

**Tumbling & Cheer Classes**

Studio	Class	Age/Level	Time
<b>Monday</b>			
C	Int. Tumbling	[aerials/BHS]	4:00-5:00
C	Beg. Tumbling	[kickovers]	5:15-6:15
C	Int/Adv. Tumb.	[BHS/tucks]	6:15-7:15
C	Adv. Tumb.	[tucks/passess]	7:15-8:15
<b>Tuesday</b>			
C	Young Beg.	3-5 yrs. Old	9:00-9:45
C	Beg/Int.	[back-walk-overs]	4:00-5:00
C	Rec. Cheer	5-12 yrs. Old	5:00-6:00
C	Young Adv. Tumb	[4-6 yrs old]	5:30-6:15
C	Int. Tumbling	BHS	7:15-8:15
<b>Wednesday</b>			
C	Young Adv.	4-6 yrs. Old	10:00-10:45
C	Young Beg	3-5 yrs. Old	4:00-4:45
C	Young Adv	4-6 yrs. Old	4:45-5:30
C	Beginning	Kick Overs	6:00-7:00
<b>Thursday</b>			
C	Int./Adv. Tumb	[Aerial/Tuck]	4:00-5:00
C	Intermediate	[back-hand-spring]	5:15-6:15
C	Adv. Tumbling	[tucks /fulls]	7:15-8:30
<b>Friday</b>			
C	Beg/Int.	[walkovers]	3:30-4:30

**Dance Classes**

Studio	Class	Age/Level	Time
<b>Monday</b>			
B	Jazz II	6-12 yrs.	5:15-6:15
B	Jazz III	8-14 yrs.	6:15-7:15
A	Yoga	Adults	7:30 - 8:30
<b>Tuesday</b>			
B	Children's Dance I/II	3 & 4 yrs	9:45-10:30
B	Children's Dance III	Kindergarten	4:00-4:45
A	Ballet III	8-14 yrs.	4:15-5:30
A	Ballet II	6-12 yrs.	5:30-6:30
B	Beg. Tap	8-12 yrs.	6:00-7:00
A	Adult Technique	Adults	7:30-8:45
<b>Wednesday</b>			
B	Children's Dance II	4 yrs. Old	9:15-10:00
B	Children's Dance II/III	4-5 yrs.	1:00-1:45
B	Ballet Prep	4-6 yrs.	4:00-4:45
B	Children's Dance II	4 yrs.	4:45-5:30
A	Jazz I	5-8 yrs	6:00-7:00
B	Boy's Breakdance I	6-9 yrs	5:30-6:15
B	Hip Hop I	6-9 yrs	6:15-7:15
B	Hip Hop II	10+ yrs	7:15-8:15
<b>Thursday</b>			
B	Ballet I	5-10 yrs	4:00-5:00
B	Children's Dance I/II	3&4 yr old	5:15-6:00
B	Me & My Tot	18 Months & Parent	6:00-6:45
B	Jazz II	7-12 yrs.	6:45-7:45
A	Modern	8-15 yrs.	7:00-8:00
A	Bellydance	Adults	8:00-9:00
<b>Friday</b>			
A	Boys Breakdance II	8 and Up	4:30-5:30

**Performance Classes**

Day/Studio	Class	Age/Level	Time
<b>SDA Dance Companies</b>			
<i>Companies are for Beg - Adv. students who are more serious about dance - they meet 2 times per week and are also required to take one tumbling class per week. All teams participate in 4-5 performances per year.</i>			
Wed/Fri	A	<b>Mini</b>	5-8 yrs 5:00-6:00/2:30-3:30
Mon/Wed	A	<b>Youth</b>	6-9 yrs. 4:00-5:00
Mon/Thu	A	<b>Junior</b>	8-11 yrs. 4:00-5:15
Mon/Thu	A	<b>Senior</b>	9+ yrs. 5:15-6:45

**SKY Cheer Teams**

*SKY Cheer attends 2, 1-hour cheer classes and 1 level-appropriate tumbling class. All teams participate in 4-5 performances per year.*

Tue/Thu	C	<b>Juniors</b>	8+ yrs. 6:15-7:15
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