

# STUDIO H DANCE COMPANY

## SEASON 4 CORE COMPANY CLASSES

### PRE COMPANY

#### Ages 6 & Under

|                           |                 |
|---------------------------|-----------------|
| Pre Ballet                | 40 Minutes/Week |
| Prep Ballet               | 40 Minutes/Week |
| Pre/Prep/Premier Tumbling | 60 Minutes/Week |
| Pre/Prep Tap              | 30 Minutes/Week |
| Pre Jazz                  | 45 Minutes/Week |
| Pre/Prep Strengthening    | 30 Minutes/Week |
| Pre/Prep Flexibility      | 30 Minutes/Week |

### PREP COMPANY

#### Ages 8 & Under

|                             |                 |
|-----------------------------|-----------------|
| Prep Ballet                 | 40 Minutes/Week |
| Premier Ballet              | 45 Minutes/Week |
| Prep Turns & Jumps          | 45 Minutes/Week |
| Pre/Prep/Premier Tumbling   | 90 Minutes/Week |
| Pre/Prep Tap                | 30 Minutes/Week |
| Prep/Premier Jazz & Lyrical | 45 Minutes/Week |
| Pre/Prep Strengthening      | 30 Minutes/Week |
| Pre/Prep Flexibility        | 30 Minutes/Week |

### PREMIER A COMPANY

#### Ages 9 to 11

|                                     |                 |
|-------------------------------------|-----------------|
| Prep Ballet                         | 40 Minutes/Week |
| Premier Ballet                      | 45 Minutes/Week |
| Premier Turns & Jumps               | 60 Minutes/Week |
| Prep Turns & Jumps                  | 45 Minutes/Week |
| Pre/Prep/Premier Tumbling           | 90 Minutes/Week |
| Premier Tap                         | 30 Minutes/Week |
| Prep/Premier Jazz & Lyrical         | 45 Minutes/Week |
| Pre/Prep Strengthening              | 30 Minutes/Week |
| Pre/Prep Flexibility                | 30 Minutes/Week |
| Premier Strengthening & Flexibility | 45 Minutes/Week |

### PREMIER B COMPANY

#### Ages 9 to 11

|                                     |                 |
|-------------------------------------|-----------------|
| Premier Ballet                      | 45 Minutes/Week |
| Future Ballet                       | 60 Minutes/Week |
| Premier Turns & Jumps               | 60 Minutes/Week |
| Future Turns & Jumps                | 60 Minutes/Week |
| Premier/Future/Elite Tumbling       | 80 Minutes/Week |
| Premier Tap                         | 30 Minutes/Week |
| Premier/Future Jazz & Lyrical       | 45 Minutes/Week |
| Premier Strengthening & Flexibility | 45 Minutes/Week |
| Future Strengthening & Flexibility  | 45 Minutes/Week |

### FUTURE A COMPANY

#### Ages 12 to 14

|                                     |                 |
|-------------------------------------|-----------------|
| Future Ballet                       | 60 Minutes/Week |
| Premier Ballet                      | 45 Minutes/Week |
| Future PrePointe                    | 45 Minutes/Week |
| Future Turns & Jumps                | 60 Minutes/Week |
| Premier Turns & Jumps               | 60 Minutes/Week |
| Premier/Future/Elite Tumbling       | 80 Minutes/Week |
| Future Tap                          | 30 Minutes/Week |
| Premier/Future Jazz & Lyrical       | 45 Minutes/Week |
| Premier Strengthening & Flexibility | 45 Minutes/Week |
| Future Strengthening & Flexibility  | 45 Minutes/Week |

### FUTURE B COMPANY

#### Ages 12 to 14

|                                    |                 |
|------------------------------------|-----------------|
| Future Ballet                      | 60 Minutes/Week |
| Elite Ballet                       | 60 Minutes/Week |
| Future PrePointe                   | 45 Minutes/Week |
| Elite Pointe                       | 45 Minutes/Week |
| Future Turns & Jumps               | 60 Minutes/Week |
| Elite Turns & Jumps                | 60 Minutes/Week |
| Premier/Future/Elite Tumbling      | 80 Minutes/Week |
| Future OR Elite Tap                | 30 Minutes/Week |
| Premier/Future Jazz & Lyrical      | 45 Minutes/Week |
| Elite Jazz & Lyrical               | 45 Minutes/Week |
| Future Strengthening & Flexibility | 45 Minutes/Week |
| Elite Strengthening                | 30 Minutes/Week |
| Elite Flexibility                  | 30 Minutes/Week |

### ELITE COMPANY

#### Ages 15 to 19

|                                    |                 |
|------------------------------------|-----------------|
| Elite Ballet                       | 90 Minutes/Week |
| Select Ballet                      | 90 Minutes/Week |
| Elite Pointe                       | 45 Minutes/Week |
| Elite Turns & Jumps                | 60 Minutes/Week |
| Select Turns & Jumps               | 60 Minutes/Week |
| Premier/Future/Elite Tumbling      | 80 Minutes/Week |
| Elite Tap                          | 30 Minutes/Week |
| Elite Jazz & Lyrical               | 45 Minutes/Week |
| Future Strengthening & Flexibility | 45 Minutes/Week |
| Elite Strengthening                | 30 Minutes/Week |
| Elite Flexibility                  | 30 Minutes/Week |

**LEVELS are based off skill and technique, and Placement is determined SOLELY by the Director. Ages listed are only used as a guideline and may not apply to all students.**