

## JAG GYM 2009-2010 Schedule

**JAG's Above the Barre Dance** offers what no other dancing school in the area can offer . . . a combination of a first rate dance class backed up by a state of the art gymnastics school. The combination of our newly remodeled dance rooms dance rooms as well as sprung floors, trampolines, tumble tracks and bungee systems give dancers access to a wide array of tools to improve their dance and conditioning. In addition, every dancer gets individual attention and training with experienced instructors. Finally, many of our dance classes are either immediately before or after a gymnastics class allowing busy families with kids who "want to do it all" a way to save that which is most precious to all of us—TIME! We all know that dance creates self-confidence and provides great exercise, and JAG's amazing environment allows dancers to learn the art of dance in a first rate facility while having tons of fun. Above the Barre at JAG GYM is the place to come whether your child is two or eighteen, experienced or not, we will keep your child dancing and learning!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Creative Movement (ages 2-3)	9:30-10:15	10:15-11				
Tippy Toes, Tappin' and Tumbling (ages 3-4)	3:00-4:00	11:05-12:05 2:00-3:00 4:00-5:00	2:00-3:00 4:00-5:00	1:00-2:00 3:00-4:00	2:00-3:00	9-9:45 10:45-11:30
Tippy Toes, Tappin' and Tumbling (ages 4-5)	4:00-5:00	3:00-4:00 5:00-6:00	1:00-2:00 3:00-4:00		3:15-4:15	9:45-10:30 11:30-12:15
Tippy Toes, Tappin' and Tumbling (ages 5-8)	5:00-6:00		5:00-6:00	4:00-5:00	4:15-5:15	
Ballet (ages 6-10)	3:30-4:30	4:30-5:30	4:30-5:30	3:30-4:30		9:00-10:00
Tween/Teen Ballet (ages 10-up)		6:30-7:30		6:30-7:30		12:00-1:00
Tap/Jazz (ages 6-10)			3:30-4:30	4:30-5:30		10:00-11:00
Tween/Teen Tap & Jazz (ages 10-up)		7:30-8:30				
Fit, Funky and Fabulous (ages 6-10)	4:30-5:30	5:30-6:30		5:30-6:30		11:00-12:00
Teen/Tween Fit, Funky and Fabulous (ages 10-up)	5:30-6:30			7:30-8:30		
Broadway Babies (ages 3-6)				2:15-3:00		
Pop Stars (ages 6-10)		3:30-4:30	5:30-6:30			12:35-1:35
Dance for Theater (ages 10-up)						1:00-2:00
Jumps and Turns (ages 10-up)						2:30-3:30
Yoga Bears (ages 3-6 years)	2:15-3:00		1:00-1:45			
Yoga (6-12 years)	5:35-6:35		6:35-7:35	5:00-6:00		2:00-3:00

**Creative Movement** (ages 2-3) A fun dance and tumbling class for toddlers and their parent/caregiver.

**Tippy Toes, Tappin' and Tumbling** (ages 3-4; 4-5; 5-8) Primary dance technique including positions, coordination and rhythm along with basic tumbling.

**Ballet** (ages 6-10)/ **Tween/Teen Ballet** (ages 10-up) This class includes a warm up, ballet barre and center work along with flexibility training. Tumble track is used to develop leaps and jumps.

**Tap/Jazz** (ages 6-10)/ **Tween/Teen Tap/Jazz** (ages 10-up) The jazz portion of the class includes a warm up, flexibility and center work that involves combinations and progressions across the floor. The tap portion includes rhythm, basic tap steps and combinations. The combinations are then put to music.

**Fit, Funky and Fabulous** (ages 6-10)/ **Tween/Teen Fit, Funky and Fabulous** (ages 10-up) This class is pure energy! Incorporating basic jazz techniques with popular music and the latest dance moves, this class is a cardio workout and dance form all in one!

**Broadway Babies** (ages 3-6) Let your little star shine in this fun class filled with dance and singing from popular Broadway shows.

**Pop Stars** (ages 6-10) Love Hannah Montana? School of Rock? High School Musical? Then this is your class! Calling all Divas!

**Dance for Theater** (ages 10-up) This class is designed for students who study theater and want a good dance background for basic choreography.

**Jumps and Turns** (ages 10-up) Leaping and spinning are essentials of dance—this class focuses on these two important skill sets.

**Yoga Bears** (ages 3-6 years, with parent) and **Yoga** (6-12 years) This class teaches basic yoga positions, stretching as well as breathing and balance.

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