

Steppin'Out Summer Dance & Fitness Programs
www.steppinoutdanceacademy.com
603-642-7711

4 Week Summer Recreational Program
July 10th - August 4th

Ages 18 Months - 3 Years

Parent & Me

Thursdays, 4:00pm - 4:30pm (Lois)

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, for children 18 months - 3 years of age! ***Studio A**

Ages 3&4 Ballet & Tap

Mondays, 4:30pm - 5:00pm (Darice)

This class is a mix of creative movement, ballet, & tap for students ages 3&4. Students will sing, dance, play rhythm games, and complete obstacle courses. No dance experience necessary. ***Studio A**

Ages 5-7 Ballet & Tap

Tuesdays, 3:45pm - 4:30pm (Kim)

This class is a mix of ballet, & tap for students ages 5-7. Students will play rhythm games, and work on balance and coordination as they complete obstacle courses. No dance experience necessary. ***Studio A**

Ages 7-10 Jazz Hop

Thursdays, 5:30pm - 6:15pm (Lisa)

This is a high energy/upbeat dance class for students ages 7-10! Students will learn basic jazz and hip hop based moves, and will work on balance and coordination. ***Studio A**

Ages 8 & Up Acro For Dancers

Thursdays, 6:30pm - 7:30pm (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. **Studio A**

Ages 11 & Up Intermediate/Advanced Acro For Dancers

Thursdays, 7:30pm - 8:30pm (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. **Studio A**

Adult Beginner/Intermediate Tap

Mondays, 6:30pm - 7:30pm (Darice)

This class is geared towards beginner and intermediate tap students. Come join the fun!
***Studio A**

Adult Contemporary

Mondays, 6:30pm - 7:30pm (Megan)

Contemporary dance is an interpretive dance style that blends techniques of other dance styles such as ballet, lyrical, jazz, and modern. This class is a mixed level contemporary class for ages 18 & Up! No dance experience is necessary. ***Studio B**

Shining Stars Summer Adaptive Dance Program July 13th - August 3rd (4 week session)

Shining Stars Ages 10 + Up (Formally Darby's Dancers)

Thursdays, 4:45pm - 5:30pm (Kim)

This is an adaptive dance class dedicated to bringing the joy of dance to all students and all abilities. 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 dancer. **All instructors are Rhythm Works certified. Please email Kim @ steppinoutdanceacademy@yahoo.com with any questions about this wonderful program.* ***Studio B**

Summer Dance Camps (Recreational & Company Students) August 15th - 17th

Fairy Tale Dance Camp (Ages 4-6)

Captivate your child's imagination and ignite their love of dance! Students are encouraged to come dressed up as their favorite princess, prince, or other whimsical creature! Each day there will be dancing, singing, stories, games, and craft time. Students should bring a snack and a refillable water bottle each day.

Tuesday - Thursday

9:00am - 12:00pm

Cost: \$160

***Multiple Instructors**

Spirit Week Dance Camp (Ages 6-12)

Come join us for 3 days of dance, games, arts, and crafts! Students will have the opportunity to try many styles of dance throughout the week, and each day will be a different theme. Students are encouraged to dress up each day! Please have students bring a snack and a refillable water bottle each day.

**Tuesday - Glow Party! *Wear your neon colors, face paint, etc... for some glow in the dark fun!*

**Wednesday - Hawaiian Luau Party! *Be sure to bring a bathing suit & sunblock for water balloons!*

**Thursday - SODA Spirit Day! *Wear your red, black, and white to show your SODA spirit!*

Tuesday - Thursday

9:00am - 12:00pm

Cost: \$160

***Multiple Instructors**

**Summer Dance Intensive
(Company & Advanced Level Recreational Students)
August 14th - 17th**

Dance Intensive (Ages 10 & Up)

Monday - Thursday
4:00pm - 7:00pm
Cost: \$250

***Multiple Instructors**

Dance intensive is designed to challenge, inspire, and build confidence in dancers. Students will work on conditioning, flexibility, and will have the opportunity to train in multiple styles of dance, with multiple instructors.

Dance Intensive (Ages 14 & Up)

Monday - Thursday
4:00pm - 7:00pm
Cost: \$250

***Multiple Instructors**

Dance intensive is designed to challenge, inspire, and build confidence in dancers. Students will work on conditioning, flexibility, and will have the opportunity to train in multiple styles of dance, with multiple instructors

Summer Dance Company, Dance Team, and Jazz Hop Team

This summer we will be running a 4 week session of company, dance team, and jazz hop team classes. All company, dance team, and jazz hop team students must sign up for their CURRENT level of classes. Senior 2/Elite dancers will be combined in their ballet and tap classes this summer. Students who would like to try the next level up for the summer may take the next level as an EXTRA class if there are open spots, but must also take their CURRENT level company class.

We will also be running a week of dance camps (for company and recreational students) as well as dance intensives (for older company students). Dance camps and intensives are highly recommended for all company students, dance team students, and jazz hop team students.

**4 Week Company, Dance Team, & Jazz Hop Team Session
July 10th - August 4th**

Jazz Hop Team (Kim & Darice)

Tuesdays, 4:45pm - 5:30pm (Studio A)

Dance Team (Hattie)

Wednesdays, 6:15pm - 7:15pm (Studio D)

Mini Company Ballet & Tap (Lisa)

Thursdays, 4:30pm - 5:30pm (Studio A)

Junior 1 Company Ballet (Darice)

Mondays, 5:00pm - 6:00pm (Studio A)

Junior 1 Company Tap (Lisa)

Mondays, 4:00pm - 4:45pm (Studio B)

Junior 1 Company Jazz (Jess & Megan)

Tuesdays, 4:45pm - 5:30pm (Studio B)

Junior 1 Company Lyrical (Hattie)

Tuesdays, 5:45pm - 6:30pm (Studio B)

Junior 2 Company Lyrical (Hattie)

Tuesdays, 4:30pm - 5:30pm (Studio D)

Junior 2 Company Jazz (Jess & Megan)

Tuesdays, 5:30pm - 6:30pm (Studio A)

Junior 2 Company Ballet (Lisa & Jess)

Wednesdays, 4:00pm - 5:15pm (Studio A)

Junior 2 Company Tap (Darice)

Wednesdays, 5:30pm - 6:15pm (Studio D)

Senior 1 Company Lyrical (Jess & Megan)

Tuesdays, 6:30pm - 7:30pm (Studio A)

Senior 1 Company Tap (Jess & Megan)

Tuesdays, 7:30pm - 8:30pm (Studio A)

Senior 1 Company Ballet (Darice)

Wednesdays, 3:45pm - 5:15pm (Studio B)

Senior 1 Company Jazz (Lisa & Jess)

Wednesdays, 5:15pm - 6:15pm (Studio A)

Senior 1, Senior 2, & Elite Jump, Tricks & Turns (Emilie & Olivia)

Thursdays, 7:15pm - 8:15pm (Studio B)

Senior 2/Elite Tap (Kim)

Thursdays, 3:45pm - 4:45pm (Studio B)

Senior 2/Elite Ballet (Sarah & Megan)

Wednesdays, 6:15pm - 7:45pm (Studio B)

Senior 2 Lyrical (Abby)

Wednesdays, 7:45pm - 8:45pm (Studio B)

Senior 2 Jazz (Megan)

Thursdays, 6:00pm - 7:00pm (Studio B)

Elite Lyrical (Kayla)

Tuesdays, 7:30pm - 8:30pm (Studio B)

Elite Jazz (Abby)

Tuesdays, 6:30pm - 7:30pm (Studio B)

Pro-Am Tap 1 & 2 (Kim)

Wednesdays, 6:30pm - 7:30pm (Studio A)

Pre-Pointe (Sarah & Jacqui)

Fridays, 4:00pm - 5:15pm (Studio B)

Pointe (Sarah & Jacqui)

Fridays, 5:15pm - 6:15pm (Studio B)

Summer Fitness 4 Week Sessions**July 10th - August 4th****Hula Hoop Fit, Flow, & Flair**

Mondays, 7:45pm - 8:45pm

Cost: \$50/ 4 week session or \$15 walk-in (Crystal & Kim)

Come laugh, sweat, and burn lots of calories! 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!

Feet Up & Gentle Stretch

Wednesdays, 7:45pm - 8:45pm

Cost: \$50 for 4 week session or \$15 walk in (Kim)

This class is the perfect combination of toning, stretching, and relaxing. Inversion trainers are used in the Feet Up portion of the class, which give students the opportunity to take their feet off the ground. Soft music, essential oils, gentle stretching, & breathing exercises will help relieve tension and stress, while improving your flexibility, mobility, and joint health. No experience is necessary!

Zumba

Tuesdays, 6:30pm - 7:30pm

Cost: \$50 for 4 week session or \$15 walk in (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!

August 7th - August 28th**Fly Gym**

Mondays, 6:00pm - 7:00pm

Cost: \$60/4 week session or \$18 walk in *if spots available (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!

Summer Tuition

4 Week Summer Sessions (company, team, & recreational 4 week sessions)

30 minute class = \$49 for session

45 minute class = \$56 for session

1 hour class = \$65 for session

1.25 hour class = \$75 per session

1.5 hour class = \$78 per session

*Sign Up for 2 or more session classes per family and receive a **5% discount!**

*Sign up for 3-4 session classes per family and receive a **10% discount!**

*Sign up for 5-7 session classes per family and receive a **15% discount!**

*Sign up for 8 or more session classes per family and receive a **20% discount!**

Summer Dance Camps

August 8th - 10th

\$160 per student (Fairy Tale Camp & Spirit Week Camp)

*Sign up for more than 1 camp per family and receive a **10% discount!**

Summer Dance Intensives

August 14th - 17th

\$250 per student

*Families registering more than 1 student for dance intensive receive a **10% discount!**

Fitness Classes

Fly Gym - \$60/4 week session or \$18 walk in

Feet Up & Gentle Stretch - \$50 /4 week session or \$15 walk in

Zumba - \$50 /4 week session or \$15 walk in

Hula Hoop Fit, Flow, & Flair - \$50/ 4 week session or \$15 walk in

For More Information: Visit us @www.steppinoutdanceacademy.com or call us @603-642-7711