

Tumbling & Cheer Classes

Studio	Class	Age/Level	Time
Monday			
C	Int. Tumbling	[aerials/BHS]	4:00-5:00
C	Beg. Tumbling	[kickovers]	5:15-6:15
C	Int. Tumbling	[BHS/tucks]	6:15-7:15
C	Adv. Tumb.	[tucks/passess]	7:15-8:15
Tuesday			
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
Wednesday			
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
Thursday			
C	Young Adv. Tumb	4-7 yrs old	4:00-5:00
C	Intermediate	[back-hand-spring]	5:15-6:15
C	Adv. Tumbling	[tucks /fulls]	7:15-8:30
Friday			
C	Beginning	[kickovers]	3:30-4:30

Dance Classes

Studio	Class	Age/Level	Time
Monday			
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
Tuesday			
B	Children's Dance I/II	3 & 4 yrs	9:45-10:30
B	Children's Dance III	5 years	4:00-4:45
B	Children's Dance III	5 years	4:45-5:30
A	Ballet III	8-14 yrs.	4:15-5:30
A	Ballet II	6-12 yrs.	5:30-6:30
B	Beg. Tap	6-12 yrs.	6:30-7:30
A	Adult Technique	Adults	7:30-8:45
Wednesday			
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 & Breakdance II (Coed 10+)		8:15-9:15
Thursday			
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

Performance Classes

Day/Studio	Class	Age/Level	Time
SDA Dance Companies			
<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	Mini	5-8 yrs 5:00-6:00/2:30-3:30
Mon/Wed	A	Youth	6-9 yrs. 4:00-5:00
Mon/Thu	A	Junior	8-11 yrs. 4:00-5:15
Mon/Thu	A	Senior	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	Juniors	8+ yrs. 6:15-7:15
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