

PROGRESSIVE DANCE STUDIO

2018-2019 Class Schedule

Classes begin September * Call 201-894-1333 * Email info@progressivedancestudio.com

Classes for Age 3 & Under:

Baby Yoga – 8 Weeks to Crawling		Monday	11:15 AM- 12 PM	Miss Alison
Baby Yoga – Crawling to Age 2		Monday	12:15 -1:00 PM	Miss Alison
Twirling Twos (Mommy & Me)	Age 2	Tuesday	3:00 – 3:30	Miss Dana
Tots in Tutus	Age 3	Monday	3:30-4:15 PM	Miss Jolene
Tots in Tutus	Age 3	Saturday	9:15-10:00 AM	Miss Jolene
Tots in Tutus	Age 3	Sunday	9:15-10:00 AM	TBA
Tots Hop	Age 3	Thursday	3:30-4:15 PM	Miss Alison

Classes for Age 4-5:

Mini Hip Hop	Age 4-5	Wednesday	4:15-5:00 PM	TBA
Mini Hip Hop	Age 4-5	Thursday	4:15-5:00 PM	Miss Brittany
Mini Hip Hop	Age 4-5	Saturday	10:45-11:30 AM	TBA
Mini Hip Hop	Age 4-5	Sunday	12:15-1:00 PM	TBA
Creative Movement	Age 4-5	Monday	4:15-5:00 PM	Miss Dana
Creative Movement	Age 4-5	Tuesday	5:00-5:45 PM	Miss Dana
Creative Movement	Age 4-5	Thursday	4:15-5:00 PM	Miss Alison
Creative Movement	Age 4-5	Saturday	10:00-10:45 AM	Miss Jolene
Creative Movement	Age 4-5	Sunday	10:00-10:45 AM	TBA

Classes for Age 6-7:

Pre-Ballet	Age 6-7	Tuesday	4:00-5:00 PM	Miss Courtney
Pre-Ballet	Age 6-7	Thursday	5:00-6:00 PM	Miss Alison
Pre-Ballet	Age 6-7	Saturday	10:45-11:45 AM	Miss Jolene
Pre-Ballet	Age 6-7	Sunday	10:45-11:45 AM	TBA
Pre-Jazz/Tap	Age 6-7	Tuesday	5:00-6:00 PM	Miss Brittany
Pre-Hip Hop	Age 6-7	Saturday	9:45-10:45 AM	TBA
Pre-Hip Hop	Age 6-7	Wednesday	5:00-6:00 PM	Miss Brittany
Intro to Musical Theatre	Age 6-8	Saturday	10:00-12:00 PM	T.C.

Classes for Age 7-9:

Ballet 1	Age 7-9	Monday	5:00-6:00 PM	Miss Brittany
Tap 1	Age 7-9	Friday	4:00-5:00 PM	Miss Brittany
Jazz 1	Age 7-9	Monday	4:00-5:00 PM	Miss Brittany
Hip Hop 1	Age 7-9	Wednesday	5:00-6:00 PM	Miss Shay
Hip Hop 1	Age 7-9	Friday	5:00-6:00 PM	Miss Brittany
Hip Hop 1	Age 7-9	Sunday	11:00-12:00	Miss Arleigh
Ballet 1	Age 7-9	Tuesday	4:00-5:00 PM	Miss Jolene
Contemporary	Age 7-9	Thursday	4:30-5:30 PM	Miss Erin
Intro to Musical Theatre	Age 6-8	Saturday	10:00-12:00 PM	T.C.

Classes for Age 8-10:

Ballet 2	Age 8-11	Tuesday	5:45-6:45 PM	Miss Dana
Ballet 2	Age 8-11	Friday	4:00-5:00 PM	Miss Jolene
Jazz 2	Age 8-11	Monday	5:00-6:00 PM	Miss Dana
Tap 2	Age 8-11	Tuesday	5:00-6:00 PM	Miss Jolene
Hip Hop 2	Age 8-11	Friday	6:00-7:00 PM	Miss Brittany
Hip Hop 2	Age 8-11	Saturday	11:30-12:30 PM	TBA
Jazz/Tap	Age 8-11	Saturday	12:30-1:30 PM	TBA
Tap 2	Age 8-12	Sunday	1:00-2:00 PM	Miss Arleigh
Intro to Musical Theatre	Age 9-12	Saturday	12:00-2:00 PM	T.C.

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Classes for Age 9-12:

Pre-teen Ballet	Age 9-12	Wednesday	6:00-7:00 PM	Miss Jolene
Beginner Pre-Teen Jazz	Age 9-12	Monday	6:00-7:00 PM	Mr. Doug
Pre-Teen Jazz	Age 9-12	Wednesday	6:00-7:00 PM	Miss Brittany
Pre-Teen Contemporary	Age 9-12	Thursday	5:30-6:30 PM	Miss Erin
Pre-Teen Hip Hop	Age 9-12	Tuesday	6:00-7:00 PM	Miss Erin
Pre-Teen Hip Hop	Age 9-12	Wednesday	7:00-8:00 PM	Miss Shay
Pre-Teen Hip Hop	Age 9-12	Thursday	6:30-7:30 PM	Miss Brittany
Pointe 1	Age 9-12	Thursday	7:30-8:00 PM	Miss Jolene
Tap 2	Age 8-11	Tuesday	5:00-6:00 PM	Miss Jolene
Tap 2	Age 9-12	Sunday	1:00-2:00 PM	Miss Arleigh
Tap 3	Age 9-12	Thursday	4:00-5:00 PM	Mr Doug
Conditioning	Age 10+	Friday	6:00-7:00 PM	TBA
Intro to Musical Theatre	Age 9-12	Saturday	12:00-2:00 PM	T.C.
Jumps & Turns	Age 7-12	Monday	6:00-7:00 PM	Miss Danielle

Classes for Age 13 & Over:

Teen Contemporary	Age 13+	Monday	6:00-7:00 PM	Miss Jessica
Teen Contemporary	Age 13+	Wednesday	8:00-9:00 PM	Miss Shay
Teen Beginner Ballet	Age 12+	Monday	6:00-7:00 PM	Miss Brittany
Teen Intermediate Ballet	Age 13+	Thursday	6:00-7:30 PM	Miss Jolene
Pointe 1	Age 13+	Monday	8:00-8:30 PM	Miss Jolene
Pointe 1 & 2	Age 13+	Friday	6:30-7:15 PM	Miss Jolene
Teen Hip Hop	Age 13+	Monday	7:00-8:00 PM	Miss Shay
Teen Hip Hop	Age 13+	Tuesday	7:00-8:00 PM	Miss Erin
Teen Jazz	Age 13+	Wednesday	7:00-8:00 PM	Miss Jess
Teen Theatre Jazz	Age 13+	Thursday	7:30-8:30 PM	Mr Doug
Conditioning	Age 10+	Friday	6:00-7:00 PM	TBA
Adult Tap	Open Level	Sunday	10:00-11:00 AM	Miss Arleigh

Acro:

Tumble Tots	Age 3	Monday	3:15-4:00 PM	TBA
Tumble Tots	Age 3	Saturday	9:15-10:00 AM	Roberto
Beginning Acro	Age 5-7	Monday	4:00-5:00 PM	TBA
Beginning Acro	Age 5-7	Saturday	10:00-11:00 AM	Roberto
Beginning Acro	Age 8-12	Wednesday	4:00-5:00 PM	L.J.
Beginning Acro	Age 8-12	Saturday	11:00-12:00 PM	Roberto
Beginning Acro	Age 12+	Wednesday	5:00-6:00 PM	TBA
Intermediate Acro	Age 10+	Monday	5:00-6:00 PM	TBA
Intermediate Acro 2	Age 11+	Wednesday	6:00-7:00 PM	TBA

Bollywood:

Intro to Bollywood	Age 5-7	Tuesday	4:00-5:00 PM	Miss Ruj
Intermediate Bollywood	Age 8-12	Tuesday	6:00-7:00 PM	Miss Ruj
Teen Bollywood	Age 13+	Tuesday	7:00-8:00 PM	Miss Ruj
Bollywood Bustout/Teen	Teen/Adult	Tuesday	8:00-9:00 PM	Miss Ruj

Adult & Senior Fitness:

Adult Theatre Jazz	Open Level	Monday	8:30-9:30 PM	Mr. Doug
Adult Hip Hop	Open Level	Wednesday	8:00-9:00 PM	Miss Arleigh
Adult Tap	Open Level	Sunday	10:00-11:00 AM	Miss Arleigh