



ACCELERATED

COMPETITIVE PROGRAM

AGES 5-18

Our Competitive Program is designed for dancers who are committed to advancing their technical training, artistry, and performance skills in a challenging and supportive environment. Through comprehensive instruction and performance opportunities, dancers develop the discipline, versatility, and confidence needed to excel on stage and as part of a team.

REQUIRED CORE TECHNIQUE CLASSES

All Competitive Program dancers are required to train in the following core technique classes:

- **Ballet Technique**
- **Tap Technique**
- **Jazz Technique**

ENHANCEMENT CLASSES

Requirements vary by age and team placement.

These classes are designed to strengthen technique, improve athleticism, and help dancers perform at their highest level.

- **Flexibility, Strength & Conditioning**
- **Leaps, Turns & Technique**
- **Acro & Specialized Tricks**

Note: Enhancement classes are designed to be taken in addition to core technique classes. If you are not enrolled in a core class you will not be allowed to enroll in an enhancement class.

ELECTIVE CLASSES

Requirements vary by age and team placement.

Elective classes allow dancers to broaden their versatility and continue developing as well-rounded performers.

- **Lyrical**
- **Contemporary**
- **Hip-Hop**

DOCC/DANCE TEAM CROSS-TRAINING

This option is geared toward DOCC dancers that also participate on their school dance team. **Once a dancer has earned a position on a school dance team, the following classes become optional:** Elective Classes, Acro, Tap Technique (High School dancers only)

DOCC/DANCE TEAM CROSSOVER PATH

DOCC Crossover dancers are allowed to train alongside their DOCC teammates and receive the same high-quality technical instruction. They will not receive competitive routine assignments, however they are welcome to attend any conventions our team participates in.

CLASS SELECTIONS: [Class Enrollment Form](#)

This form is intended for registered students only. Once your registration has been confirmed, please complete this form to select your classes. See page 2 for the schedule of your elective options.



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STUDIO A				STUDIO B				STUDIO C		
MON	TIME	AGE	CLASS / LEVEL	TIME	AGE	CLASS / LEVEL	TIME	AGE	CLASS / LEVEL	
				5:00-6:00	8+	Flexibility/Strength/Conditioning	5:00-6:00	DOCC	Rising Mini - Ballet Basics	
				6:00-6:45	7+	Lyrical I (Pre-Requisite required)	6:00-7:00	9+	Lyrical II (Pre-requisite)	
	6:45-7:45	8+	Hip-Hop I	7:00-8:00	11+	Flexibility/Strength/Conditioning	7:00-8:00	13+	Contemporary / Lyrical Fusion II (Pre-Req)	
	7:45-8:45	10+	Hip-Hop II	8:00-9:00	13+	Flexibility/Strength/Conditioning	8:00-9:00	11+	Contemporary / Lyrical Fusion I (Pre-Req)	
				9:00-9:45	13+	Teen/Senior Tap				
TUES							5:00-5:45	DOCC	Rising Mini Tap	
							5:45-6:30	DOCC	Rising Mini Jazz	
	6:30-7:15	5-7	Pre Hip-Hop							
							8:30-9:30	12+	Hip-Hop III	
WED							5:00-6:15	DOCC	Junior Int. - Ballet Technique	
				5:30-6:15	DOCC	Junior Elite Tap	6:15-7:30	DOCC	Junior Elite - Ballet Technique	
				6:30-7:15	DOCC	Junior Intermediate Tap	7:30-8:15	11+	Pointe (Teacher Eval)	
							8:15-9:30	DOCC	Advanced Ballet Technique	
THURS							5:00-6:00	DOCC	Jr. Int - Leaps/Turns/Technique	
	6:00-7:00	DOCC	Junior Intermediate Jazz	6:00-7:00		Acro / Specialty Tricks (Teacher Eval)	6:00-7:00	DOCC	Jr. Elite - Leaps/Turns/Technique	
	7:00-8:00	DOCC	Junior Elite Jazz	7:00-8:00		Acro / Specialty Tricks (Teacher Eval)	7:00-8:00	DOCC	Teen/Sr - Leaps/Turns/Technique	
				8:00-9:00		Acro / Specialty Tricks (Teacher Eval)	8:00-9:00	DOCC	Teen/Senior Jazz	
FRI										
SAT										
				10:00-11:00		Acro/Flexibility/Conditioning (Teacher Eval)				