



1126-6126 Classes

Where Dance Meets Purpose



405 Maple St
Suite C-102/103
Ramona Ca 92065
760-315-7904

Monday		Tuesday		Wednesday		Thursday	
Studio A	Studio B	Studio A	Studio B	Studio A	Studio B	Studio A	Studio B
2:45-3:30 Pre-school Acro ----- 3:30-4:15 Jazz 1	3:30-4:15 Tap 2	3:30-4:15 *Acro 3		3:30-4:15 *Jazz 3			3:30-4:15 Musical Theater 5-8 years
4:15-5:00 Acro 2	4:15-5:00 Tap 1	4:15-5:15 *Ballet 3	4:15-5:00 Lyrical 1-2	4:15-5:15 *Tap 4	4:15-5:00 Pre-Dance 3-4 years	4:15-5:00 Musical Theater 9 years and up	4:15-5:00 Pom 1-2
5:00-5:45 Acro 1	5:00-5:45 Ballet 2	5:15-6:00 *Acro 4		5:15-6:00 Contemporary 1-2 ages 7-9	5:00-5:45 Ballet 1 5-6 years	5:00-5:45 *Pom 3-4	5:30-6:00 Competition
5:45-6:30 Jazz 2	5:45-6:30 *Tap 3	6:00-6:45 *Jazz 4		6:00-7:00 *Contemporary 3-4		5:45-6:45 *Tap 4-5	6:00-6:30 Competition
6:30-7:30 *Ballet 4	6:30-7:00 Legs and Leaps	6:45-8:15 *Ballet 5		7:00-8:00 Ballet 3-5		7:15-8:00 *Lyrical 3-4	6:30-7:15 *Jazz 3
7:30-9:00 Multiple Competition Rehearsals	7:00-7:30 Turns	8:15-8:45 Pointe Variations		8:00-8:30 Pointe/Pre-pointe		8:00-8:45 *Acro 5	





Dress Code



To maintain a safe, professional, and distraction-free learning environment, all dancers are required to follow the dress code for their respective classes. Proper dancewear allows instructors to see alignment and technique, ensures safety, and fosters discipline

Ballet

Leotard, Pink ballet tights, Pink ballet slippers
Optional: ballet skirt or fitted dance shorts. Hair secured in ballet bun with bobbi pins. No hair in face.

Jazz

Leotard Tights (tan) Nude jazz shoes
Optional: leggings or fitted dance shorts. Hair is required to be in bun, secured with bobbi-pins. No hair in face

Tap

Leotard, Tan Tights, Full sole tap shoes (level 3 and up). Shorts or leggings. No street clothing. Hair is to be pulled into low ponytail or bun. No hair in face.

Acro

Leotard, Footless tights, fitted shorts, or leggings
No shoes permitted. Hair is to be in low bun or ponytail. No hair in face.

Contemporary

Leotard, Tights, Leggings
Loose-fitting top for floor work, Dance socks or “foot undies”. Hair is to be in bun, secured with bobbi-pins. No hair in face.

Lyrical

Leotard, Tights, Fitted shorts or leggings!
Nude Jazz shoes or lyrical turners. Hair is to be in bun, secured with bobbi-pins. No hair in face

Hip Hop

Loose-fitting, athletic attire (no jeans or overly baggy clothing) Clean tennis shoes that are worn only in the studio (no outside shoes). Hair is to be secured off neck in a ponytail, no hair in face.

Pom:

Work out attire, NO street clothing. Nude Jazz shoes, a set of 2- 4inch poms. Hair is to be pulled into bun, secured with bobbi-pins. No hair in face.

Musical Theater:

Athletic Attire, NO street clothing. Jazz shoes. Hair is to be pulled up, off of neck, in pony tail or bun. No hair in face.

NO HEAVY JEWELRY OR WATCHES ALLOWED IN CLASSES!