



HAC **DANCE** HAC **TUMBLING**

2026 HAC DANCE & TUMBLING

SUMMER PROGRAMS

REGISTER AT HAC.FIT/SUMMER-DANCE-TUMBLING

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Open to Non-Members

Registration

Registration is to be completed through Jackrabbit, accessible from hac.fit/Summer-Dance-Tumbling



Register Here



What to Expect

Get ready for the best week ever! As part of our HAC Dance & Tumbling family, dancers will learn, grow & play together in our community centered atmosphere. Trained, caring instructors will help your child improve their dance and tumbling skills, as well as encourage friendship and positive social interactions amongst the participants. The best part is we cap off the week with an amazing parent show for family and friends, to show off what we've learned! Register today so you don't miss out on all the fun!

Pricing Options

Open to members and non-members

Your dancer or tumbler can enroll in just the Dance and Tumbling Curriculum, or our Extended Day Programming. Extended Day Programming will include the base curriculum with additional fun activities in the morning and afternoon. Please see the schedule on the next page for more details.

Extended Day 7:00am - 5:30pm	Early Registration <i>Opens March 1st for members; April 1st for non-members</i>		May Registration <i>Opens May 1st</i>
	Members Only	Non-Members	Members/Non-Members
Ages 3-4	\$422	\$499	\$435 / \$514
Ages 5-12	\$385	\$429	\$397 / \$422

Dance & Tumbling Curriculum	Early Registration <i>Opens March 1st for members; April 1st for non-members</i>		May Registration <i>Opens May 1st</i>
	Members Only	Non-Members	Members/Non-Members
Ages 3-4 (9:00-12:00)	\$345	\$408	\$356 / \$422
Ages 5-12 (9:00-3:00)	\$340	\$370	\$355 / \$385

Refund Policy

No refunds after May 3rd; you may switch to a different week depending on availability. Class sizes are limited.

Before Care (Extended Day Only)

Included in extended day pricing

ALL AGES	
7:00 – 8:00AM	Drop off, arts n' crafts & self guided activities (board games, card games etc.) in Dance Studio 2
8:00 – 9:00AM	Time to get movin'! Teacher led sports and games in the Tumbling Area

Dance and Tumbling Hours

AGES 3-4		AGES 5-12	
9:00AM – 12:00PM	Dance & Tumbling Curriculum in Dance studio 3 and Tumbling Area	9:00 AM – 3:00PM	Dance & Tumbling Curriculum in Dance Studio 1, 2, or Tumbling Area • <i>Lunch at Noon</i>

After Care (Extended Day Only)

Included in extended day pricing

AGES 3-4		AGES 5-12	
12:00 – 12:45PM	Lunch	3:00 – 3:30PM	Afternoon snack and arts n crafts.
12:45 – 1:30PM	Arts n' crafts, structured creative movement and follow-me songs in Dance Studio 3.	3:30 – 4:45PM	Change and pool time ¹
1:30 – 3:00PM	Change and pool time ¹	4:45 – 5:30 PM	Teacher led games and activities in Dance Studio 2.
3:15 – 4PM	Afternoon snack and movie on the big screen in Dance Studio 2.	¹ Dancers ages 3-4 will only be permitted in our indoor pool's zero-depth area (not to go past the center lane line.) Dancers ages 5-12 participate in a swim test on Monday, and are only permitted to swim in locations most appropriate for their swimming ability. HAC Lifeguards will always be on staff, with teachers stationed along the edge of the pool to help supervise. Children who are not swimming must sit with a teacher. If you would like your child to swim in the indoor pool only, please email relliott@hachealthclub.com	
4:00 – 5:30PM	Teacher led games and activities in Dance Studio 2.		

EXTENDED DAY

Drop-off & Pick-up

Drop Off

- 7:00 – 8:45 AM

Drop off takes place at the club's south entrance, also referred to as "the circle." Please follow the drop-off procedures found at hac.fit/camp

Drop offs after 8:45 must be walked into the building.

Pick-Up

- 3:30 – 5:30 PM

DANCE & TUMBLING HOURS

Drop-off & Pick-up

Drop Off

- 9:00 AM

Drop off in person at Dance Studio 3 (ages 3-4) or Studio 1 or 2 (ages 5-12).

You must park and walk your child in.

Pick-Up

- Ages 3-4:
 - 12:00 Noon - In-person at Dance Studio 3
- Ages 5-12:
 - 3:00 PM - In-person at Dance Studio 1 or Dance Studio 2

Policy for Extended Day

Between the hours of 3:30pm - 5:00pm, you must park in the main HAC lot and walk in to sign your child out with their Dance / Tumbling Coach. Parking and leaving your car in the circle is strictly prohibited, as this creates a traffic jam and an unsafe situation for Summer Camp pick up.

This policy still applies for those with siblings in HAC Summer Camp. You must sign out your Dancer / Tumbler with us, prior to picking up your HAC Summer Campers. HAC Summer Camp staff cannot retrieve your Dance / Tumbling student.

For the safety of all HAC members & staff, Dancers / Tumblers may not be picked up at the South Entrance prior to 5:00pm. No exceptions. Starting at 5:00pm until last pickup at 5:30pm, you are permitted to pick up your Dancer / Tumbler via the car line at the South Entrance.

Late Pick-up Policy

Dance programming ends at 12:00pm for ages 3-4, at 3:00pm for ages 5-12, and at 5:30pm for our extended day participants. The late pickup charge is \$1.00 per minute. Children who are not picked up within 30 minutes of their pick-up time will be taken to childcare, located in the entrance of the club. If the late pickup charge is not received within 24 hours, HAC will charge your card on file.

What to Wear

- Ages 3-4
 - Comfy clothing (no skirts or dresses); you may choose to wear a leotard / dance dress, however it is not required.
- Ages 5-12
 - Leotard, dance shorts or ballet skirt, & tights.
- Hair should be in a clean slicked back ponytail or bun
- Dance shoes appropriate for your styles of dance for the week, *(not a requirement for ages 3-4, but strongly encouraged.)*

ADDITIONAL NOTES

- *Any dance shoes and clothing are permitted. They do not have to be purchased through our Nimble store.*
- *If you are not wearing dance shoes, you must wear sneakers for safety reasons. No dancing barefoot, crocs or sandals etc.*

What to Bring

- Dance bag with shoes
- Food & Drinks
 - **Dance & Tumbling Hours (Ages 3-4):** One snack and a water bottle
 - **Dance & Tumbling Hours (Ages 5-12):** One snack (morning), a lunch,* and a water bottle
 - **Extended Days:** Two snacks (morning & afternoon), a lunch,* and a water bottle

*Parents who wish to order lunch from the HAC Café must pre-order their food each morning to be ready at 12:00 noon. A teacher will escort your child to the café to pick up their lunch.

- Pool Accessories *(Extended-Day only)*
 - Pool bag for afternoon swim. Swimsuit, towel, crocs / flip flops *(permitted during pool time only.)*
 - Waterproof or plastic bag for wet swim items.
 - Comfy clothes to change into after pool time.





WEEK *One*

JUNE 8TH - 12TH

DANCE & TUMBLING

AGES 3-4

Ballet & Tumbling

PRINCESS BALLERINA

CURRICULUM HOURS: 9:00 AM - NOON

AGES 5-6

Jazz Dance & Tumbling

ZOOTOPIA 2

CURRICULUM HOURS: 9:00 AM - 3:00 PM

AGES 7+

Jazz Dance & Tumbling

ZOOTOPIA 2

CURRICULUM HOURS: 9:00 AM - 3:00 PM



WEEK *Two*

JUNE 15TH - 19TH

DANCE & TUMBLING

AGES 3-4

Hip-Hop Dance & Tumbling

BLUEY

CURRICULUM HOURS: 9:00 AM - NOON

AGES 5-6

Jazz/Hip-Hop Dance & Tumbling

KPOP

CURRICULUM HOURS: 9:00 AM - 3:00 PM

AGES 7+

Jazz/Hip-Hop Dance & Tumbling

KPOP

CURRICULUM HOURS: 9:00 AM - 3:00 PM

WEEK *Three*

JUNE 22ND - 26TH

DANCE & TUMBLING

AGES 3-4

Creative Movement & Tumbling

PAW PATROL

CURRICULUM HOURS: 9:00 AM - NOON

AGES 5-6

Jazz/Hip-Hop Dance & Tumbling

DESCENDANTS / ZOMBIES WORLD TOUR

CURRICULUM HOURS: 9:00 AM - 3:00 PM

AGES 7+

Jazz/Hip-Hop Dance & Tumbling

DESCENDANTS / ZOMBIES WORLD TOUR

CURRICULUM HOURS: 9:00 AM - 3:00 PM



WEEK *Four*

JUNE 29TH - JULY 2ND

TUMBLING

4-Day
Week

AGES 3-4

Tumbling

LIL' TRICKSTERS

CURRICULUM HOURS: 9:00 AM - NOON

AGES 5-12 BOYS

Tumbling & Tricks

ALL AMERICAN HEROES WEEK

CURRICULUM HOURS: 9:00 AM - 3:00 PM

AGES 5-12 GIRLS

Tumbling & Acro

SUMMER GAMES OLYMPICS

CURRICULUM HOURS: 9:00 AM - 3:00 PM



WEEK *Five*

JULY 6TH - 10TH

DANCE & TUMBLING

AGES 5-6

Jazz Dance & Tumbling

POP STAR

CURRICULUM HOURS: 9:00 AM - 3:00 PM

AGES 7-9

Jazz/Lyrical Dance & Tumbling

SWIFTIE NATION

CURRICULUM HOURS: 9:00 AM - 3:00 PM

AGES 10+

Jazz/Lyrical Dance & Tumbling

SWIFTIE NATION

CURRICULUM HOURS: 9:00 AM - 3:00 PM



WEEK *Six*

JULY 13TH - 17TH

DANCE & TUMBLING

AGES 3-4

Hip Hop Dance/Creative Movement & Tumbling

MINIONS

CURRICULUM HOURS: 9:00 AM - NOON

AGES 5-6

Jazz Dance & Tumbling

BARBIE DREAM HOUSE

CURRICULUM HOURS: 9:00 AM - 3:00 PM

AGES 7+

Jazz Dance & Tumbling

PERFECTLY PINK - DESTINATION DREAM VACATION

CURRICULUM HOURS: 9:00 AM - 3:00 PM

WEEK *Seven*

JULY 20TH - 24TH

DANCE & TUMBLING

AGES 3-4

Ballet/Creative Movement & Tumbling

UNDER THE SEA

CURRICULUM HOURS: 9:00 AM - NOON

AGES 5-6

Jazz Dance & Tumbling

SURF'S UP! BEACH PARTY WEEK

CURRICULUM HOURS: 9:00 AM - 3:00 PM

AGES 7+

Jazz Dance & Tumbling

SURF'S UP! BEACH PARTY WEEK

CURRICULUM HOURS: 9:00 AM - 3:00 PM



WEEK *Eight*

JULY 27TH - 31ST

DANCE, MUSICAL THEATRE & TUMBLING

AGES 5-6

Jazz, Musical Theatre, & Tumbling

WICKED FOR GOOD

CURRICULUM HOURS: 9:00 AM - 3:00 PM

AGES 7-9

Jazz, Musical Theatre, & Tumbling

WICKED FOR GOOD

CURRICULUM HOURS: 9:00 AM - 3:00 PM

AGES 10+

Jazz, Musical Theatre, & Tumbling

WICKED FOR GOOD

CURRICULUM HOURS: 9:00 AM - 3:00 PM

WEEK *Nine*

AUGUST 3RD - 7TH

TUMBLING

AGES 3-4

Tumbling

TUMBLING TOTS

CURRICULUM HOURS: 9:00 AM - NOON

AGES 5-12 BOYS

Tumbling & Tricks

AVENGERS ASSEMBLE

CURRICULUM HOURS: 9:00 AM - 3:00 PM

AGES 5-12 GIRLS

Tumbling & Acro

MIRACULOUS

CURRICULUM HOURS: 9:00 AM - 3:00 PM

WEEK *Ten*

AUGUST 10TH - 14TH

DANCE & TUMBLING

AGES 3-4

Jazz Dance & Tumbling

LILO & STITCH

CURRICULUM HOURS: 9:00 AM - NOON

AGES 5-6

Hip-Hop Dance, Tricks, & Tumbling

SLUMBER PARTY

CURRICULUM HOURS: 9:00 AM - 3:00 PM

AGES 7+

Hip-Hop Dance, Tricks, & Tumbling

SPACE JAM

CURRICULUM HOURS: 9:00 AM - 3:00 PM





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Questions?

CONTACT RALPH ELLIOTT AT

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