

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Studio A	Studio B	Studio A	Studio B	Studio A	Studio B	Studio A	Studio B	Studio A	Studio B
	Rhythm Fitness Adult Fitness Amber 8:30-9:20		Tai Chi Adult Fitness Amber 8:30-9:20		Rhythm Fitness Adult Fitness Amber 8:30-9:20		Tai Chi Adult Fitness Amber 8:30-9:20		Rhythm Fitness Adult Fitness Amber 8:30-9:20
			Pre-Ballet A 3-5 years Jordan 9:30-10:00		Pre-Ballet B 3-5 years Jordan 9:30-10:00			Soaring Dragon -Nov/Int B 5+ years By Integrity MA White-Green 6:15-7:00	
Little Dragons 3-5 years By Integrity MA Pre-Level 3:30-4:15		Pre-Jazz & Hip Hop Combo 3-5 years Jordan 10:30-11:15	Creative Movement 2-3 years Jordan 10:00-10:30	Little Dragons 3-5 years By Integrity MA Pre-Level 3:30-4:15	Taps & Tutus B Combo 3-5 years Jordan 10:00-10:45	Clog III-Sparks Cristina 4:00-4:45	Lyrical II Jordan 4:00-4:45		
Soaring Dragon -Nov/Int A 5+ years By Integrity MA White-Green 4:15-5:00	Advanced Contemporary Jordan 4:00-4:45	Jazz II Amaree 4:00-4:45	Jazz I Jordan 6+ years 4:00-4:45	Soaring Dragon -Nov/Int A 5+ years By Integrity MA White-Green 4:15-5:00	Advanced Jazz Jordan 4:00-4:45	Clog I-Starts Cristina/Deb 6+ years 4:45-5:30	ELITE Mini Tech/ Conditioning Team Only Jordan/Jodie 4:45-5:30		
Okinawan Kobudo Weapons 5+ years By Integrity MA By Invitation 5:00-5:30	Taps & Tutus A Combo 3-5 years Jordan 4:45-5:30	Lyrical I A Amaree 6+ years 4:45-5:30	ELITE Teen Tech/Conditioning Team Only Jordan/Jodie 4:45-5:30	Soaring Dragons-Int/Adv 5+ years By Integrity MA Blue-Black 5:00-5:45	ELITE Jr. Lyrical Team Only Jordan 4:45-5:30	Clog II-Sugar Feet Cristina/Deb 6+ years 5:30-6:15	ELITE Junior Tech/ Conditioning Team Only Jordan/Jodie 5:30-6:15		
Soaring Dragons-Int/Adv 5+ years By Integrity MA Blue-Black 5:30-6:15	Ballet I A Jordan 6+ years 5:30-6:15	ELITE Mini/Jr. Hip Hop Team Only Amaree 5:30-6:15	ELITE Senior Tech/ Conditioning Team Only Jordan/Jodie 5:30-6:15	Pre-Ballet C 3-5 years Amaree 5:45-6:15	Ballet II Jordan 5:30-6:15	ELITE Mini Character Team Only Jodie 6:15-7:00	Adv. Ballet Comb w/Pointe Jordan 6:15-7:00		
Soaring Dragon -Nov/Int B 5+ years By Integrity MA White-Green 6:15-7:00	Hip Hop I 6+ years Amaree 6:15-7:00	ELITE Jr. Jazz Team Only Jordan 6:15-7:00	Pointe Jodie 6:15-7:00	Lyrical I B Jodie 6+ years 6:15-7:00	ELITE Teen Jazz Team Only Jordan 6:15-7:00	Ballet I B Jodie 6+ years 7:00-7:45	Pointe Comb w/Adv Ballet Jordan 6:15-7:00		
	Hip Hop II/III 10+ years Amaree 7:00-7:45	Ballet III Jordan 7:00-7:45	ELITE Select Musical Theater Team Only Jodie 7:00-7:45	Tap I/II 6+ years Jodie 7:00-7:45	ELITE Teen/Sr Hip Hop Team Only Amaree 7:00-7:45		ELITE Select Contemporary Team Only Jordan 7:00-7:45		
			ELITE Sr. Jazz Team Only Jodie 7:45-8:30		ELITE Teen Lyrical Team Only Jodie/Amaree 7:45-8:30		ELITE Sr. Lyrical Team Only Jodie 7:45-8:30		

## MONTHLY FEES

### Dance Tuition

30-min. class: \$50/mo.  
45-min. class: \$55/mo.  
Pointe: \$80/ mo.

### Martial Arts Tuition

Little/Soaring Dragons: \$100/mo.  
Okinawan Kobudo Weapons:  
\$60/mo.

**\$25 Yearly Registration Fee**  
*will be charged for all students*  
*at time of registration.*  
*(up to 3 students/family)*  
**\*Fitness Registrations Excluded\***

### Adult Fitness Tuition

UNLIMITED Rhythm Fitness &  
TaiChi  
\$35/mo.  
Monday-Friday

Rhythm Fitness ONLY  
\$30/mo.  
Monday/Wednesday/Friday

TaiChi ONLY: \$20/mo.  
Tuesday/Thursday

**Fitness Drop-In Fee: \$5/class**

## WEEKEND PARTY/EVENT RENTALS

FRIDAY  
SATURDAY  
SUNDAY

**3 Hour Rental**  
**\$350**  
**(\$75 refund after**  
**cleaning check)**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Tiny Tumbler</b> 18 mo-3 years</p> <ul style="list-style-type: none"> <li>10:00-10:30AM (A) (M/W) Shelly</li> <li>4:45-5:15 PM (B) Ashley</li> </ul> <p><b>Tumbling Tots</b> 3-5 years</p> <ul style="list-style-type: none"> <li>9:00-10:00 (A) Shelly</li> <li>3:30-4:30 PM (B) Shelly/Ashley</li> <li>5:15-6:15 PM (C) Bree/Ashley</li> </ul> <p><b>Power Tumbling I Beg</b> 6+ years</p> <ul style="list-style-type: none"> <li>4:15-5:15 PM (A) Bree</li> <li>6:15-7:15 PM (B) Ashley</li> </ul> <p><b>Power Tumbling I Adv</b> 6+ years</p> <ul style="list-style-type: none"> <li>4:30-5:30 PM (A) Shelly</li> </ul> <p><b>Power Tumbling II</b> 6+ years</p> <ul style="list-style-type: none"> <li>5:30-6:30 PM (A) Emma</li> </ul> <p><b>Power Tumbling II/III</b> 6+ years</p> <ul style="list-style-type: none"> <li>6:30-8:00 (A) (M/W) Emma</li> </ul>	<p><b>Tiny Tumbler</b> 18 mo-3 years</p> <ul style="list-style-type: none"> <li>9:30-10:00 AM (C) Shelly</li> </ul> <p><b>Tumbling Tots</b> 3-5 years</p> <ul style="list-style-type: none"> <li>10:00-11:00 AM (D) Shelly</li> </ul> <p><b>Power Tumbling I Beg</b> 6+ years</p> <ul style="list-style-type: none"> <li>6:00-7:00 PM (C) Bree</li> </ul> <p><b>Power Tumbling I Adv</b> 6+ years</p> <ul style="list-style-type: none"> <li>4:15-5:15 PM (B) Ashley</li> </ul> <p><b>Power Tumbling II</b> 6+ years</p> <ul style="list-style-type: none"> <li>5:15-6:15 PM (B) Ashley</li> </ul>	<p><b>Tiny Tumbler</b> 18 mo-3 years</p> <ul style="list-style-type: none"> <li>10:00-10:30AM(A) (M/W) Shelly</li> </ul> <p><b>Tumbling Tots</b> 3-5 years</p> <ul style="list-style-type: none"> <li>10:30-11:30 AM (F) Shelly</li> <li>3:30-4:30 PM (G) Shelly</li> <li>5:30-6:30 PM (H) Emma</li> </ul> <p><b>Power Tumbling I Beg</b> 6+ years</p> <ul style="list-style-type: none"> <li>4:30-5:30 PM (D) Shelly</li> <li>6:30-7:30 PM (E) Shelly</li> </ul> <p><b>Power Tumbling II/III</b> 6+ years</p> <ul style="list-style-type: none"> <li>6:30-8:00 (A) (M/W) Emma</li> </ul> <p><b>Cheer Fundamentals</b> Level III 10+ years (COACH APPROVAL)</p> <ul style="list-style-type: none"> <li>4:30-6:00 PM Brook/Kim</li> </ul> <p>Level II 9-11 years</p> <ul style="list-style-type: none"> <li>6:00-7:30 PM Brook/Kim</li> </ul>	<p><b>6 &amp; under OPEN BOUNCE</b> Thursday Only 9:00-11:00 AM</p> <p>\$8—1 child \$11—2 children \$15—3 or more children (same family)</p> <p><b>Power Tumbling I Beg</b> 6+ years</p> <ul style="list-style-type: none"> <li>4:30-5:30 PM (F) Bree</li> </ul> <p><b>Power Tumbling I Adv</b> 6+ years</p> <ul style="list-style-type: none"> <li>5:30-6:30 PM (D) Bree</li> </ul> <p><b>Cheer Fundamentals</b> Tots Cheer (3-5 years)</p> <ul style="list-style-type: none"> <li>4:00-4:45 PM Brook</li> </ul>	<p><b>TDC TEAMS OPEN GYM</b> 9:00-10:00 AM</p> <p><b>\$5 DROP IN FEE</b></p> <p>-COMPETITION TEAM ONLY- -SCHOOL SCHEDULE PERMITTING-</p> <p><b>6 &amp; OVER OPEN BOUNCE</b> Friday Only 10:00 AM-12:00 PM</p> <p>\$8—1 child \$11—2 children \$15—3 or more children (same family)</p> <p>-SCHOOL SCHEDULE PERMITTING-</p> <p><b>HUGS UNLimited</b> The HUGS program is an all-inclusive recreational outlet for children with neurological, physical or disabilities of any form. (Sensory Friendly)</p> <p><b>HUGS TOTS</b> 3-6 years</p> <ul style="list-style-type: none"> <li>3:30-4:15 PM Brook/Bekah</li> </ul> <p><b>HUGS</b> 7+ years</p> <ul style="list-style-type: none"> <li>4:15-5:15 PM Brook/Bekah</li> </ul> <p><b>Cheer Fundamentals</b> Level I 5+ years</p> <ul style="list-style-type: none"> <li>5:20-6:20 PM Brook/Kim</li> </ul>
<p><b>WEEKEND PARTY/EVENT RENTALS</b></p> <p><b>FRIDAY SATURDAY SUNDAY</b></p> <p><b>3 Hour Rental \$350</b> (\$75 refund after cleaning check)</p>	<p><b>COMPETITION TEAM PRACTICE</b></p> <p>TDC Elite Team ACRO (Team placement req.)</p> <ul style="list-style-type: none"> <li>4:45-5:30 PM -Senior</li> <li>5:30-6:15 PM -Teen Jordan/Jodie</li> </ul> <p>Comp Tumbling Teams</p> <ul style="list-style-type: none"> <li>Team placement req.</li> <li>5:00-8:00 PM Int &amp; Adv ClairAnn/Robin</li> </ul>	<p><b>COMPETITION TEAM PRACTICE</b></p> <p>TDC Elite Team ELITE Select Acro</p> <ul style="list-style-type: none"> <li>7:45-8:30 PM Jodie/Amaree</li> </ul>	<p><b>COMPETITION TEAM PRACTICE</b></p> <p>TDC Elite Team ACRO (Team placement req.)</p> <ul style="list-style-type: none"> <li>4:45-5:30 PM -Junior</li> <li>5:30-6:15 PM -Mini Jordan/Jodie</li> </ul> <p>Comp Tumbling Teams</p> <ul style="list-style-type: none"> <li>Team placement req.</li> <li>5:00-6:00 PM HUGS Comp Brook/Bekah</li> <li>5:00-8:00 PM Int &amp; Adv ClairAnn/Robin</li> </ul>	<p><b>MONTHLY FEES</b></p> <p><b>Tumbling Tuition</b></p> <p><u>Tiny Tumbler</u> ---2/week (TT A only): \$50/mo. ---1/week: \$35/mo.</p> <p>Tumbling Tots: \$70/mo. Power Tumbling I: \$70/mo. Power Tumbling II: \$70/mo. Power Tumbling II/III ---2/week Mon &amp; Wed: \$165/mo.</p> <p><b>UNLimited HUGS Program</b> UNlimited Tot: \$60/mo. UNlimited: \$70/mo.</p> <p><b>Cheer Tuition</b> Tots: \$50/mo. Level I: \$60/mo. Level II: \$70/mo. Level III: \$70/mo.</p> <p><b>Competition Tumbling Tuition</b></p> <p>HUGS Competition: \$70 Intermediate (T/Th): \$205/mo. Advanced (T/Th): \$205/mo.</p> <p><i>\$25 Yearly Registration Fee will be charged for all students at time of registration. (up to 3 students/family)</i></p>

# Classes Summary

## Tumbling/Cheer Classes

**Tiny Tumbler-**Tiny Tumbler is a class where parents get to join in the fun! Each class offers something new for you and your toddler to explore. Classes consist of stretching and warm up, obstacle course training, and trampoline time. Enjoy being a part of your child's learning!

**PRICE: \$35/mo. MONDAY/WEDNESDAY 2x/wk class: \$50/mo.**

**Tumbling Tots-** Join us for a tumbling class designed specifically for your preschooler! Your child will enjoy learning tumbling skills in our state-of-the-art tumble gym, including: forward and backward rolls, cartwheels, back-bends, straddle rolls, and handstands. Fun activities, games, and music are incorporated appropriately into each day of class to keep your child actively engaged. All our tumbling classes are taught by a USA Gym certified instructor!

**PRICE: \$70/mo.**

**HUGS Tumbling UNLIMITED TOTS-** The HUGS program is an all-inclusive recreational outlet for children with neurological, physical or disabilities of any form. This program for ages 3-5 years, gives children of all abilities a place to participate in the sport of gymnastics as an individual and in a group setting. This is an opportunity for children to grow in many areas of their daily life, such as gross/fine motor skills, coordination and balance, following directions, expressive language, self-esteem and confidence. These classes follow gymnastic skills progressions adapted to each student's individual needs.

**PRICE: \$60/mo.**

**HUGS Tumbling UNLIMITED -** The HUGS program is an all-inclusive recreational outlet for children with neurological, physical or disabilities of any form. This program for ages 6 and up, gives children of all abilities a place to participate in the sport of gymnastics as an individual and in a group setting. This is an opportunity for children to grow in many areas of their daily life, such as gross/fine motor skills, coordination and balance, following directions, expressive language, self-esteem and confidence. These classes follow gymnastic skills progressions adapted to each student's individual needs.

**PRICE: \$70/mo.**

**Power Tumbling I-** This class is for Level I Power Tumbling kids. No experience necessary to join this class. Instructors will help those with little to no experience with basic tumbling skills including: cartwheels, back-bends, back-bend kickovers, straddle rolls, backward rolls, forward rolls, and head-stands. Students will also focus on strengthening and building muscle, conditioning, flexibility, and coordination. All tumbling classes are held in our state-of-the-art tumble gym with USA Gym Certified instructors

**PRICE: \$70/mo.**

**Power Tumbling II-** This class is for Level II Power Tumbling kids. Our instructors will build upon existing skills learned in Power Tumbling I, including: back-bends, back-bend kickovers, front-walkovers, back-walkovers and back-handspring skills. Students will also focus on strengthening and building muscle, conditioning, flexibility, and coordination. All tumbling classes are held in our state-of-the-art tumble gym with USA Gym Certified instructors.

**PRICE: \$70/mo.**

**Power Tumbling II/III-** This class is a 2x/wk. class and is designed for intermediate tumblers and builds on the fundamentals of tumbling skill learned in PT I & II. Students will work towards perfecting the following skills: handstands and handstand rolls, back-extension rolls, round-offs, back-walkovers, front and back handsprings, and several different trampoline and double mini jumps. Students will work with our certified USA gymnastics instructors to develop proper form and technique, while building strength, balance, and agility. All tumbling classes are held in our state-of-the-art tumble gym with USA Gym Certified instructors.

**PRICE: \$70/mo.**

**TOTS Cheer-Preschool FUNdamentals** is designed to be a short introductory class for athletes new to All-Star Cheer. We will begin to introduce tumbling, motor skills, agility, power, strength, endurance, speed, balance, proprioception, flexibility, motions and stretching on a tot level.

**PRICE: \$50/mo.**

**Cheer I, II & III Classes-** These high-energy cheer classes are perfect for beginning cheer or those that have completed level I or qualify for level II & III! Participants will learn cheer technique and skills including beginning cheers, cheer dance/choreography, and stunting.

**Cheer I PRICE: \$60/mo. Cheer II & III PRICE: \$70/mo.**

**TDC Competition Tumbling Teams-**For competition members only. Intermediate and Advanced teams will be scheduled for 3 hrs. 2x/week. HUGS Team will be scheduled for 1 hr. 1x/week.

**PRICE: Int/Adv Team \$205/mo. HUGS Team: \$70/mo.**

## Dance Classes

**Creative Movement Class-** This class is a beginner level class focusing on introducing toddlers to music, rhythm, and movement! Even the tiniest dancer will find something to love in this high-energy class. Students play games and use props to enhance their experience as they make discoveries that will propel them into a lifetime of love for music and dance.

**PRICE: \$50/mo.**

**Pre-Ballet Class-** Pre-Ballet is a pre-level ballet class, perfect for students just being introduced to dance! This class focuses on the fundamentals of ballet through repetition of movement, while also building a solid foundation of skills for future growth in any type of dance. Students enrolled in Pre-Ballet will enjoy learning with fun music and balloons along with many other props.

**PRICE: \$50/mo.**

**Tap Tots Class-** Our Tap Tots class teaches beginning tap technique along with tempo, rhythm, across-the-floor exercises and gross motor coordination. All the while learning musicality and playing with fun props to enhance each dancer's experience.

**PRICE: \$50/mo.**

**Pre-Jazz & Hip-Hop Combo Class-** This class is perfect for your tiny dancer that just needs to move! Our Pre-Jazz & Hip-Hop class teaches beginning jazz and hip-hop technique along with tempo, rhythm, across-the-floor exercises and gross motor coordination. All the while learning musicality and playing with fun props to enhance each dancer's experience.

**PRICE: \$55/mo.**

**Taps & Tutus Combo Dance Class-** This combo class combines two of the most popular dance styles (Tap & Ballet) into one exciting class! Tap shoes are worn for half the class while students are instructed in the fundamentals of tap dance combining rhythm & the sounds of tap shoes as a form of percussion. The other half of the class, students change into their ballet shoes and focus on the beginning movements of ballet. This is one of our most popular classes because it is so fast-paced and keeps the dancers on their toes!

**PRICE: \$55/mo.**

**Ballet Classes I, II, III, & Adv.-** These beginner-advanced level classes, are perfect for both kids that are just beginning and experienced dancers alike! Ballet is a foundational dance form that provides grace, poise, and technique needed to be proficient in all other areas of dance. In these class students will focus on building stamina and coordination and for those more advanced will build on previous skills learned. Students will also use barre work to increase flexibility and technique.

**PRICE: \$55/mo.**

**Clog Classes I, II, & III-** Miss Deb often has folks ask her about learning to clog. Miss Deb and Miss Cristina will teach these leveled clog classes. Come and have some fun creating percussive sounds and laugh a lot! \*Miss Deb will have shoes available for rent.

**PRICE: \$55/mo.**

**Hip Hop I & II/III Class-** These beginner-advanced level classes, are perfect for both kids that are just beginning and experienced dancers alike! Hip-Hop is one of the most recent popular dance styles for boys and girls alike. Classes are structured in a traditional hip-hop format; isolations, stretching, dance technique, progressive movements, combination and dance routines. If your child is looking for a fast-paced, high-energy dance class-this is it!

**PRICE: \$55/mo.**

**Jazz Classes I, II, III, & Adv.-** These beginner-advanced level classes, are perfect for both kids that are just beginning and experienced dancers alike! Students will learn jazz style dance technique, across-the-floor exercises, choreography and musicality. Students will also focus on building strength and coordination as a foundation for building future dance skills!

**PRICE: \$55/mo.**

**Lyrical/Contemporary Classes I, II, & Adv.-** These beginner-advanced level classes, are perfect for both kids that are just beginning and experienced dancers alike! Lyrical combines ballet and jazz dancing techniques. It is performed to music with lyrics so that it inspires the expression of emotions the choreographer feels from the lyrics of the song. This includes stylistic formations, leaps, turns, and musical interpretation.

**PRICE: \$55/mo.**

**Tap Classes I & II.-** Tap I/II focuses on beginning tap and building upon previously learned skills, speed, clarity of sound, emphasis of sounds, and rhythm tap.

**PRICE: \$55/mo.**

## **Martial Arts Classes**

**Little Dragons Class-** This class will teach your 3-5yr old the basics of Martial Arts, develop fundamental motor skills & increase awareness of body. This class will promote physical strength, coordination, stamina & help develop a sense of independence & self-esteem. They will also learn to: act respectfully, develop speech & language skills & a love for learning, share, take turns, follow directions, problem solve, self-control, & goal setting.

**PRICE: \$100/mo.**

**Soaring Dragons Novice/Int/Adv. Class-** Classes will be held 2x/mo. on Mondays and Wednesdays for our summer session beginning Monday, June 19<sup>th</sup>. (see schedule for times) All within a fun, safe and structured environment! Classes are high energy, where your child will learn the basis of TaeKwonDo. They'll love every second of each positive, high-energy, goal-driven class. Our instructor, Sensei Nory, has many years of experience working with children. She understands the importance of a positive, encouraging, yet challenging experience, that will keep students motivated and learning.

**PRICE: \$100/mo.**

## **Adult Fitness Classes**

**UNLIMITED Rhythm & Tai Chi (M/W/F):**

**Rhythm Fitness:** Take the "work" out of workout by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Students as young as 12 and as mature as 70 something are welcome. These classes are NO pressure, very casual, non-intimidating.

**Tai Chi:** Originally developed for self-defense, Tai Chi has evolved into a graceful form of exercise that is now used for stress reduction and a variety of other health conditions. Tai Chi is low-impact and puts minimal stress on muscles and joints, making it generally safe for all ages and fitness levels.

**PRICE: \$35/mo. or \$5 drop-in fee/class**

**Rhythm Fitness:** Take the "work" out of workout by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Students as young as 12 and as mature as 70 something are welcome. These classes are NO pressure, very casual, non-intimidating.

**PRICE: \$30/mo. or \$5 drop-in fee/class**

**TAI CHI ONLY(T/Th):** Originally developed for self-defense, Tai Chi has evolved into a graceful form of exercise that is now used for stress reduction and a variety of other health conditions. Tai Chi is low-impact and puts minimal stress on muscles and joints, making it generally safe for all ages and fitness levels.

**PRICE: \$20/mo. or \$5 drop-in fee/class**