

## **SUMMER DANCE, AERIAL, & FITNESS!**

### **JUNE INTENSIVES**

**Circus Skills Week Ages 8-17** (Students will be divided into groups based on age/level)

Monday - Friday, June 20<sup>th</sup> - 24<sup>th</sup>      4:30pm - 6:30pm      Cost: \$219 (multiple instructors)

Join us for a fun filled week of circus! Students will learn skills such as hula hooping, partner acro, split silks, sling, trapeze, lyra, & more! Classes will be divided by age group and level so all students will be challenged.

**Circus Skills Week (Adult) Ages 18 & Up**

Monday - Friday, June 20<sup>th</sup> - 24<sup>th</sup>      6:30pm - 8:30pm      Cost: \$219 (multiple instructors)

Join us for a fun filled week of circus! Students will learn skills such as hula hooping, partner acro, split silks, sling, trapeze, lyra, & more! All levels are welcome! Classes will be divided into groups by experience/level.

### **JULY/AUGUST 6 WEEK DANCE SESSIONS**

**(July 11<sup>th</sup> - August 19<sup>th</sup>)**

**Ages 18 Months - 3yrs. Parent & Me**

Mondays      4:00pm - 4:30pm      Cost: \$70 (Kim)

In this class parents will participate with the students. Make new friends and bond with your child in this creative movement based dance class. Class is a combination of rhythms, dancing, singing, and motor skills perfect for children 18 months - 3 years of age!

**Ages 4-6 Little Prince/ Princess Dance**

Thursdays      4:00pm - 4:45pm      Cost: \$90 (Darice)

Come dressed as your favorite prince or princess in this ballet & tap class for students ages 4-6; students will sing, dance, and work on balance/coordination in this fairytale themed dance class!

**Ages 6-9 Jazz Hop**

Mondays      4:45pm - 5:30pm      Cost: \$90 (Kim)

This is a high energy/upbeat dance class for students ages 6-9! Students will learn basic jazz and hip hop based moves, and will work on balance and coordination.

**Ages 7-9 Ballet, Tap, Jazz, Lyrical Combo**

Thursdays      5:00pm - 6:00pm      Cost: \$99 (multiple instructors)

This is the perfect class for students wanting to try out a little bit of everything! Students will have the opportunity to try different types of dance each week!

### **Ages 10-12 Ballet, Tap, Jazz, Lyrical Combo**

Thursdays 6:00pm - 7:30pm Cost: \$149 (multiple instructors)

This is the perfect class for students wanting to try out a little bit of everything! Students will have the opportunity to try different types of dance each week!

### **Ages 8 & Up Acro For Dancers**

Mondays 4:00pm - 5:00pm Cost: \$99 (Hattie)

This class combines classical dance technique with acrobatic elements. Students will work on flexibility, strength, balance, and conditioning exercises, mixed with gymnastic elements. Combining acro with dance helps create strong & versatile dancers.

### **Ages 12 & Up Partner Acro/Lifts For Dancers**

Mondays 5:00pm - 6:00pm Cost: \$99 (Hattie)

This class is open to all recreational and company students ages 12 & Up! The class will focus on the technique behind partner acro and dance lifts! This is a highly recommended class for all intermediate/advanced dancers & aerialists!

### **Ages 12 & Up Jump, Tricks, & Turns**

Thursdays 6:00pm - 7:00pm Cost: \$99 (Emilie/Olivia)

This class is open to all recreational and company students ages 12 & up! This is the perfect class if you would like to learn techniques and tips to help you achieve your goals!

## **JULY/AUGUST 6 WEEK COMPANY AUDITION SESSION (July 11th - August 19th)**

\*Company students may sign up for the next age group if they are within 18 months of the next age range and have a written recommendation from a teacher.

### **Company Ballet, Jazz, & Lyrical Ages 6 & Up (Audition Session)**

Wednesdays 5:00pm - 6:30pm Cost: \$149 (multiple instructors)

Students will work with multiple instructors, and will switch between ballet, jazz, and lyrical each week. This 6 week session is part of the audition process as we restructure our company levels.

### **Company Ballet, Jazz, & Lyrical Ages 9 & Up (Audition Session)**

Tuesdays 5:00pm - 7:00pm Cost: \$199 (multiple instructors)

Students will work with multiple instructors, and will switch between ballet, jazz, and lyrical each week. This 6 week session is part of the audition process as we restructure our company levels.

### **Company Ballet, Jazz, & Lyrical Ages 12 & Up (Audition Session)**

Wednesdays 5:30pm - 7:30pm Cost: \$199 (multiple instructors)

Students will work with multiple instructors, and will switch between ballet, jazz, and lyrical each week. This 6 week session is part of the audition process as we restructure our company levels.

### **Company Ballet, Jazz, & Lyrical Ages 15 & Up (Audition Session)**

Tuesdays 5:00pm - 7:00pm Cost: \$199 (multiple instructors)

Students will work with multiple instructors, and will switch between ballet, jazz, and lyrical each week. This 6 week session is part of the audition process as we restructure our company levels.

### **Company Tap Ages 6 & Up (Audition Session)**

Tuesdays 4:00pm - 4:45pm Cost: \$90 (multiple instructors)

Students may work with multiple instructors. This 6 week session is part of the audition process as we restructure our company levels.

### **Company Tap Ages 9 & Up (Audition Session)**

Wednesdays 4:30pm - 5:30pm Cost: \$99 (multiple instructors)

Students may work with multiple instructors. This 6 week session is part of the audition process as we restructure our company levels.

### **Company Tap Ages 12 & Up (Audition Session)**

Tuesdays 4:00pm - 5:00pm Cost: \$99 (multiple instructors)

Students may work with multiple instructors. This 6 week session is part of the audition process as we restructure our company levels.

### **Company Tap Ages 15 & Up (Audition Session)**

Wednesdays 4:45pm - 5:45pm Cost: \$99 (Kim)

Students may work with multiple instructors. This 6 week session is part of the audition process as we restructure our company levels.

### **Pro-Am Tap 1 & 2**

Wednesdays 7:15pm - 8:15pm Cost: \$99 (Kim)

This class is open to all pro-am 1 and pro-am 2 students, as well as students wishing to join one of our pro-am groups in the fall!

**JULY/AUGUST 4 WEEK DARBY'S SESSION**  
**(July 14th - August 4th)**

**Ages 10 & Up**

Thursdays 4:45pm - 5:30pm \*FREE (Kim)

Darby's Dancers is a 501 (c) (3) organization dedicated to bringing the joy of dance to children and adults with disabilities. The program is offered free to all families. Students will receive a free t-shirt, free dance wear, and free dance shoes. SODA participates in fundraisers throughout the year to cover these costs. All dancers are paired with a volunteer teen dance buddy who provides one on one assistance to each Darby's dancer.

Please email Kim @ [steppinoutdanceacademy@yahoo.com](mailto:steppinoutdanceacademy@yahoo.com) with any questions about this wonderful program.

**JULY/AUGUST 6 WEEK SESSIONS FITNESS**  
**(July 11th - August 19th)**

**Gentle Stretch**

Wednesdays 6:00pm - 7:00pm Cost: \$75 (Kim)

Come relax, restore, and rejuvenate in this gentle stretch class for all levels. Soft music, essential oils, & breathing exercises will help relieve tension and stress, while improving your flexibility, mobility, and joint health. No experience is necessary!

**Fly Gym**

Tuesdays 10:00am - 11:00am Cost: \$120 (Kim)

Come fly with us! This exercise class will take you off the ground with a combination of strengthening, stretching, and circus skills! No experience necessary!

**Zumba!**

Thursdays 9:00am - 10:00am Cost: \$75 (Sandy)

Come shake, shimmy, and sweat in this high energy, dance inspired fitness class! The class is a mix of low intensity and high intensity moves, that include cardio, muscle toning, balance, and flexibility. Come join the party! No experience is necessary!

**Zumba!**

Wednesdays 7:00pm - 8:00pm Cost: \$75 (Sandy)

Come shake, shimmy, and sweat in this high energy, dance inspired fitness class! The class is a mix of low intensity and high intensity moves, that include cardio, muscle toning, balance, and flexibility. Come join the party! No experience is necessary!

**JULY/AUGUST 5 WEEK SESSION FITNESS**  
**(July 18th - August 15th)**

**Hula Hoop Fit, Flow, & Flair**

Mondays 6:00pm - 7:00pm Cost: \$65 (Crystal)

This class will use a hula hoop as a prop to stretch, strengthen, and build skills to flow through creative meditative movement. No experience necessary! We provide the hoops!

## **JULY/AUGUST 6 WEEK SESSION AERIAL**

**(July 11th - August 19th)**

\*Aerial Registration Opens ONLINE @[www.steppinoutdanceacademy.com](http://www.steppinoutdanceacademy.com) on Monday, May 9th, @10:00am. You do not need to come into the studio to register for summer classes. Please sign up for the same "color code" you are currently enrolled in if you are a current SODA aerial student. New students may register for beginner classes online. If you are a new student with experience please email Diana @[sodaaerial@gmail.com](mailto:sodaaerial@gmail.com) for placement.

\*Please Note: If all aerial classes fill up we will be adding more classes. Please be sure to add your name to a wait list if the class you wanted fills up.

### TUITION FOR AERIAL CLASSES

1 hour classes - \$132 for 6 week session

1.25 hour classes - \$165 for 6 week session

\*Please note - Aerial tuition is non-refundable

### **Monday**

3:45pm -4:45pm Beginner Ages 5-8 (Diana)

4:45pm - 5:45pm Blue/Purple (Diana)

6:00pm -7:15pm Teen Intermediate/Advanced Aerial Sling (Kim)

7:15pm - 8:30pm Intermediate/Advanced Adult Sling (Kim)

### **Tuesday**

11:30am - 12:30pm - Ages 8 & Up Beginner/Advanced Beginner Aerial Sling (Kim)

3:45pm -5:00pm Aerial Red (Diana)

5:00pm -6:15pm Aerial Yellow/Green (Diana)

6:15pm -7:30pm Aerial Beginner Ages 9-12 (Diana)

7:30pm -8:45pm Adult Intermediate Aerial (Diana)

### **Wednesday**

4:00pm -5:00pm Blue/ Green (Diana)

5:00pm -6:15pm Beginner Teen/Adult (Diana)

6:15pm -7:30pm Orange/ Red (Diana)

### **Thursday**

3:45pm -4:45pm Aerial Purple/Blue (Diana)

4:45pm -5:45pm Aerial Green (Diana)

5:45pm -7:00pm Aerial Yellow (Megan)

7:15pm - 8:15pm Ages 11 & Up Intermediate Aerial Sling (Crystal)