



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**

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)				