

# TECHNIQUE SCHEDULE SEPTEMBER 2, 2025 – JUNE 11, 2026

The following classes concentrate strictly on improving technique.

## LEVEL 1

Tuesday	5:00-6:00 pm	Ballet
Tuesday	6:00-6:30 pm	Tap
Thursday	5:00-6:00 pm	Jazz
Thursday	6:00-6:30 pm	Stars Rehearsal

## LEVEL 2

Monday	5:45-7:00 pm	Jazz
Tuesday	4:45-6:00 pm	Ballet
Tuesday	6:00-6:30 pm	Tap

## LEVEL 3

Monday	5:00-5:30 pm	Pre-Pointe
Monday	5:30-7:00 pm	Ballet
Tuesday	7:30-8:00 pm	Tap
Tuesday	8:00-9:30 pm	Ballet
2 <sup>nd</sup> Ballet Class for Level 2		
Thursday	6:00-7:30 pm	Jazz
2 <sup>nd</sup> Jazz Class for Level 2		

## ACRO / TUMBLING CLASSES

Thursday	5:00-6:00 pm	Ages 9-13
Thursday	6:00-7:00 pm	Ages 11 & up
Thursday	7:00-8:00 pm	Ages 5-8

Acro classes are all based on a skill-progression curriculum that gives children a chance to succeed at every level, while improving their overall body coordination.

Each Acro class focuses on 3 skill sets- flexibility, control, and strength. Starting with handstands, forward rolls, and cartwheels in our beginner Acro classes and building to aerial work and handsprings in the more advanced Acro classes.

They have lots of fun as they increase their skill and dexterity.



## LEVEL 4

Monday	7:00-8:30 pm	Ballet
Monday	8:30-9:00 pm	Pre-Pointe
Monday	8:30-9:00 pm	Pointe-By Invitation
Tuesday	6:00-7:30 pm	Ballet
Tuesday	7:30-8:00 pm	Tap
Saturday	9:00-10:30 am	Jazz
2 <sup>nd</sup> Jazz Class for Level 3		

## JUMPS & TURNS CLASSES

Wednesday	6:00-7:00 pm	Level 2 (Travelers) & 3
Wednesday	6:00-7:00 pm	Level 4

Jumps and Turns class puts the emphasis on technique by working to improve pirouettes, leaps, turn sequences and more.

## ACRO / TUMBLING CLASS

We will be sharing this time with CP Acro & Tumbling.  
827 Midpoint Dr  
O Fallon, MO 63366

Dates to Follow

All Ages Saturday 1:30-2:30 pm  
-When there is a make up Saturday, Acro will be scheduled from 12:30-2:30 pm at the gym.

## CONTEMPORARY CLASS

Tuesday	6:30-7:00 pm	Ages 8-12
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A free-flowing form of dance with elements of modern, jazz, ballet, lyrical and styles unique to itself. This class encourages natural movement and personal interpretation.

## HIP HOP CLASSES

Monday	7:00-7:30 pm	Ages 6-8
Thursday	7:30-8:15 pm	Ages 9-12

Hip hop is a high-energy class that will encourage students to step outside of the box by bringing their own individual style and personality to the movements.