

	Monday			Tuesday			Wednesday			Thursday			Friday			Saturday																																													
	Studio A	Studio B	Studio C	Studio A	Studio B	Studio C	Studio A	Studio B	Studio C	Studio A	Studio B	Studio C	Studio A	Studio B	Studio C	Studio A	Studio B	Studio C																																											
9am	<h2>Excellent Dance Training for 30 Years!</h2> <h2>Classes Begin August 31, 2020</h2>																																																												
10am																														Kinder Ballet 10:00-10:45	Beat Boppers 10:15-11:00	Pre-K Ballet 9:45-10:30																													
11am																														Pre-Ballet 10:45-11:30	Mex Folk Fast Int. 11:00-12:00	Jazz 1 10:30-11:30																													
12pm	<div style="border: 2px solid black; padding: 10px;"> <p><b>Important Dates!</b> SADA will be closed on the following dates:</p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td colspan="3"><b>SADA Fall Holidays</b></td> <td colspan="3"><b>SADA Spring Holidays</b></td> </tr> <tr> <td colspan="3">Mon., Sept. 7</td> <td colspan="3">Labor Day</td> </tr> <tr> <td colspan="3">Mon., Nov. 23 - Sat., Nov. 28</td> <td colspan="3">Thanksgiving</td> </tr> <tr> <td colspan="3">Mon., Dec. 21 - Sat., Jan. 2</td> <td colspan="3">Winter Break</td> </tr> <tr> <td colspan="3">*Studio Opens Mon., Jan. 4, 2021</td> <td colspan="3"></td> </tr> </table> </div>															<b>SADA Fall Holidays</b>			<b>SADA Spring Holidays</b>			Mon., Sept. 7			Labor Day			Mon., Nov. 23 - Sat., Nov. 28			Thanksgiving			Mon., Dec. 21 - Sat., Jan. 2			Winter Break			*Studio Opens Mon., Jan. 4, 2021																					
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1pm															Jazz 2 12:30-1:30	Mex Folk Intermediate 1:00-2:00	Flamenco Intermediate 12:00-1:00	Flamenco Fast Int. 1:00-2:00																																											
2pm																																																													
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4pm	Ballet 2 4:15-5:15	Modern 1 4:30-5:30		Ballet 2 4:15-5:15	Jazz 2 4:15-5:15		Beat Boppers 4:30-5:15	Mex Folk Beginner 4:30-5:15		Ballet 1 4:00-5:00	Hip-Hop 1 4:30-5:30		Pre-K Ballet/Tap Combo 4:00-4:45																																																
5pm	Ballet 3 5:15-6:30	Jazz 1 5:30-6:30		Ballet 3 5:15-6:30	Tap 2 5:15-6:15		Modern 2 5:30-6:30	Flamenco Beginner 5:15-6:15		Ballet 3+ 5:00-6:30	Lyrical 1 5:30-6:30		Tap 1 5:00-6:00																																																
6pm	Ballet 5 6:30-8:00	Ballet 4 6:30-8:00		Ballet 5 6:30-8:00	Hip-Hop 2 6:45-7:45		Modern 3 6:30-7:30	Jazz 3 6:30-7:30		Cont. Jazz 6:30-7:45	Jazz 4 6:30-7:30																																																		
7pm							Lyrical 2 7:30-8:30	Hip-Hop 3 7:30-8:30			Teen Ballet/ Jazz/Lyrical Combo 7:30-9:00																																																		
8pm	Pointe 2 8:00-9:00	Pointe 1 8:00-8:45		Jazz 3 (Teens) 8:00-9:00	Tap 3 8:00-9:00					Lyrical 3 7:45-8:45																																																			
9pm																																																													

**KEY:**

Ballet	Mex Folk
Jazz	Flamenco
Mod/Cont	Hip Hop
Tap	Lyrical

All Class Times and Days  
subject to change  
without notice

**TECHNIQUE CLASSES**

**"Elective Classes"**

**TAP**

Tap Technique teaches toe, heel, and foot repetitions to strengthen and quicken movement emphasizing rhythm and musicality. Center exercises and combinations, turns, time-steps, wings, and pullbacks. Ages 7 & up.

**FLAMENCO**

Flamenco Technique includes Zapateado, muñecas, palmas, shawl, fan and castanet work. We recommend ballet classes in conjunction with flamenco. Ages 5 & up.

**MEXICAN FOLKLORIC**

Mexican Folkloric Technique incorporates fast footwork and varied skirt technique from the different regions of Mexico. Ages 4 & up.

**BALLET**

Ballet Technique includes barre, center, variations, turns, jumps, allegro, adagio, and choreography. Levels III - IV emphasize speed and strengthening feet, legs, back, and proper technique. Ages 7 & up.

**JAZZ**

Jazz Technique includes barre, floor barre and center exercises set to popular music. Work is on technique, rhythm, coordination, flexibility, turns, jumps and learning choreography. Combinations include Street Jazz, Hip-Hop, funk, and lyrical jazz. Ages 7 & up.

**MODERN**

Modern Technique includes floor work and center exercises based on natural body-movements of fall-and-recovery, release, and control. Movements can be percussive or without rhythm, powerful, edgy, fluid, inverted, or unexpected. Strong technique in ballet and jazz is recommended.

**Pointe**

(Ballet 5)

Elective technique class focusing on the strengthening of the feet and ankles for proper work en pointe. Includes barre, center, turns, jumps, allegro, adagio. Teacher recommendation required, in addition to 2 Ballet Technique classes per week.

**Pre-Pointe**

(Ballet 3+ & 4)

Student will follow their ballet class with special thera-band exercises to strengthen the feet, ankles, and calves. Barre-work includes exercises to ready the feet and legs to rise up on all toes in Pointe I. Teacher recommendation required.

**Lyrical**

Choreography class focuses on fluidity of movement and strong sense of musicality. Strong technique in both classical ballet and jazz is recommended. Ages 8 & up.

**Hip-Hop**

Choreography class teaches the latest styles of Hip-Hop and Funk. Fast, hard-hitting movement that can include popping, locking, krumping, breaking and tricks. Jazz technique class recommended. Ages 6 & up.

**Children's Program**

**Pre-K, Kinder, & Pre-Ballet** (ages 3 - 6)

Introduces Classical Ballet with proper placement of feet and arms, taught with movement and singing, progressing to beginning ballet barre exercises, turn and jump combinations, and body alignment.

**Pre-K Ballet/Tap Combo** (ages 3 - 4 1/2)

Introduces creative movement and Ballet basics with rhythms, singing, and proper placement of feet and arms. Introduces basic tap steps and rhythms at the barre and centre, taught with movement and singing.

**Pre-Ballet/Jazz Combo** (ages 5 1/2 - 6)

Introduces Classical Ballet with proper placement of feet and arms, progressing to beginning ballet barre exercises, turn and jump combinations, and body alignment. Introduces Jazz fundamentals through across the floor and center exercises.

**Mexican Folkloric Beginner** (ages 4 and up)

Incorporates footwork and skirt technique from the different regions of Mexico. Slow paced and thorough.

**Flamenco Beginner** (ages 5 and up)

Introduces Zapateado and muñecas work. Slow paced and thorough. It is Highly recommended that students take one year of Mex. Folk. prior to enrolling in Flamenco.

**Beat Boppers** (ages 6 - 9)

A 45-minute high-energy, upbeat class incorporating Hip-Hop movements, choreography and fun exercises. A Beginner level perfect for new students ages 6-9.

**REQUIRED ATTIRE:**

LABEL NAME ON EVERYTHING!

**Pre-Kinder Ballet & Kinder Ballet**

- Pink leotard
- Pink Capezio ultra soft tights
- Pink ballet shoes
- Hair secured back in a ponytail or classical bun
- Pre-Kinder Tutu (purchased from SADA)
- Kinder Ballet Skirt (purchased from SADA)

**Pre-K Ballet/Tap Combo & Pre-Ballet/Jazz Combo**

- Pink leotard
- Pink Capezio ultra soft tights
- Pink ballet shoes
- Black patent tap shoes with ties (Pre-K B/T Combo)
- Tan flat jazz shoes (Pre-B/J Combo)
- Hair secured back in a ponytail or classical bun
- Pre-Kinder Tutu (purchased from SADA)
- Kinder Ballet Skirt (purchased from SADA)

**BALLET**

- Black leotard
- Pink Capezio ultra soft tights
- Pink ballet shoes
- Hair secured in a classical bun
- Ballet skirt (optional) - No Shorts

**JAZZ / TAP / MODERN / LYRICAL / CONTEMPORARY**

- Any leotard or SADA shirt (not oversized)
- Jazz pants or crop pants
- Hair secured in a ponytail
- Tan flat jazz shoes (Jazz)
- Black oxford tap shoes (Tap)
- Bare feet (Modern/Contemporary)
- Bare feet or foot-undeez (Lyrical)

**HIP-HOP**

- Comfortable clothes (no jeans)
- Sneakers
- No bare-legs with shorts
- Hair secured off face

**FLAMENCO**

- Black long sleeve leotard
- Black or tan tights
- Flamenco skirt
- Black flamenco shoes
- Hair secured in a bun or ponytail

**MEXICAN FOLKLORIC**

- Black short sleeve leotard
- Black or tan tights
- Red folkloric practice skirt
- Black folkloric shoes
- Hair secured in a bun or ponytail.