



Yocum INSTITUTE
for ARTS EDUCATION

STAY CONNECTED



ACADEMY OF
Movement
of the Yocum Institute

2024

FALL



SCAN ME





Semester Dates

Classes Begin Sep. 9 - Recital Save the Dates: Jan 18/19

(14 Week Semester + Dress rehearsal/picture night for recital classes)

2024-2025 Pricing

30 min. Member Class \$165 ~ Non-Member Class \$175 *4 payment monthly \$43.75

45 min. Member Class \$210 ~ Non-Member Class \$220 *4 payment monthly \$55.00

60 min. Member Class \$245 ~ Non-Member Class \$255 *4 payment monthly \$63.75

75 min. Member Class \$265 ~ Non-Member Class \$275 *4 payment monthly \$68.75

90 min. Member Class \$285 ~ Non-Member Class \$295 *4 payment monthly \$73.75

CLASS DESCRIPTIONS FOR RECREATIONAL CLASSES FALL 2024

***RECITAL PERFORMANCE CLASS: Performance based class with costume purchase required. \$80 costume fee is drafted Oct 15 and includes new tights (if applicable) and all accessories. We do our absolute best to REUSE costumes for the same class in the Spring semester. (*FX Competition Costume Costs vary \$85+)**

***NON-RECITAL CLASS: Skills and/or technique based class. No recital performance. This includes all Tumble, Technique, Conditioning and Adult classes.**

IMPORTANT DATES

Fall Semester: Sept. 9-Jan 19

Holiday closure: Oct. 31, Nov. Tues 26 -Mon. Dec 2 and Mon Dec 23-Fri. Jan 3

MAKE-UP CLASS WEEK: Jan 6-10

Dress Rehearsal and Photo Week: Jan 12-16

Tent. Recital: Jan 18-19





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***NEW* TINY TOTS**

AGES 2-4 | October 2 (10 weeks)

Oct. 2, 9, 16, 23, 30 Nov: 6, 13, 20 Dec: 4, 11

Kristina Dennis

Join us for a fun introductory creative movement class. This is an introductory creative movement class. We will move and groove to sing along songs, incorporating toys, and props. We will explore rhythms and acclimate our youngest dancers to the classroom environment while teaching dance class etiquette. This is a non-recital-based class.

No costume and no performance. Just socialization, movement, music and fun!

Wednesdays | 4:00-4:30pm | Studio 2

\$115

TODDLER TUNES

AGES 3-4 | Katrina Robbins/Kristina Dennis

Introductory level combination class of tap and ballet to child friendly tunes and our favorite childhood soundtracks. This is a great beginner level class for music, movement, and skill development.

Shoes & cost: Suntan colored Taps (\$25) and Pink Ballet shoes (\$20)(no slippers please)

Apparel for class: Any color leotard with pink tights. Skirts and or tutus are optional. For your convenience all shoes and apparel can be sized, ordered and delivered through us within a week.

RECITAL PERFORMANCE.

1A: Tuesday | 4:30-5:00 pm

1B: Tuesday | 5:00-5:30 pm

1C: Tuesday | 5:30-6:00 pm

1D: Wednesday | 4:30-5:00 pm (Kristina Dennis)

30 minute class - Semester: \$175; Monthly: \$43.75

SAMPLER REMIX

AGES 5-6 | Rylie Campbell or Katrina Robbins

Introductory level combination class of **tap** and **jazz** to child friendly tunes and our favorite childhood soundtracks. Beginner **Tumble** skills are introduced and practiced. Jazz and Tap choreography will be rotated weekly.

Shoes & cost: Jazz (\$35) and Tap (\$25)

Apparel for class: Any color leotard with pink tights and a skirt.

RECITAL PERFORMANCE.

Monday | 6:00-7:00pm: Jazz, Tap & Tumble (Rylie) | Studio 3

Tuesday | 6:00-7:00pm: Tap, Ballet & Tumble (Katrina) | Studio 1

60 min class - Semester: \$255; Monthly: \$63.75



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SAMPLER MASH UP

AGES 5-6 | Katrina Robbins

Kristina Dennis

Introductory level combination class of **tap** and **ballet** infused with some jazz elements to child friendly tunes and our favorite childhood soundtracks. Beginner **Tumble** skills are introduced and practiced. Ballet and Tap choreography will be rotated weekly.

Shoes & cost: Taps (\$25) and Ballet (\$20)

Apparel for class: Any color leotard with pink tights and a skirt.

RECITAL PERFORMANCE.

A: Monday | 4:45-5:45pm (Becca) | Studio: 1

B: Wednesday | 5:00-6:00pm | Studio: 2

60 min class - Semester: \$255; Monthly: \$63.75

ADULT BALLETT

AGES 18+ | Holly James

For anyone who has ever wanted to experience ballet, late beginners, childhood dancers, come and enjoy the relaxing exercise of ballet class and learn ballet technique. 14 week class.

NO RECITAL PERFORMANCE.

Tuesday | 7:00-8:00pm | Studio: 3

60 min class - Semester: \$255; Monthly: \$63.75

ADULT TAP

AGES 18+ | Kelly McDonough

It's Back! Join us for our Adult Only Tap Class. Move and Groove your way to a healthier you! No experience necessary, but a sense of humor required! 14 week class.

Shoes & Cost: Black tie taps \$35, and comfortable attire.

NO RECITAL PERFORMANCE.

Monday | 7:00-7:30 pm | Studio: 4

30 min class - Semester: \$175; Monthly: \$43.75

BALLETT DRESS CODE

PLEASE NOTE: Ballet dress codes will be strictly enforced. All Ballet classes support a black leotard and pink ballet tights. Hair must be pulled back in a secure bun. No long necklaces or hanging jewelry. Warm-up sweaters and ballet skirts may be worn over leos and tights. Sweatshirts and athletic shorts are not acceptable. If tights are ripped your student will be charged \$10 for a new pair to change into before entering class. Thank you for valuing and supporting our efforts to teach appreciation and discipline for the arts.



BALLET & LYRICAL COMBO CLASS

AGES 8+ | Karis Guzman

Prerequisite: Combo class Ballet and/or age 6+

An introduction to the art of both Ballet and Lyrical focusing on age appropriate choreography, beginner technique and terminology. This class may feature 1 to 2 recital performances in the Ballet and/or Lyrical genre per Instructor discretion. Only one costume will be required.

Shoes & Cost: Stretch Ballet shoes (\$30)

Apparel for class: Pink tights (\$10) & black leotard (\$18-30)

RECITAL PERFORMANCE.

Tuesday | 5:00-6:00pm | Studio: 4

60 min class - Semester: \$255; Monthly: \$63.75

BALLET2/ BALLET 3 TECHNIQUE AND TURNS

Karis Guzman

Prerequisite: Ballet 1, current Ballet 2 or Ballet 3 Placement

This new skills and technique based class is a recommended "add-on" to compliment your regular Ballet class. Students will work on continued practice of beginner to intermediate ballet focusing on technique, terminology, and barre work. In addition, specific exercises and additional practice time will be spent focussing on the foundations of turns. Any student looking for additional non- competitive recreational performance opportunities should consider the launch of the AOM Performance Ballet Company forming this Spring!

Shoes & Cost: Stretch Ballet shoes (\$30)

Ballet Dress Code: Black leotard (\$18-30) Pink tights (\$10), hair pulled back into a secure bun. Ballet sweaters and skirts are allowed. Athletic shorts, hoodies/zip ups are not permitted. Please no hanging jewelry.

Wednesday | 7:00-8:00pm | Studio: 4

60 min class - Semester: \$255; Monthly: \$63.75

BALLET I

AGES 7+ | Holly James

Prerequisite: Combo class Ballet and/or age 7+

An introduction to the art of Ballet focusing on choreography, technique and terminology.

Shoes & Cost: Stretch Ballet shoes (\$30)

Apparel for class: Pink tights (\$10) & black leotard (\$18-30)

Tuesday | 5:00-6:00pm | Studio: 3

60 min class - Semester: \$255; Monthly: \$63.75



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BALLET 2

AGES 10+ | Holly James

Continued practice of beginner/intermediate ballet focusing on technique, terminology, and barre work. *SKILL BASED PLACEMENT. ***Reccomendation for Ballet 2 students to take Ballet 2/3 Technique for additional Ballet conditioning, technique and practice.**

Shoes & Cost: Stretch Ballet shoes (\$30)

Apparel for class: Black leotard (\$16-30) Pink tights (\$10), hair pulled back into a secure bun.

Tuesday | 6:00-7:00pm | Studio: 3
60 min class - Semester: \$255; Monthly: \$63.75

BALLET 3

AGES 11+ w/ experience | Karis Guzman

Prerequisite: Ballet 2, 2+ years OR Instructor placement

Continued practice of intermediate ballet focusing on technique, terminology, and barre work. It is common to stay in each Ballet level at least 2 years before mastering specific position placement and skills. *SKILL BASED PLACEMENT. ***Recommendation for Ballet 3 students to take Ballet 2/3 Technique for additional Ballet conditioning, technique and practice.**

Shoes & Cost: Stretch Ballet shoes (\$30)

Apparel for class: Black leotard (\$18-30) Pink tights (\$10), hair pulled back into a secure bun.

Tuesday | 6:00-7:00pm | Studio: 4
60 min class - Semester: \$255; Monthly: \$63.75

BALLET 4 PRE POINTE

Ages 14+ with 6-8 years experience and Instructor approval | Karis Guzman

Prerequisite: 6-8+ years experience AND Instructor placement. Must be taken in conjunction with Adult Ballet and or Ballet 4.

Continued practice of advanced ballet focusing on technique, terminology, and barre work. Pre-Pointe students will utilize flat Ballet shoes until Instructor tests strength to promote to Pointe shoes. ***SKILL BASED PLACEMENT by Instructor approval**

Shoes & Cost: Stretch Ballet shoes (\$30) Pointe shoes *ONLY upon instructor approval \$price varies by brand and needed accessories.

DRESS CODE: Black leotard (\$18-30) Pink tights (\$10), hair pulled back into a secure bun.

Tuesday | 7:00-7:45 | Studio: 4
45 min class - Semester: \$220; Monthly: \$55.00



BOYS BREAK IT DOWN

AGES 5-6 | Johan Cruz

Athletic-style boys Hip Hop choreography mixed with basic break dance moves/skills.

Apparel for class: Athletic sneakers, comfortable clothing.

RECITAL PERFORMANCE.

Monday | 5:30 -6:00pm | Studio 2

30 min class -Semester: \$175; Monthly: \$43.75

BOYS BREAK IT DOWN

AGES 7-10 | Johan Cruz

Athletic-style boys Hip Hop choreography mixed with basic break dance moves/skills.

Apparel for class: Athletic sneakers, comfortable clothing.

RECITAL PERFORMANCE.

Monday | 6:00 - 6:30pm | Studio 2

30 min class -Semester: \$175; Monthly: \$43.75

BOYS BREAK IT DOWN

AGES 11+ | Johan Cruz

Athletic-style boys Hip Hop choreography mixed with basic break dance moves/skills.

Apparel for class: Athletic sneakers, comfortable clothing.

RECITAL PERFORMANCE.

Monday | 6:30 - 7:15pm | Studio 2

45 Min -Semester: \$220; Monthly: \$55.00

HIPPITY HOP

AGES 5-6 | Rylie Campbell

Introductory and age appropriate hip-hop class.

Shoes & cost: Tan Jazz Shoes (\$35)

Apparel for class: Leotard with Dance shorts, pants, or leggings with tan jazz shoes.

RECITAL PERFORMANCE.

Section A: Monday | 5:30-6:00 pm | Rylie Campbell | Studio: 3

Section B: Monday | 5:45-6:15 pm | Miss Becca | Studio: 1

Section C: Thursday | 6:30-7:00 pm | Rylie Campbell | Studio: 2

Section D: Monday, 5:00-5:30pm | Rylie Campbell Studio: 3 (overflow only)

30 min class - Semester: \$175; Monthly: \$43.75



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HIP HOP 7/8

AGES 7-8 | Erica Hassler and Peyton Ely

Age appropriate Hip Hop choreography

Prerequisite: Hippity Hop preferred but not necessary

Shoes & Cost: Instructor preference Hip Hop Sneaks or Boots for costume (\$50)
(athletic footwear for weekly class)

Apparel for class: Any comfortable athletic/dancewear including regular sneakers until recital.

RECITAL PERFORMANCE.

Section A: Thursday | 5:00-5:30 pm | Studio 5

Section B: Thursday | 5:30-6:00 pm | Studio 5

30 min class - Semester: \$175; Monthly: \$43.75

HIP HOP 9/10

AGES 9-10 | Erica Hassler and Peyton Ely

Age appropriate Hip Hop choreography

Prerequisite: Hip Hop (Ages 7-9) preferred but not necessary

Shoes & Cost: Instructor preference Hip Hop Sneaks or Boots for costume (approx \$50)(athletic footwear for weekly class)

Apparel for class: Any comfortable athletic/dancewear including regular sneakers until recital.

RECITAL PERFORMANCE.

Section A: Thursday | 6:00-6:30 pm | Studio 5

Section B: Thursday | 6:30-7:00 pm | Studio 5

30 min class - Semester: \$175; Monthly: \$43.75

HIP HOP 11/12

AGES 11-12 | Andria Berkley

Age appropriate Hip Hop choreography

Prerequisite: Hip Hop (Ages 9-10) preferred but not necessary

Shoes & Cost: Instructor preference Hip Hop Sneaks or Boots for costume (approx \$50)(athletic footwear for weekly class)

Apparel for class: Any comfortable athletic/dancewear including regular sneakers until recital.

RECITAL PERFORMANCE.

Tuesday | 5:30-6:00 pm | Studio 5

30 min class - Semester: \$175; Monthly: \$43.75

TEEN HIP HOP

AGES 13+ | Andria Berkley

Age appropriate Hip Hop choreography

Prerequisite: Hip Hop 11-12 preferred but not required.

Shoes & Cost: Instructor preference Hip Hop Sneaks or Boots for costume (approx \$50)(athletic footwear for weekly class)

Apparel for class: Any comfortable athletic/dancewear including regular sneakers until recital.

RECITAL PERFORMANCE.

Tuesday | 4:30-5:00 pm | Studio 4

30 min class - Semester: \$175; Monthly: \$43.75



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JAZZ 5/7

AGES 5-7 | Rylie Campbell

Age appropriate jazz technique and choreography.

Prerequisite: Currently enrolled in a ballet class is highly recommended but not required.

Shoes & Cost: Tan Jazz Shoe (\$35)

Apparel for class: Leotard, Dance shorts, pants, or leggings with jazz shoe.

RECITAL PERFORMANCE.

Thursday | 6:00-6:30pm | Studio 2
30 min class -Semester: \$175; Monthly: \$43.75

JAZZ 7/8

AGES 7-8 | Kim Schaeffer

Age appropriate jazz technique and choreography.

Prerequisite: Currently enrolled in a ballet class is highly recommended but not required.

Shoes & Cost: Tan Jazz Shoe (\$35)

Apparel for class: Leotard, Dance shorts, pants, or leggings with jazz shoe.

RECITAL PERFORMANCE.

A: Thursday | 5:00-5:30pm | Studio 4
B: Thursday | 5:30-6:00pm | Studio 4
30 min class -Semester: \$175; Monthly: \$43.75

JAZZ 9/10

AGES 9-10 | Kim Schaeffer

Age appropriate jazz technique and choreography.

Prerequisite: Currently enrolled in a ballet class is highly recommended but not required.

Shoes & Cost: Tan Jazz Shoe (\$35)

Apparel for class: Leotard, Dance shorts, pants, or leggings with jazz shoe.

RECITAL PERFORMANCE.

A: Thursday | 6:00-6:30pm | Studio 4
B: Thursday | 6:30-7:00pm | Studio 4
30 min class -Semester: \$175; Monthly: \$43.75

JAZZ 11/12

AGES 11-12 | Andria Berkley

Age appropriate Hip Hop choreography

Prerequisite: Hip Hop 11-12 preferred but not required.

Shoes & Cost: Instructor preference Hip Hop Sneaks or Boots for costume (approx \$50)(athletic footwear for weekly class)

Apparel for class: Any comfortable athletic/dancewear including regular sneakers until recital. **RECITAL PERFORMANCE.**

Tuesday | 5:00-5:30 pm | Studio 5
30 min class -Semester: \$175; Monthly: \$43.75



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TEEN JAZZ

AGES 13+ | Andria Berkley

Age appropriate jazz technique and choreography.

Prerequisite: Currently enrolled in a ballet class is highly recommended but not required.

Shoes & Cost: Tan 1/2 Soles (\$30)

Apparel for class: Leotard, Dance shorts, pants, or leggings with jazz boots.

RECITAL PERFORMANCE.

Tuesday | 4:00-4:30pm | Studio 5
30 min class -Semester: \$175; Monthly: \$43.75

JAZZ AND TAP COMBO

AGES 8-11 | Kristina Dennis

This is a perfect combination class for young dancers still exploring and deciding! Tap dancing develops a keen sense of rhythm, timing and musical awareness. Jazz dance introduces a stylistic dance vocabulary for a fun, funky and expressive way of dancing. This class is a fun and well-rounded beginner to intermediate combination class. Students will need both jazz and tap shoes for this class. 1 costume purchase only.

Prerequisite: Combo Tap or Beginner Tap

Shoes/cost: Black Tie Tap Shoe (\$35) Nude Jazz boots (\$35)

Apparel for class: Leotard or tank with jazz shorts or pants with both tap and jazz shoes.

RECITAL PERFORMANCE.

Wednesday | 6:00-7:00pm | Studio: 4
60 min class - Semester: \$255; Monthly: \$63.75

LYRICAL I

AGES 7-9 | Kim Schaeffer

Introduction to the lyrical style of dance.

Prerequisite: Must be taken in conjunction with Ballet 1 for Ages: 7+

Shoes & cost: Suntan Jazz Boots (\$35)

Apparel for class: black leotard, tights, skirts or dance shorts with jazz shoes.

RECITAL PERFORMANCE.

Tuesday | 6:15-7:00 pm | Studio 5
45 min class -Semester: \$220; Monthly: \$55

LYRICAL II

AGES 8-12 | Kim Schaeffer

Continued practice of beginner/intermediate Lyrical Dance.

Prerequisite: Must be taken in conjunction with Ballet 2 and/or instructor approval

Shoes & Cost: Suntan Jazz shoes (\$35)

Apparel for class: Black leotard, tights, skirts or dance shorts with jazz boots.

RECITAL PERFORMANCE.

Tuesday | 7:00-7:45 pm | Studio 5
45 min class -Semester: \$220; Monthly: \$55



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LYRICAL III

AGES 12+ | Kim Schaeffer

An advanced level of lyrical challenging students to master the technical and emotional aspects of contemporary and lyrical dance for Ballet 3 and Ballet 4 students.

Prerequisite: Ballet 3 Must be taken in conjunction with Ballet 3 and/or Ballet 4 w instructor placement.

Shoes & Cost: Instructor preference. TBD: Suntan Jazz Boots (\$35) or leather half soles (\$30).

Apparel for class: Pink tights (\$10) & black leotard (\$18-\$30)

RECITAL PERFORMANCE.

Tuesday | 7:45-8:30pm | Studio 5
45 min class -Semester: \$220; Monthly: \$55

MUSICAL MINIS

AGES 5-8 | Miss Becca

Who doesn't love a good musical theater number? This class will highlight introductory technique but focus on FUN! Combine jazz and Broadway style dance genres to recreate some of our favorite show tunes and scenes.

Apparel: comfortable fitness/ dance attire. Shoes: Instructor discretion

RECITAL PERFORMANCE.

Monday | 6:15-6:45pm | Studio 1
30 min class - Semester: \$175; Monthly: \$43.75

MUSICAL THEATER

AGES 8+ | Kristina Dennis

Who doesn't love a good musical theater number? This class will highlight introductory technique but focus on FUN! Combine jazz and Broadway style dance genres to recreate some of our favorite show tunes and scenes.

Apparel: comfortable fitness/ dance attire. Shoes: Instructor discretion

RECITAL PERFORMANCE.

Wednesday | 7:00-8:00pm | Studio 2
60 min class - Semester: \$255; Monthly: \$63.75



BEGINNER TAP

AGES 7+ | Rylie Campbell

Introduction of Tap rhythms while learning basic fundamentals.

Prerequisite: Pre-School Combo class preferred but not necessary.

It is common to stay in the same tap level for multiple consecutive years as the class will be challenged as a group overall. The level itself will change each year of experience while the class title may not. The instructor will communicate to the student individually if he or she is ready for the next level.

Shoes & Cost: Black Tie Tap (\$35)

Apparel for class: Leotard or tank with jazz shorts or pants with proper black tap shoes.

RECITAL PERFORMANCE.

Thursday | 7:00-7:45pm | Studio 2

45 min class -Semester: \$220; Monthly: \$55

INTERMEDIATE TAP

AGES 10+ | Kelly McDonough

Continued progressions of Tap rhythms while balancing the basic fundamentals. **SKILL BASED PLACEMENT.** It is common to stay in the same tap level for multiple consecutive years as the class will be challenged as a group overall. The level itself will change each year of experience while the class title may not. The instructor will communicate to the student individually if he or she is ready for the next level. (*Currently all Int Tap students from Spring 22 should re register for Intermediate Tap for Fall 22)

Prerequisite: Beginner Tap and or instructor placement

Shoes/cost: Black Tie Tap Shoe (\$35)

Apparel for class: Leotard or tank with jazz shorts or pants with tap shoes.

RECITAL PERFORMANCE.

Monday | 5:00-5:45pm | Studio 4

45 min class -Semester: \$220; Monthly: \$55

INTERMEDIATE/ADVANCED TAP

AGES 12+ | Kelly McDonough

Continued progressions of Tap rhythms while balancing the basic fundamentals. **SKILL BASED PLACEMENT.** It is common to stay in the same tap level for multiple consecutive years as the class will be challenged as a group overall. The level itself will change each year of experience while the class title may not. The instructor will communicate to the student individually if he or she is ready for the next level.

Prerequisite: Intermediate Tap and Instructor Placement

Shoes & Cost: Black Tie Tap (\$35)

Apparel for class: Leotard or tank with jazz shorts or pants with proper black tap shoes

RECITAL PERFORMANCE.

Monday | 5:45-6:30pm | Studio 4

45 min class -Semester: \$220; Monthly: \$55



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ADVANCED TAP

AGES 14+ | Kelly McDonough

Advanced progressions of Tap rhythms while mastering the basic fundamentals. **SKILL BASED INSTRUCTOR PLACEMENT.** It is common to stay in the same tap level for multiple consecutive years as the class will be challenged as a group overall. The level itself will change each year of experience while the class title may not. The instructor will communicate to the student individually if he or she is ready for the next level.

Prerequisite: Intermediate/Advanced Tap 3+ years and or instructor placement

Shoes & Cost: Black Tie Tap Shoe (\$35)

Apparel for class: Leotard or tank with jazz shorts or pants with tap shoes

RECITAL PERFORMANCE.

Monday | 6:30-7:00 pm | Studio 4

30 min class -Semester: \$175; Monthly: \$43.75

TUMBLE TIME

Ages 3-5 | 14 week semester

Jacie Pietrobone & Rylynn

This class is an introduction to beginner tumble basics. Tumble time is meant to teach children the importance of flexibility, balance and body control in a fun and safe environment. We work on kicks, forward rolls, back bends, and introduce cartwheels. 14 week class.

Must be potty trained.

Apparel for class: Comfortable athletic attire.

NO RECITAL PERFORMANCE.

A: Monday | 4:30-5:00 pm | Studio 5

B: Monday | 5:00-5:30 pm | Studio 5

C: Monday | 4:00-4:30 pm | Studio 5

30 min class -Semester: \$175; Monthly: \$43.75

TUMBLE 1

AGES 6-10 | 14 week semester

Jacie Pietrobone & Rylynn

This is an intro class for beginner tumble skills for ages 6+ who can do a cartwheel and must be able to push up to a bridge from the floor. Tumble 1 works on building the fundamental skills needed to tumble. We work on flexibility and balance, pike and straddle rolls, backward rolls, cartwheels, roundoffs, handstands, and backbend standups. 14 week class.

Apparel for class: Comfortable athletic attire

NO RECITAL PERFORMANCE.

A: Monday | 5:30-6:00 pm | Studio 5

B: Monday | 6:00-6:30 pm | Studio 5

30 min class -Semester: \$175; Monthly: \$43.75



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DANCE WITHOUT LIMITS

AGES 16-50 | 14 week semester

Debbi Silas

This group performance class is designed for teens through adults with special needs. The students should be independent movers, who are able to follow directions and communicate with their teacher and peers. The class teaches balance, strength and movement in a warm, friendly, interactive environment. A detailed schedule for the full semester will be emailed to all participants at the beginning of the semester. 14 week class.

Friday | 4:30-5:30 pm | Studio 5

60 min class -Semester: \$135; Monthly: \$33.75

FLEX AND STRETCH

Kristina Dennis

A 30 minute flexibility and stretch class that incorporates standing and seated positions to open and lengthen the muscles from all angles. A wonderful and important compliment to your regular dance classes to help you decrease stress, increase flexibility and strength in addition to reducing injury. This is a skills only class with no costume or recital performance.

Prerequisite: N/A (Recommended add on to Musical Theatre, Ballet ½ Technique, & Tumble 2)

Shoes & Cost: Any sock and floor safe shoes will do (\$0)

Apparel for class: Comfortable dance and or athletic attire. Leggings are recommended.

NO RECITAL PERFORMANCE.

Wednesday | 8:00-8:30 pm | Studio 5

30 min class -Semester: \$175; Monthly: \$43.75