

AUGUST 2016 - JUNE 2017 SCHEDULE

Dual Star Academy of Dance | 4181 E. County Line Road #Unit B Centennial, CO 80122 | 303-770-6498

| SCHEDULE KEY | | TO REGISTER FOR CLASSES VISIT WWW.DUALSTARDANCE.COM CLICK THE TAB "REGISTER NOW!" | TUITION | | | | |
|-------------------------------|-------------------------------|--|--------------------------------------|--------------------------------------|-----------------------------------|-------------------------------|----------|
| Teacher Initials | EX: HN = Heidi Nichter | | Hours/Week | Tuition/Month | | | |
| **** | teacher pre-approval required | | 30 Min | \$48.00 | | | |
| LEVEL OF DIFFICULTY | | | 1 Hour | \$63.00 | | | |
| Level 1 & 2 Beginner | Little to no dance experience | | 2 Hours | \$98.00 | | | |
| Level 3 & 4 Intermediate | 2-5 yrs of dance experience | | 3 Hours | \$123.00 | | | |
| Level 5 & 6 Advanced | 6+ yrs of dance experience | | 4 Hours | \$148.00 | | | |
| Adult Classes | 18+ and all levels welcome | | 5 Hours | \$168.00 | | | |
| Teen classes | Ages 12 through 18 | | 6 Hours | \$188.00 | | | |
| Misc classes | | | 7 Hours | \$203.00 | | | |
| Creative Movement/Kinder Rock | | 8 Hours -Unlimited | \$213.00 | | | | |
| Company Rehearsals | | ANNUAL REGISTRATION FEE | \$20 PER FAMILY | | | | |
| | | Class Time | Studio 1 | Studio 2 | Studio 3 | Studio 4 | Studio 5 |
| MON | 3:15 - 4:15 PM | | | | Columbine High School Poms Team | | |
| | 4:15 - 5:15 PM | Ballet 2 (DC) | Lyrical 4 (AH) | Ballet 3 (HN) | Pom 5-6 (LH) | Creative Movement 2 (EC) | |
| | 5:15 - 6:15 PM | Ballet 1 (DC) | Lyrical 3 (AH) | Ballet 4 (HN) | Pom 2 (SP) | Creative Movement 1 (EC) | |
| | 6:15 - 7:15 PM | Jr. Ballet 1-2 (8-12 years) (DC) | Dance Conditioning (10 & up) (AH) | ***Beg. Pointe & Variation (HN) | Jazz/Pom 1 (SP) | Jazz 2 (EC) | |
| | 7:15 - 8:15 PM | ***Pre-Pointe (DC) | Turns & Progressions 2 (AH) | Ballet 5-6 (HN) | Beg. Teen Jazz (KD) | Jazz/Funk 3-4 (SP) | |
| | 8:15 - 9:15 PM | Ballet 3-4 (DC) | Int. Teen Contemp/Lyrical (AH) | Contemporary 6 (HN) | Beg. Teen Pom (KD) | Jazz/Funk 5-6 (SP) | |
| | 9:00 - 10:00 am | | | Adult Jazz (All Lvl) (AH) | | Kinder Rock (NK) | |
| 10:00 - 11:00 am | | | Adult Dance Fitness (AH) | | Creative Movement 1 (KC) | | |
| 11:00 - 12:00 pm | | | Flexibility & Strength Training (AH) | | Creative Movement 2 (KC) | | |
| 3:15 - 4:15 PM | | | Rock Canyon High School Poms Team | | | | |
| 4:15 - 5:15 PM | Ballet 2-3 (AH) | Tap 1-2 (BM) | Ballet 3-4 (HN) | Beg/Int. Improv (DR) | Turns & Progressions 5-6 (NB) | | |
| 5:15 - 6:15 PM | Jazz 1-2 (BM) | Jazz 2-3 (AH) | Ballet 3 (HN) | Int/Adv. Improv (DR) | Turns & Progressions 3 (NB) | | |
| 6:15 - 7:15 PM | Ballet 1-2 (AH) | Jr. Jazz 1-2 (Ages 8-12) (BM) | Ballet 3 (HN) | Contemporary 5-6 (DR) | Flex/Technique (JB) | | |
| 7:15 - 8:15 PM | Jazz 3 (AH) | Int. Teen Jazz (BM) | ***Pre Pointe (HN) | Jazz 4 (DR) | Turns & Progressions 4 (JB) | | |
| 8:15 - 9:15 PM | Beg. Teen Ballet (JB) | Int. Teen Pom (BM) | Company Rehearsal (HN) | Jazz 5 (DR) | Contemporary 4 (AH) | | |
| TUES | Class Time | Studio 1 | Studio 2 | Studio 3 | Studio 4 | Studio 5 | |
| | 9:00 - 10:00 am | | | Adult Jazz (All Lvl) (AH) | | Kinder Rock (NK) | |
| | 10:00 - 11:00 am | | | Adult Dance Fitness (AH) | | Creative Movement 1 (NK) | |
| | 11:00 - 12:00 pm | | | Flexibility & Strength Training (AH) | | Creative Movement 2 (NK) | |
| | 3:15 - 4:15 PM | | | Regis Jesuit High School Poms Team | | Kinder Rock (EC) | |
| | 4:15 - 5:15 PM | Pre-Ballet (ages 5-6) (DC) | Jazz/Lyrical 1-2 (AH) | Ballet 4 & 5-6 w/ Pointe (DC) | Dance Conditioning (10 & up) (KC) | Creative Movement 1 (EC) | |
| | 5:15 - 6:15 PM | Broadway Jazz (lvl 2-3 & up) (KC) | Jazz 1 (AH) | Beg/Int Hip Hop (LS) | Int/Adv Hip Hop (LS) | Creative Movement 2 (EC) | |
| | 6:15 - 7:15 PM | Ballet 1 (MM) | Lyrical 2 (AH) | Beg/Int. Teen Pom/Jazz (MM) | Jr. Jazz 1-2 (Ages 8-12) (KC) | Turns & Progressions 2-3 (KC) | |
| | 7:15 - 8:15 PM | Company Rehearsal (AB) | Lyrical 3 (AH) | Beg. Teen Contemp/Lyrical (MM) | Jazz 3 (KC) | | |
| | 8:15 - 9:15 PM | Company Rehearsal (AB) | Company Rehearsal (AH) | | | | |
| WED | Class Time | Studio 1 | Studio 2 | Studio 3 | Studio 4 | Studio 5 | |
| | 9:00 - 10:00 am | | | Adult Jazz (All Lvl) (AH) | | Kinder Rock (NK) | |
| | 10:00 - 11:00 am | | | Adult Dance Fitness (AH) | | Creative Movement 1 (NK) | |
| | 11:00 - 12:00 pm | | | Flexibility & Strength Training (AH) | | Creative Movement 2 (NK) | |
| | 3:15 - 4:15 PM | | | Regis Jesuit High School Poms Team | | Kinder Rock (EC) | |
| | 4:15 - 5:15 PM | Pre-Ballet (ages 5-6) (DC) | Jazz/Lyrical 1-2 (AH) | Ballet 4 & 5-6 w/ Pointe (DC) | Dance Conditioning (10 & up) (KC) | Creative Movement 1 (EC) | |
| | 5:15 - 6:15 PM | Broadway Jazz (lvl 2-3 & up) (KC) | Jazz 1 (AH) | Beg/Int Hip Hop (LS) | Int/Adv Hip Hop (LS) | Creative Movement 2 (EC) | |
| | 6:15 - 7:15 PM | Ballet 1 (MM) | Lyrical 2 (AH) | Beg/Int. Teen Pom/Jazz (MM) | Jr. Jazz 1-2 (Ages 8-12) (KC) | Turns & Progressions 2-3 (KC) | |
| | 7:15 - 8:15 PM | Company Rehearsal (AB) | Lyrical 3 (AH) | Beg. Teen Contemp/Lyrical (MM) | Jazz 3 (KC) | | |
| | 8:15 - 9:15 PM | Company Rehearsal (AB) | Company Rehearsal (AH) | | | | |

| | Class Time | Studio 1 | Studio 2 | Studio 3 | Studio 4 | Studio 5 |
|--------------|------------------|-------------------------------|----------------------------------|--------------------------------------|-------------------------------------|------------------------------|
| THURS | 3:15 - 4:15 PM | | | Regis Jesuit High School Poms Team | | |
| | 4:15 - 5:15 PM | Ballet 2 (HN) | ***Acro 5-6 (KT) | | Intermediate Hip Hop (KO) | Pom 3 (SP) |
| | 5:15 - 6:15 PM | Pom 4 (SP) | Tumbling 1-2 (5-8 yrs) (KT) | Dance Conditioning (10 & up) (HN) | Beginning Hip Hop (KO) | Jazz 6 (NB) |
| | 6:15 - 7:15 PM | Ballet 2-3 (AH) | Jr. Tumbling 1-2 (9-14 yrs) (KT) | Jazz 4 (HN) | Advanced Hip Hop (KO) | Int. Teen/Adult Tap (AT) |
| | 7:15 - 8:15 PM | Lyrical 3-4 (AH) | Acro 3 (KT) | Company Rehearsal (HN) | Tap 3-4 (DS) | Tap 5-6 (AT) |
| | 8:15 - 9:15 PM | Lyrical 5-6 (AH) | Acro 4 (KT) | Company Rehearsal (HN) | Beg. Teen/Adult Tap (DS) | Company Rehearsal (AT) |
| | Class Time | Studio 1 | Studio 2 | Studio 3 | Studio 4 | Studio 5 |
| FRI | 9:00 - 10:00 am | | | Adult Jazz (All Lvl) (AH) | | |
| | 10:00 - 11:00 am | | | Adult Dance Fitness (AH) | | |
| | 11:00 - 12:00 pm | | | Flexibility & Strength Training (AH) | | |
| | 12:30 - 1:30 pm | | | | | |
| | | | | | Kinder Rock (NK) | |
| | | | | | | Creative Movement 1 (NK) |
| | | | | | | Creative Movement 2 (NK) |
| | | | | | | CM 3 (Pre-Ballet & Tap) (NK) |
| | Class Time | Studio 1 | Studio 2 | Studio 3 | Studio 4 | Studio 5 |
| SAT | 9:00 - 10:00 am | Flex/Technique (AH) | | | | |
| | 10:00 - 11:00 am | Ballet 2 (AH) | | | Ballet 3-6 w/ Pointe Variation (DC) | Pre-Ballet (EC) |
| | 11:00 - 12:00 pm | Jazz/Lyrical 2 (AH) | | | | Creative Movement 1 (EC) |
| | 12:15 - 1:15 pm | Turns & Progressions 5-6 (AH) | | | Classical Character (all lvs) (DC) | Creative Movement 2 (EC) |
| | 1:15 - 2:15 pm | Dance Conditioning (AH) | | | | Ballet 1-2 (EC) |
| | | | | | | Jazz/Lyrical 1-2 (EC) |