





**Allegro Dance Studio Summer Schedule 2022  
Pricing Structure**

All prices are for the complete session

**July Session (4 weeks) Tuesday July 5th - Saturday July 30th**

30 min class \$45

45 min class \$55

1 hour class \$60

Ballet II (twice weekly class) \$100

Ballet III (twice weekly class) \$125

Ballet V (twice weekly class) \$150

*\*Monday Classes have been adjusted due to The July 4th Holiday Closure*

**August Session (4 weeks) Monday August 1st - Saturday August 27th**

30 min class \$45

45 min class \$55

1 hour class \$60

Ballet II (twice weekly class) \$100

Ballet III (twice weekly class) \$125

Ballet IV / V (twice weekly class) \$150

## Class Description:

### **Acro I**

#### **(Ages 5+)**

Must be currently enrolled in a ballet class at Allegro to enroll for this class. This class is level 1 in the Acrobatic Arts Certified Program. The program is based on safe and effective progressions with proven results in five divisions of AcroDance: Flexibility, Strength, Balancing, Limbering and Tumbling. Developed with input from professionals and experts in ballet, modern dance, jazz, contortion, artistic gymnastics, rhythmic gymnastics, sport acrobatics, yoga, acro yoga, pilates, physiotherapy, hand balancing and more, you will not find a more comprehensive program. Ballet class leotard with bike shorts or leggings, solid color. bare feet and hair pulled back. NO CROP TOPS, hair pulled back and out of face.

### **Acro I**

#### **(Ages 7+)**

Must be currently enrolled in a ballet class at Allegro to enroll for this class. This class is level 1 in the Acrobatic Arts Certified Program. The program is based on safe and effective progressions with proven results in five divisions of AcroDance: Flexibility, Strength, Balancing, Limbering and Tumbling. Developed with input from professionals and experts in ballet, modern dance, jazz, contortion, artistic gymnastics, rhythmic gymnastics, sport acrobatics, yoga, acro yoga, pilates, physiotherapy, hand balancing and more, you will not find a more comprehensive program. Ballet class leotard with bike shorts or leggings, solid color. bare feet and hair pulled back. NO CROP TOPS, hair pulled back and out of face.

### **Acro II**

Must be currently enrolled in ballet at Allegro to register for this class and MUST be placed per instructors request. This class is level 2 in the Acrobatic Arts Certified Program. The program is based on safe and effective progressions with proven results in five divisions of AcroDance: Flexibility, Strength, Balancing, Limbering and Tumbling. Developed with input from professionals and experts in ballet, modern dance, jazz, contortion, artistic gymnastics, rhythmic gymnastics, sport acrobatics, yoga, acro yoga, pilates, physiotherapy, hand balancing and more, you will not find a more comprehensive program. Ballet class leotard with bike shorts or leggings, solid color, bare feet and hair pulled back. Placement based on Instructor decision. NO CROP TOPS

### **Acro III**

\*Must be currently enrolled in ballet at Allegro to register for this class and MUST be placed per instructor request. This class is level 3 in the Acrobatic Arts Certified Program. The program is based on safe and effective progressions with proven results in five divisions of AcroDance: Flexibility, Strength, Balancing, Limbering and Tumbling. Developed with input from professionals and experts in ballet, modern dance, jazz, contortion, artistic gymnastics, rhythmic gymnastics, sport acrobatics, yoga, acro yoga, pilates, physiotherapy, hand balancing and more, you will not find a more comprehensive program. Ballet class leotard with bike shorts or leggings, solid color, bare feet and hair pulled back. NO CROP TOPS Placement based on Instructor decision.

### **Adult Ballet**

This class takes your ballet training to the next level. Dancers will level up fundamental techniques & enhance more exciting skills like leaps and turns, as well as more intricate choreography. No pressure to dress in formal attire, students may wear form fitting active wear. It is suggested hair be pulled back and ballet shoes be worn. Bring a water bottle and enjoy the benefits of this amazing style of dance! Active wear and preferably ballet shoes are encouraged. Adults may pay by a monthly fee or pay a \$15 drop in fee when they attend

### **Beg Ballet**

Introducing Dancers who are brand new to ballet or coming from the Recreation program ages 5+ who are wanting to pursue ballet in a more structured classroom to focus on alignment, flexibility, coordination, physical, and cognitive understanding necessary for Classical Ballet training. Foundation of Ballet with formal training consisting of barre and centre work, posture, placement, precise technique and comportment of classical ballet will be emphasized. Providing dancers with all of the necessary tools to improve their skills to progress to Ballet I. Dress Code light pink scoop leotard, hair pulled back in a ballet bun, pink tights, and ballet shoes.

### **Ballet I**

Director approval for placement. This class focuses on building a solid Ballet Technique with an emphasis on proper body placement to ensure safe execution as the skill levels advance. Ballet 1 is much more structured and intense class as this is the next level from Beginning Ballet. Ballet 1 uniform is a short sleeved lavender leotard, pink ballet tights and pink ballet shoes NO dance skirts. Girls must have hair tied back in a ballet bun. Boys wear black leggings or shorts and white t-shirt with black ballet shoes.

### **Ballet II**

Student must be placed in this class per the Director. This class is twice weekly and students are required to attend both the Monday and the Wednesday sessions. This is for students who are working towards moving into a higher level in the future. Ballet 2 is the next level of advancement after a student acquires the necessary skills from Ballet 1. Balance, Flexibility and musicality are important factors learned in this level. Dress code is blue scoop leotard with no skirts, hair in bun.

### **Ballet III**

MUST be placed in this class by Director. This class meets twice a week and attendance is required at both classes. This class incorporates Pre-Pointe skills which will benefit dancers to improve their pointe work, and or work towards being on pointe. The class will continue the ballet dancers education in the technique of classical ballet. Ballet III students wear Maroon leotard, pink tights, pink ballet shoes required. Maroon or black dance skirt optional no other colors please. Hair pulled up in a bun, pink tights, pink ballet flats and pink pointe shoes, hair in ballet bun. All ballet boys are required to wear form fitting shorts or leggings, a form fitting white T shirt and black ballet shoes.

### **Ballet IV / V**

Must be placed into this class by Director. This twice weekly class will incorporate barre work and strength for classical techniques. Pointe work as an additional class that is strongly encouraged for dancers to progress in their pointe work skills. Ballet IV uniform black leotard, pink tights, plain black skirt optional, pink flats, pink pointe shoes. and hair in ballet bun. Ballet V uniform plain colored leotard, no patterns, plain black skirt, no other colors please. Pink tights, pink ballet flats and pink pointe shoes, hair in ballet bun.

### **Contemporary I**

We will learn traditional Lyrical style and Contemporary style of dance. Foundations in ballet/lyrical/jazz and modern have created what we call contemporary today. Must be currently enrolled for Ballet 2, 3 or Teen ages 10+. Black shorts or leggings/ solid colored form fitting top, leotard or tank top. NO T-SHIRTS. LOOSE CLOTHING, or CROP TOPS. Ballet or lyrical half shoes. Hair pulled back with no bangs. Water Bottle

### **Contemporary II**

Students will learn basics and progressions in this popular modern style dance. Foundations in ballet/lyrical/jazz and modern have created what we call contemporary today. Must be currently enrolled in ballet 4 or 5. Black shorts or leggings, No Crop Tops, solid colored form fitting top, leotard or tank top. Black jazz shoes. Hair pulled back.

### **Dance Theater (Ages 6+)**

In this class, dancers will follow along to learn basic musical theater dance steps. Musical Theater Dance involves all styles of dance (jazz, ballet, tap, hip hop, and lyrical) and brings them together with different songs from our favorite Broadway shows. Musical theater dancing is about interpreting the music and tapping into your emotion to tell stories in the music and dance steps. Throughout the whole class, we will listen and dance along to popular Broadway hits. This is a great course for students who want to try out a different style of dance, or who have tried musical theater before and just want to take an extra dance class! This is an introduction course, so all ability levels are welcome! Dress Code, plain color leggings or bike shorts with a form fitting T shirt or leotard. Ballet shoes or jazz shoes and hair out of the face. NO CROP TOPS

### **Hip Hop I (Ages 5/6)**

Hip Hop I is a great way to burn energy. With clean music and age appropriate moves, young dancers will love this class! Form fitted active wear and no skid clean indoor sneakers. No jewelry, watches or crop tops. Pull hair back.

### **Hip Hop II (Ages 7+)**

Hip Hop III is a great way to burn energy and learn the exciting style of Hip Hop. With clean music and age appropriate Moves, young dancers will love this class! Form fitted active wear and no skid clean indoor sneakers. No jewelry or watches. Pull hair back.

### **Hip Hop III (Ages 10+)**

Hip Hop II is a great way to burn energy and learn the exciting style of Hip Hop. With clean music and age appropriate moves, young dancers will love this class! Form fitted active wear and no skid clean indoor sneakers. No jewelry or watches. Pull hair back.

### **Beg Jazz**

The students in this class learn basic jazz steps with an emphasis on stretching; for greater range of motion, strength, for jumps and leaps, balance, for pirouettes and coordination for movement quality. They will explore both traditional jazz through center floor combinations. This class provides the dancer with a sense of well-being, it builds self confidence and builds social skills. Dancer must be enrolled in Beg Ballet or Ballet I at Allegro and placed per instructors request.

### **Jazz I**

Currently taking a ballet class (Ballet 1 or 2) at Allegro to be eligible and placed in this class per instructor. Jazz is a stylistic dance form. Dancers will be learning the commercial style of jazz with the likes of which you see used in Broadway and music videos. Black shorts or leggings/ solid colored form fitting top, leotard or tank top, Black jazz shoes. Hair pulled back. NO TSHIRTS, CROP TOPS.

### **Jazz II**

Dancers will be continuing in the progression of Jazz dance beyond the introductory level. Must be currently enrolled in Ballet 2 or Ballet 3. and placed in this class by instructor. Black shorts or leggings/ solid colored form fitting top, leotard or tank top. NO TSHIRTS or CROP TOPS. Black jazz shoes. Hair pulled back out of face.

### **Jazz III**

Jazz 3 is for students continuing their jazz progression. Must be placed into this class by instructor. Dancers must be currently enrolled into a ballet class of 3/4 to enroll for this class. Solid color leggings or shorts and a tight fitting top and black jazz shoes are required. Hair pulled up and out of face. NO CROP TOPS.

### **Jazz IV**

Jazz 4 is the advanced jazz class at ADS. Students must be placed into this class by the studio director and also be actively enrolled in Ballet 4 or 5. Solid color leggings or shorts and tight fitting top and black jazz shoes are required no crop tops/bra tops.

### **PreK (Ages 3/4)**

Students in this course will learn Ballet foundations along with Jazz, Hip Hop and Creative movement. Consider this class a sampler of the styles we offer at Allegro. PreK students will have a blast with action songs and story telling. Students are required to wear form fitting activewear (Leotard, tank top, leggings). NO jeans, or sneakers or crop tops. Ballet shoes or jazz shoes. Hair must be pulled back off of face. BRING A WATER BOTTLE!

### **Mix Styles (Ages 5/8 and 9/11+)**

Students in this course will learn Ballet foundations along with Jazz, Hip Hop and Creative movement. Consider this class a sampler of the styles we offer at Allegro. Students are required to wear form fitting activewear (Leotard, tank top, leggings). NO jeans or crop tops, or sneakers. Ballet shoes or jazz shoes. Hair must be pulled back off of face. BRING A WATER BOTTLE!

### **Stretch Flex I**

This class will provide you with the foundation for injury prevention and help improve flexibility. Students will be taken through a strength training routine that will build muscular balance which will help protect joints and prepare students for more acrobatic movement and flexibility for skills such as splits, backbends and handstands.

### **Stretch Flex II**

This class focuses on developing the strength and flexibility for front splits, middle splits, backbends and arm balances. Develop the gracefulness to transition in and out of extreme flexibility while also improving balance and strengthening the body to prevent injury along the way. All exercises will have multiple options so each student can work at their own pace.

**Teen Ballet (Ages 10+)**

Teen Ballet is a beginning/Intermediate level course. Students will learn the basics in positions and terminology. This class introduces safe stretching and strong technique in classical ballet. Must be Uniform black leotard, pink tights, pink ballet flats, hair in ballet bun.

**Teen Jazz (Ages 10+)**

Must be enrolled in Teen Ballet or for dancers who are enrolled in a ballet class who have never taken Jazz before. They will explore both traditional jazz through center floor combinations. This class provides the dancer with a sense of well-being, it builds self confidence and builds social skills. Dancer must be enrolled in Beg Ballet or Ballet I at Allegro and placed per instructors request.