026
Closed: Labor Day	September 3-7, 2026
Nutcracker Auditions!	September 12, 2026
1st Nutcracker Rehearsal (Mandatory)	September 19, 2026
York Halloween Parade	October 25, 2026 (tentative)
Closed: Halloween	October 31, 2026
Closed: Thanksgiving Break	November 23-29, 2026
Special Early Childhood Events	December 8 & 9, 2026
Closed: Nutcracker Preparations	December 7-12, 2026
Nutcracker Ballet & Hip Nut @ Appell Center for the Performing Arts	December 12-13, 2026
Closed: Holiday Break	December 14 2026 to January 3, 2027
Closed: Spring Break	March 22 - April 4, 2027
All Classes Visitor's Week	May 17-22, 2027
Closed: Memorial Day Break	May 25-31, 2027
Last Day of Classes for the Season	June 5, 2027
June Show Week Rehearsals	June 7-13, 2027
June Show	June 12-13, 2027

See the monthly newsletters and the Online Calendar for updates

Signature Productions



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DANCE IT FORWARD

PATHWAYS

BUILDING CONFIDENT, CREATIVE, AND PERFORMANCE-READY DANCERS

We are a ballet-based training conservatory dedicated to developing strong, versatile dancers. While our pre-professional division prepares students for advanced study and professional pathways, we also offer open classes and a dance competition team for those seeking additional stage or competition experience. Every program is built on a foundation of strong technical training and the love of dance.



1 HAPPY FEET ACADEMY AGES 1.5-7

Early Childhood classes that build confidence, creativity, coordination, and beginning technique through joyful experiences.



BALLET TRACK

- Discover Ballet 3-4
- Pre-Primary Ballet 4-6
- Primary Ballet 5-7

FUN WITH DANCE (FWD) TRACK

- Happy Feet Tots 1.5-3
- Happy Feet Combo 3-4
- Happy Feet Combo 4-5
- Happy Feet Combo 5-7
- Pop Hop Combo 4-7
- DanceMix Rotating Class 3-6
- Acro 3-5 & 5-7
- Aerial Adventures 4-7
- FWD Pom 4-7

2 OPEN CLASS PROGRAM AGES 7+

Classes for dancers seeking artistic growth technical training and leadership development.



THE SCHOOL OF BALLET

- Ballet
- Pointe
- Modern
- Contemporary
- Conditioning
- Variations
- Partnering
- Repertoire

ADULT

- Ballet
- Jazz
- Contemporary
- KickStars! Performers

THE SCHOOL OF COMMERCIAL DANCE

- Contemporary
- Hip Hop
- Tap
- Acro
- Musical Theatre/Jazz
- Pom Squad & Cheer
- ALL Boys Combo
- Aerial Arts

3 PERFORMANCE TRAINING OPPORTUNITIES

For serious dancers pursuing higher-level ballet training, artistry, discipline, and advanced performance opportunities.



PRE-PROFESSIONAL COMPANY GREATER YORK YOUTH BALLET

- Classical & Contemporary Ballet
- Solo Competition Opportunities

COMPETITION TEAM FORWARD FORCE DANCE TEAM

- Hip Hop
- Pom
- Contemporary



NON-COMPETING ENSEMBLES

- FORWARD COMPANY
- YOUTH ENSEMBLE
- HIP HOP CREW
- NHSDA ENSEMBLE



4 SIGNATURE PRODUCTIONS

Dance It Forward creates major productions to enhance both the dancer and the audience experiences.



Nutcracker Ballet

The Hip Nut

June Show



Early Childhood Dance

Young children will learn to dance and grow as they develop their balance, coordination, and strength while sparking creativity and preparing for the big stage.

We offer each little dancer a relaxed, encouraging environment. The carefully crafted curriculum provides the best in dance education, igniting each child's own special magic. Every class nurtures confidence, making new friends, coordination and of course, solid dance beginnings. Our trained and experienced staff love what they do as they carry on the program after founder, Shana Garling.

The Happy Feet Academy INTRO TO BALLET classes are Ballet-focused classes, created to promote the enjoyment of ballet along with the love of beautiful classical music. Our FUN WITH DANCE Classes are just that - having fun and learning early childhood dance skills. Lessons are presented in a graduated format in a variety of styles from tap to hip hop, tumbling & acro to jazz and pom/cheer and more.

\$69/month

See Pricing Page for Performance Package Details. Full Schedule is on the last page.



Happy Feet students join our annual Performance Package, which includes:

- Participation in the June Show, A June Show costume to keep & the opportunity for eligible performing classes (indicated below) to sign up to perform in our December productions.

Happy Feet Tots



Happy Feet Tots Ages 1.5-3

- 30 minute dance class combining creative movement and pre-ballet beginnings for ages 1.5-3; Non-performing Class
- One parent/adult attends the class if the dancer is not ready to separate



Intro To Ballet

Discover Ballet Ages 3-4

- A playful and imaginative introduction to movement, rhythm, and basic ballet concepts
- Must be potty trained
- Begins the love of classical music
- Performs a Pre-Ballet dance in June Show

Pre-Primary Ballet Ages 4-6

- A Pre-Primary Ballet class with special themes
- Introduces the student to a foundation for ballet as well as facilitating development for other athletic activities plus moving to classical music
- Sign-up for participation in the Nutcracker Ballet and/or The Hip Nut (separate rehearsal times from class)
- Performs a Pre-Ballet dance in the June Show

Primary Ballet Ages 5-7

- Focus is on building skills & ballet etiquette;
- Ages 6-7 yr olds 2 classes/wk recommended
- Must have completed PRE-PRIMARY BALLET
- Sign-up for participation in the Nutcracker Ballet and/or The Hip Nut (separate rehearsal times from class)
- Performs a Ballet dance in the June Show

Happy Feet Combo Classes

Combo Ages 3-4

- Pre-school combo class Ballet, Tap, Jazz & Musical Theatre
- Must be potty trained
- Performs Pre-Ballet/Novelty or Tap Dance in June Show

Combo Ages 4-5

- A fun class combining Ballet, Tap, Jazz & Musical Theatre
- Sign-up for participation in the Nutcracker Ballet and/or The Hip Nut (separate rehearsal times from class)
- Performs Tap or Jazz Dance in June Show

Combo Ages 5-7

- A more structured class combining Ballet, Tap, Jazz & Musical Theatre
- Sign-up for participation in the Nutcracker Ballet and/or The Hip Nut (separate rehearsal times from class)
- Performs Musical Theatre Dance in June Show

Pom & Cheer



Pom Squad & Cheer Ages 4-7

- A high-energy specialty class blending pom routines, dance team jazz, and cheer techniques Learn the latest Dance Team Styles
- Sign-up for participation in the Nutcracker Ballet and/or The Hip Nut (separate rehearsal times from class)
- Performs Pom Dance in June Show

Forward Company

Forward Company Ages 4-7

- 30 minute Rehearsal Class Added-on to any other Early Childhood Class
- Build performance skills in a variety of styles
- Sign-up for participation in the Nutcracker Ballet and/or The Hip Nut (separate rehearsal times from class)
- Performs in June Show plus special invitations at community performances

Pop Hop



Pop Hop Ages 4-7

- Pop Jazz, KPop & Hip Hop was created for dancers who like fast and popular dancing
- Age-appropriate children's dance music; a fun way to learn new styles of Hip Hop & Pop Jazz
- Sign-up for participation in the Nutcracker Ballet and/or The Hip Nut (separate rehearsal times from class)
- Performs Hip Hop/Pop Jazz Dance in June Show

Non-Performing Classes

Acro & Tumbling Ages 3-7



- Acro & Tumbling with champion gymnast, Kylah!
- Focus is on proper execution of acrobatic skills and tumbling while working to build flexibility, strength & conditioning

DanceMix Rotating Class Ages 3-6

- Recreational class for 3-6 yr olds who want to give dance a try but not yet commit to performing
- Dancers explore new styles—Jazz, Lyrical, Hip Hop & Pom-Cheer: Discover joy & Dance it all!

Aerial Adventures Ages 4-7



- This thrilling class for of Early Childhood Aerial Arts builds on the advancement of interactive circuits, balance beam, and aerial silks. Open to all and boys especially enjoy this class

Open Class Program



School of Commercial Dance

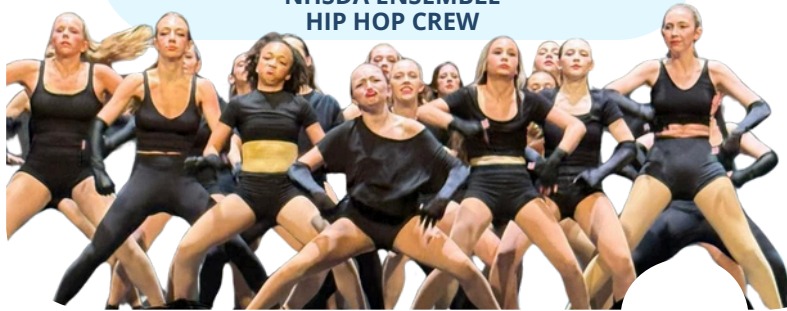
Performing Classes

TAP
HIP HOP
CONTEMPORARY
ALL BOYS COMBO
POM SQUAD & CHEER
MUSICAL THEATRE & JAZZ

- COMMERCIAL DANCERS PERFORM in The Hip Nut: Mid-year performance celebrating student growth.
- June Show: End-of-season performance at the Appell Center for the Performing Arts. We work towards the "end of season show" as an exciting goal.

Performing Ensembles & Teams

FORWARD FORCE DANCE COMPETITION TEAM
YOUTH ENSEMBLE
NHSDA ENSEMBLE
HIP HOP CREW



Non-Performing Classes

ACRO
AERIAL ARTS
DANCEMIX ROTATING COMBO

New to Dance? Select Level 1 when you enroll.

School of Ballet

BALLET POINTE VARIATIONS
PARTNERING CONDITIONING REPERTOIRE

The School of Ballet at Dance It Forward sets the stage for the entire school. As an American Academy of Ballet Certified School, students receive the finest training from faculty who have specific knowledge of our syllabus, philosophy and legacy. It is both our privilege and our responsibility to joyfully pass on the ballet traditions of classical ballet in a relevant format. Students progress through levels based on mastery of skills. Under our guidance, students learn technique - repeating and refining movements until each becomes part of the body's muscle memory. Our programs have a proven record of success as our dancers are performing as professionals all over the world. Students use the professional atmosphere in which to grow. As they discover themselves and follow their dreams, they are assisted in making career choices whether it be to dance or to explore the many other opportunities available to them in college and beyond.

Ballet Conservatory

The Ballet Conservatory is the highest level of training within the School of Ballet and is designed for serious dancers and students who are committed to excellence, discipline and artistry as members of the Greater York Youth Ballet.

- The Nutcracker Ballet: Mid-year performance celebrating student growth
- June Show: End-of-season performance at the Appell Center for the Performing Arts. We work towards the "end of season show" as an exciting goal.

Private Lessons & Coaching

- Get the greatest value out of your dance classes by taking private lessons and progress at an accelerated pace
- Work with a specially selected faculty member
- Focus on flexibility, technique, mindset and mentality, choreography or work on something specific that interests you
- Private lessons are available at various times throughout the week and on weekends. 30 & 60 minute time slots; semi-private options available
- 24 hr cancellation notice required

See Pricing Page for Performance Package Details. Full Schedule is on the last page.

Adult Dance

Classes & Performing

ADULT JAZZ
ADULT BALLET
ADULT CONTEMPORARY

KICKSTARS! ADULT DANCER PERFORMING GROUP

Adults...

Wear Anything Comfortable with Dance Shoes.



Flexible
Scheduling



Professional
Faculty



Performance
Opportunities

Pricing

AT DANCE IT FORWARD

More than a dance studio—DANCE IT FORWARD is a multi-division training center offering structured pathways from Early Childhood through Pre-professional training.

ANNUAL MEMBERSHIP DUES

Annual membership dues are \$50 for the first student & \$25 for each additional student.

HAPPY FEET EARLY CHILDHOOD ACADEMY

Introductory program focused on joy, coordination, and confidence.

1 Class/Week \$69/Month

Additional Discounts:

- 20% off regular rate for the 2nd and 3rd class/week
- 25% off for the 4th class/week
- 30% off for the 5th or more class/week
- Siblings are included

- Hip Hop is not discounted; Discounts are given on the lowest price class

OPEN PROGRAM

Structured training with or without a performance commitment.

The School of Ballet The School of Commercial Dance

1 Class/Week \$79/Month

PAYMENT POLICIES ARE IN THE PARENT PORTAL & SIGNED WHEN YOU JOIN

INTERESTED IN JOINING COMPANY? Ask about the special discount pricing & schedules.

Students participate in our Signature Performances!

Nutcracker Ballet The Hip Nut! The June Show

The PERFORMING STUDENT PACKAGE includes the cost of creating productions, rehearsal hours, choreography, venue & theatre rental, staging, costumes, rentals, staff, props, set, lighting design & production, music editing, licensing fees. Tickets to our performances are separate & extra.



HAPPY FEET EARLY CHILDHOOD ACADEMY

- Happy Feet students join our annual Performance Package, which includes:
- Participation in the June Show, A June Show costume to keep & the opportunity for eligible performing classes to participate in our December productions:
 - The Nutcracker Ballet and The Hip Nut, will be held December 12-13 at the Appell Center for the Performing Arts.
 - The Performance Package cost is the same for all students, regardless of whether they participate in one December production, both productions, or neither. Please see the Pricing Page for details.
 - To participate in a December production, simply enroll in your regular class and sign up by adding the rehearsals through your Parent Portal. Production rehearsals begin in October and meet weekly through the December show(s).
 - December Show Rehearsals
 - The Hip Nut: Tuesdays, 6:45-7:15 PM
 - Nutcracker Ballet: Saturdays, 11:15-11:45 AM
 - June Show: Dances for the June Show are rehearsed during the regular class.
- Note: Students enrolled in ages 3-4 classes participate in the June Show only.

OPEN CLASS PROGRAM

- Students in the **School of Ballet** who wish to perform should be enrolled in the Ballet & Variations classes (same day) to their schedule 1 ballet class/week. Dancers will learn their Nutcracker piece during the Variations Rehearsal Class Thursdays 6:45-7:15pm.
- Students in the **School of Commercial Dance** will learn their Hip Nut choreography during their regular Commercial classes (Hip Hop, Pom, Musical Theatre/Jazz, Tap & Contemporary).

Dancers who wish to be considered for more than one role may attend the Nutcracker Ballet Audition in September 12.

PERFORMING STUDENT PACKAGE \$250/PERFORMING CLASS

Covers cost to perform in the Nutcracker Ballet, The Hip Nut plus a June Show costume (to keep).

- Full season amount paid in 2 installments of \$125 on October 30 & January 29.
- Mid-season enrollments will be charged the full \$250 on January 29.

Youngest PERFORMING STUDENT PACKAGE \$125/PERFORMING CLASS

- Happy Feet Combo 3-4 & Discover Ballet 3-4 due October 30.

PERFORMING STUDENT PACKAGE \$250/PERFORMING CLASS

Covers cost to perform in the Nutcracker Ballet, The Hip Nut & the June Show.

- Full season amount paid in 2 installments of \$125 on October 30 & January 29.
- Mid-season enrollments will be charged the full \$250 on January 29.

OPTIONAL FUNDRAISERS

- The Parents Committee makes available individual fundraisers for students to earn credits towards trips, dues, and other dance expenses.
- Details are included in our monthly newsletters.



PROMOS & INCENTIVES

- FREE Pom Poms to Pom Squad & Cheer Classes
- FREE DANCE BAG to Early Childhood Students
Pick up at the front desk
- FREE Class Trials
- Family/Multi-class Discount
- REFERRAL REWARDS \$25 account credit for each referral you send us who joins!

COSTUME SYSTEM ADVANTAGE

- Professional Production Wardrobe Included
- Many costumes are provided to reduce costs
- Early Childhood classes gets a new costume to keep for the June Show
- Our companies need an official uniform & jacket



Performing Companies

AT DANCE IT FORWARD

Performance Training Opportunities



Pre-Professional
Division

GREATER YORK
YOUTH BALLET



PRE-PROFESSIONAL TRAINING DIVISION GREATER YORK YOUTH BALLET

Advanced training pathway. Placement by evaluation.
Classical & Contemporary Ballet Performances
Solo Competition Options
Includes Ballet, Conditioning, Pre-Pointe/Pointe;
Contemporary; Repertoire.



Competition
Team

FORWARD FORCE
DANCE TEAM

FORWARD FORCE COMPETITION DANCE TEAM

Training pathways for the progressive & pre-
professional dancer. Placement by audition.
Compete Hip Hop, Pom, Contemporary Styles
Ballet & Commercial Styles & Rehearsals



Adults &
Kickstars!

→ Adult Classes
→ Kickstars!

KICKSTARS! ADULT DANCE CO



Open Classes Program Ages 7-20

The School of Ballet

The School of Commercial Dance

NON-COMPETING ENSEMBLES

Performance Training for a variety of ages.
Placement by choice.
NHS DA ENSEMBLE
YOUTH ENSEMBLE
HIP HOP CREW



Ages 1.5-7

Classes with a Ballet Track
Combo Classes for A Fun With Dance approach

FORWARD COMPANY AGES 4-7

Dance Company for our youngest dancers

Let us perform for you!

Have an event that needs a show? A dance? A flash mob? Arrange for a Dance It Forward performance!



DANCE *it* FORWARD

Dance It Forward — 2026–27 School Year Schedule

August 22, 2026 - June 13, 2027

6/23b

DAY	Studio A	Studio B	Studio C	Studio D
MONDAY	<p>GYVB CO Class & Rehearsal TBA 4:30–TBA • Pastelle **See Calendar Each Week for exact sche</p> <p>YOUTH ENSEMBLE 7:45-8:15 • Pastelle</p>	<p>Acro Ages 3–5 4:30–5:00 • Kyla</p> <p>Acro Ages 5–7 5:15–5:45 • Kyla</p> <p>Acro Levels 1/2 5:45–6:30 • Kyla</p> <p>Acro Levels 3/4 6:30–7:15 • Kyla</p> <p>Acro Levels 5/6 7:30–8:15 • Kyla</p> <p>NHSDA 8:15–9:00 • Sarah</p>	<p>Discover Ballet Ages 3-4 5:00–5:45 • Ellie</p> <p>Pre-Primary Ballet Ages 4-6 5:45–6:30 • Ellie</p> <p>Primary Ballet Ages 5-7 6:30–7:15 • Ellie</p> <p>Ballet Levels 1/2 7:15–8:00 • Ellie</p>	<p>Happy Feet Combo Ages 4–5 5:00–5:45 • Alyson</p> <p>Pop Hop Combo Ages 4–7 5:45–6:30 • Alyson</p> <p>DanceMix Rotating Ages 3–6 6:30–7:15 • Alyson</p>
TUESDAY	<p>Ballet/Pre-Pointe Levels 3/4 4:30–6:00 • Pastelle</p> <p>Ballet Rehearsal Levels 3/4 6:00–7:15 • Pastelle</p> <p>Ballet/Pointe/Reh Levels 5/6 7:30–9:00 • Pastelle</p>	<p>Contemporary Levels 5/6 4:30–5:15 • Samantha</p> <p>Pom Squad & Cheer Levels 5/6 5:15–6:00 • Samantha</p> <p>Hip Hop Levels 1/2 6:00–6:45 • Samantha</p> <p>Competition Team Reh 6:45–7:45 • Samantha</p> <p>Contemporary Levels 3/4 7:45–8:30 • Samantha</p>	<p>Ballet Levels 1/2 4:30–5:15 • Erin</p> <p>Contemporary Levels 1/2 5:15–6:00 • Erin</p> <p>Sr Musical Theatre/Jazz 6:00–6:45 • Erin</p> <p>Kickstars! Performers (Adults) 6:45–7:30 • Erin</p> <p>Adult Ballet 7:30–8:30 • Erin</p>	<p>Happy Feet Combo Ages 5–7 4:45–5:30 • Emily</p> <p>Happy Feet Tots Ages 1.5–3 5:30–6:00 • Emily</p> <p>Happy Feet Combo Ages 3–4 6:00–6:45 • Emily</p> <p>Early Childhood Hip Nut Reh 6:45–7:15 • DIF Instructor</p>
WEDNESDAY	<p>Ballet Levels 5/6 4:30–6:00 • Erika</p> <p>Ballet Levels 3/4 6:15–7:45 • Erika</p> <p>Modern Levels 4/5/6 7:45–8:30 • Erika</p>	<p>Boys Dance Combo Ages 6+ 4:45–5:30 • Kam</p> <p>Hip Hop Levels 3/4 5:30–6:15 • Kam</p> <p>Hip Hop Levels 5/6 6:15–7:00 • Kam</p> <p>Sr Crew Reh 7:00–7:45 • Kam</p> <p>Jr Crew Reh 7:45–8:30 • Kam</p>	<p>Jr Musical Theatre/Jazz 4:45–5:30 • Erin</p> <p>Pop Hop Combo Ages 4-7 5:30–6:15 • Erin</p> <p>Happy Feet Combo Ages 5–7 6:15–7:00 • Emma</p> <p>Adult Jazz 7:00–7:45 • Erin</p> <p>Adult Contemporary 7:45–8:30 • Erin</p>	<p>Happy Feet Tots Ages 1.5–3 5:00–5:30 • Kyla</p> <p>Happy Feet Combo Ages 3–4 5:30–6:15 • Kyla</p> <p>Happy Feet Combo Ages 4–5 6:15–7:00 • Kyla/Emma</p> <p>DanceMix Rotating Ages 7+ 7:00–7:45 • Emma</p>
THURSDAY	<p>Ballet Levels 2-4 + Teen 4:45–5:45 • Pastelle/Ellie</p> <p>Ballet Levels 1/2 5:45–6:45 • Pastelle/Ellie</p> <p>Ballet Variations Levels 1/2 6:45–7:15 • Pastelle/Ellie</p> <p>GYVB Rehearsal TBA 7:15–8:45 • Pastelle</p>	<p>Ballet Levels 3/4 4:45–6:15 • Re</p> <p>Ballet Levels 5/6 + Pointe 6:15–8:00 • Re</p> <p>GYVB Rehearsal Levels 5/6 8:00–9:00 • Re</p>	<p>Aerial Arts Levels 1/2 5:00–5:45 • Chad</p> <p>Aerial Adventures 4-7 5:45–6:15 • Chad</p> <p>Aerial Arts Levels 3/4 6:15–7:00 • Chad</p> <p>Pom Squad & Cheer Levels 3/4 7:15–8 • Holly</p>	<p>Pre-Primary Ballet Ages 4-6 4:30–5:15 • Ellie</p> <p>Pom Squad & Cheer 4-7 5:15–6:00 • Holly</p> <p>Forward Company Ages 4-7 6:00–6:30 • Holly</p> <p>Pom Squad & Cheer Levels 1/2 6:30–7:15 • Holly</p>
SATURDAY	<p>Company Class/Reh TBA 1:00–4:00 • Pastelle</p> <p>NHSDA Reh TBA</p>	<p>Ballet & Tap Levels 1/2, Ages 7+ 11:00–12:00 • Hannah</p> <p>Company Conditioning 12:00–12:30 • Hannah</p>	<p>Aerial Arts Levels 1/2 10:00–10:45 • Chad</p> <p>Aerial Arts Levels 5/6 10:45–11:30 • Chad</p>	<p>Happy Feet Combo Ages 3–4 9:30–10:15 • Hannah/Emma</p> <p>Happy Feet Combo Ages 5–7 10:15–11:00 • Hannah</p> <p>Early Childhood Nutcracker Reh 11:15–11:45 • Emma</p>

BALLET **HAPPY FEET EARLY CHILDHOOD** **COMMERCIAL** **ADULT** **COMPANY**

