SPECIFIC

DANCE TEAM PREP PATH

AGES 9-18

The Dance Team Prep Program is designed for dancers who aspire to make their middle school, high school, collegiate, or professional dance team. This specified training program focuses on building the technical foundation, strength, precision, and performance quality needed to excel in the dance team environment while preparing dancers for auditions with confidence.

Please Note: Elective and enhancement classes are listed in order of recommendation based on the progression of skills and how they best support dance team training.

ESSENTIAL CORE TECHNIQUE CLASSES

All Dance Team Prep dancers are encouraged to build a strong technical foundation through these classes:

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

RECOMMENDED ENHANCEMENT CLASSES (IN ORDER)

Enhancement classes develop the strength, flexibility, athleticism, and technical execution necessary for successful dance team performances and auditions.

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

RECOMMENDED ELECTIVE CLASSES (IN ORDER)

Elective classes help dancers become more versatile, expressive, and competitive during the audition process.

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

RECOMMENDED: WORKSHOPS & PRIVATE INSTRUCTION AVAILABLE

Dancers Only will be offering specialty workshops designed to prepare dancers for upcoming auditions and strengthen dance team specific skills. Our faculty is also available for private insruction. (available upon request)

Audition Prep Clinics | Pom & Kick Technique | Game Day Workshops

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 class options in the Performance Path.

Please select classes based on the age your child wil be November 1. For any class placement questions, please email the studio.

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	STUDIO A			STUDIO B			STUDIO C		
	TIME	AGE	CLASS / LEVEL	TIME	AGE	CLASS / LEVEL	TIME	AGE	CLASS / LEVEL
MON				5:00-6:00	8+	Flexibility/Strength/Conditioning			
				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)
TUES									
				5:45-6:30	8+	Jazz I			
							6:30-7:30	10+	Jazz II
	7:15-8:15	8+	Leaps/Turns/Technique I				7:30-8:30	12+	Jazz III
							8:30-9:30	12+	Hip-Hop III
WED									
	6:30-7:15	8+	Jazz I				7:30-8:15	11+	Pointe (Teacher Eval)
	7:15-8:15	8+	Ballet Tech I	7:15-8:15	11+	Leaps/Turns/Technique II			
	8:15-9:15	11+	Ballet Tech II						
THURS									
				6:00-7:00		Acro / Specialty Tricks (Teacher Eval)			
				7:00-8:00		Acro / Specialty Tricks (Teacher Eval)			
				8:00-9:00		Acro / Specialty Tricks (Teacher Eval)			
FRI									
SAT									
				10:00-11:00		Acro/Flexibility/Conditioning (Teacher Eval)			