



# NIDC News

## BACK BY POPULAR DEMAND \* PUNCH CARDS \*

### Summer 2025

Dive into a summer of rhythm and movement at Northern Illinois Dance Center!

Unleash your passion for dance with our exciting new punch card option this summer! Whether you're a seasoned dancer or just stepping onto the dance studio floor, our punch card allows you to groove at your own pace while enjoying the flexibility of attending classes that fit your schedule.

Immerse yourself in a world of creativity as our expert instructors guide you through a variety of dance styles, from our themed preschool classes to graceful ballet and everything in between. The punch card not only offers a fantastic opportunity to refine your dance techniques but also invites you to explore your artistic side in a fun and supportive environment.

Why settle for ordinary when you can make your summer extraordinary? Join us for an unforgettable dance experience that combines the precision of technique with the joy of expression. Let the rhythm take you on a journey of self-discovery, fitness, and, most importantly, FUN!

Secure your spot on the studio floor today with our exclusive summer punch card. Your dance adventure awaits – let's make this summer one to remember!



12  
JUN

2180 Oakland  
Dr., Suite D  
Sycamore

WWW.NIDANCECENTER.COM

### Punches!

Dive into dance with options ranging from 3 to 18 punches, offering you the freedom to customize your dance journey. Select 1 for a taste of our dynamic classes or go all-in with 18 for an immersive dance extravaganza! Each punch is good for 1 hour of dance. You can also just pay for a class at a time. \$16 an hour.



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# Opportunities to dance more

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## NIDC's Performance Group

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Join the spotlight and become part of something extraordinary with Northern Illinois Dance Center's Performance Group! Embrace a year-long commitment to artistic growth, camaraderie, and the thrill of live performances.

For dancers aged 8 and older, this exclusive group offers a unique platform to showcase your passion for dance in community performances throughout the year. Starting with lots of summer parades and then local events to special showcases, our Performance Group opens doors to more opportunities to share your talent and shine on stage.

Seize the chance to make every move count – join our Dance Studio's Performance Group and let your passion for dance take center stage! Email [ella@nidancecenter.com](mailto:ella@nidancecenter.com) for more information. Must be registered before their first class on June 12, 2025.

Required to purchase a minimum of 12 class punch card for summer 2025. Performance Group will meet about 7 times this summer. The other hours you choose what you would like to take.

Required in 2025-26 season: take performance group and one other class per week.

Summer class dates: June 17, 24, July 1, 8, 15, 22 7-8pm

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## Elevation Dance Company

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As a member, indulge in weekly technique and choreography classes, curated to refine your abilities and elevate your performance to new heights. Be prepared for an exhilarating dance season with four local competitions and an epic national showdown in the summer of 2025!

Elevation Dance Company is more than a team; it's a family. Engage in team bonding events that foster lifelong friendships and create an unbreakable bond with fellow dancers. Learn not only dance techniques but invaluable life lessons about collaboration, discipline, and the power of teamwork.

Embark on a transformative dance experience – join Elevation Dance Company and let your passion for dance soar to new dimensions!

Email [atlee@nidancecenter.com](mailto:atlee@nidancecenter.com) for more information.

Required for Summer 2025:

8 & under is to purchase the minimum of the 10 class punch cards

All others on 1 team is required to purchase a minimum of the 15 class punch card

If on 2 teams, an 18 class punch card is required.



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# Classes in June 2025

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## June 12

**Creative Movement: Troll-tastic Adventure!**

Join us for a troll-tastic adventure where little dancers will jump, twirl, and groove through a world of music, movement, and fun! This class introduces young movers to basic dance skills through imaginative play, a Trolls-inspired game, and an exciting craft that will have them feeling as colorful and creative as their favorite Trolls. Let's dance and shine like the true superstars we are!

5-5:30pm \*ages 2-3 Ms. Raelyn

### Technique Lab

Take your dance technique to the next level with Ms. Atlee's Technique Lab! This one-hour summer class is designed for dancers ages 9 and up who want to refine their skills using a combination of analytics, training tools, and high-level instruction. From strength and flexibility assessments to targeted drills and movement analysis, dancers will gain a deeper understanding of their technique and how to improve their overall performance. Whether you're looking to perfect your turns, enhance your jumps, or build stronger extensions, this class will give you the tools to reach your goals!

5-6pm \*ages 9 & older Ms. Atlee

### Movin' w/ my Mini - Together We Shine: A Parent-Tot Dance Party

Join us for Together We Shine, a joyful parent-tot dance class designed to build confidence, self-love, and connection through movement! In this 30-minute interactive session, little dancers and their caregivers will twirl, bounce, and explore movement together through playful activities, music, and bonding exercises. With a focus on positivity and encouragement, this special class celebrates every little mover's uniqueness while creating sweet moments to cherish!

5:30-6pm \*ages walking-3 Ms. Raelyn



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# Classes in June 2025

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## June 12 continued

### Dance Basics - Theme - Twirl & Shine: A Confidence Dance Party

Let's twirl, sparkle, and shine! Twirl & Shine is a magical dance experience designed for little ones to build confidence, express themselves, and celebrate what makes them special. Through playful movement, music, and positive encouragement, dancers will explore self-love, bravery, and joy—all while having tons of fun! Open to ages 3-5, no experience needed—just bring your energy and your biggest smile!

6-7pm \*ages 3-5 Ms. Raelyn

### Sassy Jazz

Get ready to bring the energy and attitude in Sassy Jazz with Ms. Atlee! This one-hour class for dancers ages 9 and up will focus on sharp lines, dynamic jazz movement, and seamlessly incorporating technique into bold, exciting choreography. Dancers will build confidence while refining their precision, strength, and stage presence—all with a touch of sass! Whether you're working on powerful accents, quick transitions, or expressive performance quality, this class will have you dancing full-out and loving every minute.

6-7pm \*ages 9 & older Ms. Atlee

### Combo - Theme - BeYOUtiful Moves: A Day of Dance & Self-Love

Join us for BeYOUtiful Moves, a fun-filled dance event designed to help young dancers shine from the inside out! Through exciting movement, uplifting music, and engaging activities, dancers will explore self-expression, build confidence, and celebrate what makes them unique. This special one-day class is all about self-love, positivity, and dancing with joy! Open to ages 5-8, no experience needed—just bring your smile and get ready to shine!

7-8pm \*ages 5-8 Ms. Raelyn



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# Classes in June 2025

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## June 12 continued

### Yoga and Stretching for Dancers

Enhance your strength, flexibility, and body awareness with Yoga & Stretching! This one-hour summer class is designed for dancers ages 8 and up who want to elongate their lines, improve mobility, and build a deeper connection with their movement. Through a blend of yoga, dynamic stretching, and targeted strength exercises, dancers will develop the control and alignment needed to elevate their technique. Perfect for all levels, this class will help you move with greater ease, grace, and confidence both in and out of the studio!

7-8pm \*ages 8 & older Ms. Atlee

## June 17

### Step into Tap

This beginner tap class with Ms. Ella will allow any dancer ages 7 & up to get some basic tap knowledge and learn beginner moves. They will also learn how to listen to their music which helps not only in tap but in all dance styles.

5-6pm \*ages 7 & older Ms. Ella

### Pop Diva Jazz

Get ready to dance like a star in Pop Diva Jazz! This one-day class is all about learning basic jazz skills and a super fun combo while grooving to hits from your favorite female pop artists. Perfect for dancers of all levels, this class is high-energy, sassy, and full of pop star vibes!

6-7pm \*ages 8 & older Ms. Ella



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# Classes in June 2025

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## June 17 continued

### Ballet Technique

Welcome to Ballet Techniques (Level 1/2)! This class is specially designed for young dancers eager to embark on a journey into the world of ballet. Geared towards budding talents at Levels 1 and 2, this class focuses on building a strong foundation in ballet fundamentals. Through engaging exercises, students will learn and practice essential techniques, fostering grace, coordination, and confidence. The class seamlessly blends fun and learning, with an emphasis on detail in ballet. Join Ms. Alex in this class where your child will twirl, leap, and pirouette their way to a love for ballet!

5-6:30pm \*levels 1 & 2 Ms. Alex \*this class will be a punch & a half

Welcome to Ballet Techniques (Level 3/4)! In this enchanting class, young dancers will embark on a graceful journey into the world of ballet, honing their skills and cultivating a keen attention to detail. Through a blend of movement and expression, participants will immerse themselves in the art of ballet, polishing their skills while emphasizing precision and finesse. Join Ms. Alex for a magical exploration where every plié, tendu, and arabesque becomes a step towards mastering the exquisite world of dance.

6:30-8:30pm \*levels 3 & 4 Ms. Alex \*this class will be 2 punches

## June 19

### Creative Movement: Tiny Royals in Training!

Calling all tiny princes and princesses! This ballet-based class is designed for young dancers to explore movement with twirls, tiptoes, and magical leaps. We'll dance through a royal adventure, play an engaging ballet-inspired game, and create a special crown or wand to take home. It's a class full of grace, giggles, and fairytale fun

5-5:30pm \*ages 2-3 Ms. Raelyn



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# Classes in June 2025

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## June 19 continued

### Dancer's Conditioning: Strength, Stamina & Power

Take your dancing to the next level with Dancer's Conditioning! This one-hour class for dancers ages 8 and up is designed to build strength, endurance, and agility through a mix of HIIT, cardio, and creative conditioning exercises. Cross-training is essential for dancers—it helps prevent injuries, improves stamina for longer routines, and builds the power needed for stronger jumps, sharper turns, and controlled movement. By focusing on full-body conditioning, dancers will develop the muscular endurance and flexibility needed to perform with confidence and precision. Get ready to sweat, push your limits, and feel stronger than ever!

5-6pm \*8 & older Ms. Atlee

### Movin' with My Mini: Royal Ballet Party!

Step into a magical kingdom where princesses, princes, and tiny dancers twirl together! This enchanting class introduces little ones to ballet-inspired movement through gentle stretches, playful music, and interactive dancing with their caregiver. We'll also enjoy a royal-themed game and create a sparkly craft fit for a prince or princess. Get ready for a whimsical adventure filled with dance, imagination, and fun!

5:30-6pm \*ages walking-3 w/ caregiver Ms. Raelyn

### Lyrical Expressions

Let your movement tell a story in Lyrical Expressions, a heartfelt and inspiring class for dancers ages 8 and up. This one-hour class blends expressive movement with strong dance technique, helping dancers connect emotion to their choreography. Through fluid across-the-floor progressions and dynamic combinations, dancers will learn to weave feeling into every step, creating powerful and meaningful performances. Whether you're soaring through leaps or reaching through each extension, this class will encourage you to move with passion, artistry, and confidence.

6-7pm \*ages 8 & older Ms. Atlee



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# Classes in June 2025

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## June 19 continued

### Dance Basics: Princesses, Princes & Pliés!

Step into a royal ballet adventure where dancers will practice basic ballet positions, pliés, and graceful movements—all while twirling like their favorite fairy tale characters! We'll bring the magic of ballet to life through imaginative dance activities, a fun ballet game, and a creative craft fit for royalty. Get ready to dance like a true prince or princess in this delightful class!

6-7pm    \*ages 3-5    Ms. Raelyn

### Acro / Tricks

Work with Ms. Atlee and hone your skills for various acro and tumbling movements that could be incorporated into your dance progressions. This class will have variations for students just getting comfortable with acro, and variations for those looking to push themselves to try something new and more difficult.

7-8pm    \*for dancers in middle or high school    Ms. Atlee

### Combo Class: Ballet Royalty!

Join us for an elegant day of ballet, creativity, and royal fun! Dancers will refine their ballet technique with beautiful port de bras, graceful turns, and floating leaps, all set to fairy tale-inspired music. We'll also play a themed ballet game and create a royal keepsake craft to complete the magical experience. Whether you dream of being a ballerina princess or a noble prince, this class is the perfect way to dance like royalty!

7-8pm    \*ages 5-8    Ms. Raelyn





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# Classes in June 2025

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## June 23

### Dance Basics: Dancing Through Oz!

Follow the yellow brick road to a magical day of movement, music, and fun! In this enchanting class, young dancers will learn basic musical theater dance steps inspired by the world of Wicked. We'll twirl, jump, and march through Oz, play a themed theater game, and create a spellbinding craft to take home. Get ready for a day full of magic, music, and movement—because everyone deserves to defy gravity!

5-6pm \*ages 3-5 Ms. Raelyn

### Combo Class: Defy Gravity — A Wicked Dance Experience!

Step into the world of Wicked with a musical theater dance class that will have you acting, dancing, and performing like a true Broadway star! Dancers will learn a fun and expressive routine inspired by the show's iconic songs, play a theatrical game, and create a magical craft to complete their journey through Oz. Whether you dream of being Glinda the Good or Elphaba the Powerful, this class is your chance to shine on stage and defy gravity!

6-7pm \*ages 5-8 Ms. Raelyn

## June 24

### Let them praise him w/ dance

This is a faith based class with Ms. Ella, learning basic dance moves and learning a combination after starting a class with a short devotion.

5-6pm \*ages 8 & older Ms. Ella

### On Broadway! Musical Theater

This Musical Theater class with Ms. Ella will teach the basics of dance and performance, we will also learn a super fun combo to a Broadway hit!

6-7pm \*ages 8 & older Ms. Ella



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# Classes in July 2025

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June 30

Crochet Club

Bring your own yarn and needle if you have one.

6-7:30pm Ms. Ana \*this class will be 1 punch



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# Classes in July 2025

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## July 1

### Tap

Learn how to add sounds and additional aspects to tap moves to increase difficulty and layer sounds.

5-6pm \* ages 8 & older Ms. Atlee

### Lyrical

Experience the beauty of movement in Lyrical Expressions! This one-day class for dancers ages 9 & up blends ballet and jazz technique with expressive, flowing choreography. Dance with emotion, improve your artistry, and connect to the music in a supportive and inspiring environment.

5-6pm \* ages 9 & older Ms. Ella

### College Prep Jazz

Dreaming of dancing at the collegiate level? College Prep Jazz with Ms. Atlee is designed for middle and high school dancers looking to refine the advanced technique and performance skills needed for college dance teams and beyond. This one-hour class will focus on high-level jazz choreography, precision, and the technical elements that set collegiate dancers apart—think powerful turns, dynamic jumps, and strong, stylized movement. Whether you're preparing for auditions or simply pushing yourself to the next level, this class will give you the tools and confidence to stand out in any setting!

6-7pm \*levels 3, 4 & MS, HS Ms. Atlee

### Stretch it Out

Relax, unwind, and improve your flexibility in Stretch It Out! This one-day class focuses on deep stretching, mobility, and relaxation techniques to help dancers increase flexibility and prevent injuries. Whether you're looking to enhance your technique or just enjoy a good stretch, this class is the perfect way to feel refreshed and rejuvenated!

6-7pm ages 8 & older Ms. Ella



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# Classes in July 2025

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## July 1 continued

### Advanced Lyrical

If you're looking for a lyrical class that is built around filling your heart and pushing your body—look no further. Ms. Atlee will focus on various progressions and choreography rooted in upbeat, positive and energetic lyrical dance to help expand your repertoire.

7-8pm \*level 3, 4, MS, HS Ms. Atlee

## July 2

### Art in Motion

Unleash your creativity through the power of dance and improvisation. Art in motion is for ages 12 and older, and in this class, we'll explore the liberating world of improv, focusing on nurturing your creativity, letting go of inhibitions, and embracing the freedom of self-expression. Join Ms. Alex in a supportive environment where there's no judgment – just pure, artistic exploration. Get ready to move, flow, and discover the joy of Art in Motion!

5-6pm \*ages 10 & older Ms. Alex

### Contemporary

Come take contemporary with Ms. Alex! A dynamic and engaging class designed for kids aged 12 and older! Get ready to dive into the world of contemporary dance where creativity knows no bounds. This class is all about having fun while exploring the art of movement, focusing on creating unique shapes in dance and expressing yourself to the fullest. Join Ms. Alex for a thrilling experience that combines the joy of dance with the freedom to let your imagination soar. Unleash your creativity, move to the rhythm, and embrace the excitement of Contemporary!

6-7pm \* ages 12 & older Ms. Alex

## July 7

### Weight Training & Circuits

Get ready to elevate your dance technique by incorporating fitness conditioning into your routine. From strength-building exercises to agility drills, this class is tailored to help dancers maximize their potential and unleash their inner beast on the dance floor. Don't miss this opportunity to level up your skills and take your performance to the next level!

10:30-11:30am \* ages 8 & older Ms. Ana



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# Classes in July 2025

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## July 7 continued

### Jazz Funk

Get ready to groove with "Let's Get Funky," a one-hour jazz funk class for dancers ages 8 and up, led by the dynamic Ms. Ana! In this high-energy session, students will explore the fusion of jazz technique with funky, urban dance styles. From popping and locking to smooth isolations and sassy choreography, "Let's Get Funky" offers a unique blend of rhythm, style, and attitude that will have you moving and grooving like never before. Whether you're a seasoned dancer or just starting out, this class promises to ignite your passion for dance and unleash your inner funk master. Join us as we turn up the heat, crank up the music, and let loose in a fun and supportive environment where creativity and individuality shine!

4-5pm \* ages 10 & older Ms. Ana

### Get Krunk - Hip Hop

Join us for an electrifying one-day, one-hour hip hop dance experience designed for ages 12 and up! Led by the talented Ms. Ana, this high-energy class will teach you the hottest moves and choreography to today's top hip hop tracks. From mastering intricate footwork to perfecting your freestyle, "Get Krunk" promises to unleash your inner dancer and leave you feeling pumped and ready to hit the dance floor! Don't miss out on this dynamic opportunity to groove, vibe, and get krunk with us!

5-6pm \* ages 12 & older Ms. Ana

### Ballroom

Come take a class from our resident ballroom dance expert Ms. Atlee! Plan to learn 2-3 styles of ballroom dance that range from foxtrot and Viennese Walz, to traditional Bachata dancing. Ms. Atlee encourages dancers to wear a maxi skirt, midi skirt, or dress to class to feel in the dancing with the stars mood! Heels optional for high school students.

5-6pm \*Intermediate/Advanced, middle and high school ages Ms. Atlee



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# Classes in July 2025

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## July 7 continued

### Partner Acro/Tricks

Work with Ms. Atlee and hone your skills for various acro and tumbling movements that could be incorporated into your dance progressions. This class will have variations for students just getting comfortable with acro, and variations for those looking to push themselves to try something new and more difficult.

6-7pm Ms. Atlee

\*Advanced, must have 3+ years of jazz or ballet experience and be in MS or older

### Contemporary Vibes

Join us for Contemporary Vibes, a one-day class designed for dancers ages 12 & up! Dive into the fluid, expressive movement of contemporary dance while exploring musicality, creativity, and dynamic choreography. Whether you're looking to refine your technique or just let loose and vibe, this class is the perfect place to move, grow, and express yourself!

7-8:30pm \*ages 12 & older Ms. Ana \*this class will be a punch & a half

## July 8

### Ballet

Refine your ballet technique this summer with this Ballet Intensive for dancers in levels 3 & 4. Perfect your skills, enhance your grace, and elevate your performance under expert guidance in a focused and nurturing environment.

5-7pm \* levels 3 & 4 Ms. Courtney \*2-punch class

### Tapping to Taylor

Calling all Swifties! Join us for Tapping to Taylor, a fun, high-energy tap class for dancers ages 8 & up! Tap along to your favorite Taylor Swift hits while learning rhythmic combos and having a blast. Whether you're a beginner or a seasoned tapper, this one-day class is all about great music, great moves, and great vibes!

6-7pm \*ages 8 & older Ms. Ella



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# Classes in July 2025

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## July 9

### High Energy Jazz

Get ready to move! This high-energy jazz class is perfect for dancers Level 1 and up who want to sharpen their skills, build confidence, and have a blast. Expect dynamic choreography, upbeat music, and an exciting atmosphere that will leave you feeling inspired! Don't miss out on this fun-filled session—let's dance!

5-6pm \*ages 8 & older (level 1) Ms. Alex

### Beginner Lyrical

Let your movement tell a story in this inspiring lyrical class for dancers ages 8 and up. Dancers will explore fluid choreography, emotional expression, and graceful technique while connecting to the music. Join us for a beautiful, expressive session and let your passion shine!

6-7pm \*ages 8 & older Ms. Alex

## July 10

### High Energy Jazz

Get ready to bring the energy! This dynamic jazz class for Levels 3 & 4 will push your technique, style, and performance to the next level. With upbeat music, powerful choreography, and an electrifying atmosphere, this one-day workshop is designed to challenge and inspire. Let's turn up the intensity and dance full out!

4-5pm \*levels 3 & 4 Ms. Alex

### Creative Movement: Mighty Mini Heroes!

Calling all tiny superheroes! This high-energy class will have dancers hopping, spinning, and power-posing as they learn fun hip-hop basics through imaginative play. We'll use our hero moves in an adventurous dance game and create a superhero mask or cape to unleash our powers. Get ready to jump, groove, and save the day—one dance at a time!

5-5:30pm \*ages 2-3 Ms. Raelyn



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# Classes in July 2024

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## July 10 continued

### Lyrical

Dive into the artistry of lyrical dance in this expressive workshop for dancers ages 12 and up. Focus on fluidity, technique, and emotional connection as you move through beautifully crafted choreography. Let the music guide you and tell your story through movement—don't miss this inspiring class!

5-6pm \*ages 12 & older Ms. Alex

### Movin' with My Mini: Superhero Dance Party!

It's time to jump, stomp, and fly into action with your little superhero! This fun-filled class will introduce basic hip-hop-inspired moves in a playful and energetic way, all with the help of their super sidekick—you! We'll groove to upbeat music, play an exciting hero-themed game, and create a superpower craft to take home. Get ready to save the day—one dance move at a time!

5:30-6pm \*ages walking-3 Ms. Raelyn

### Dance Basics: Hip-Hop Heroes!

Suit up and get ready to pop, lock, and break it down in this superhero-themed hip-hop class! Dancers will learn fundamental hip-hop moves, play a heroic dance game, and create their own super-powered craft to take home. With fun music and high-energy movement, this class is perfect for young heroes looking to dance, play, and unleash their inner superhero!

6-7pm \*ages 3-5 Ms. Raelyn

### Combo Class: Superhero Groove Crew! (Ages 5-8)

It's time to bust a move and save the day! This hip-hop combo class will teach dancers cool footwork, dynamic tricks, and powerful poses, just like their favorite superheroes. We'll dance to epic beats, play an action-packed dance game, and design a hero-inspired craft to complete our transformation. Join the Superhero Groove Crew and show off your unstoppable dance powers!

7-8pm \*ages 5-8 Ms. Raelyn





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# Classes in July 2025

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## July 14

### All That Jazz

Get ready to bring the energy and style in All That Jazz! This one-day class is perfect for dancers ages 10 & up who want to explore the fun, dynamic world of jazz dance. From sharp technique to expressive movement, you'll learn exciting choreography while building confidence and stage presence. Don't miss this chance to shine—let's dance!

4-5pm \*ages 10 & older Ms. Ana

### Poppin' & Hip Hoppin'

Poppin and Hip Hoppin": A one-hour hip hop dance class for ages 8 and up, happening for one day only! Get ready to groove and pop to the latest beats in this energetic session.

5-6pm \* ages 8 & older Ms. Ana

### Dancer's Conditioning: Strength, Stamina & Power

Take your dancing to the next level with Dancer's Conditioning! This one-hour class for dancers ages 8 and up is designed to build strength, endurance, and agility through a mix of HIIT, cardio, and creative conditioning exercises. Cross-training is essential for dancers—it helps prevent injuries, improves stamina for longer routines, and builds the power needed for stronger jumps, sharper turns, and controlled movement. By focusing on full-body conditioning, dancers will develop the muscular endurance and flexibility needed to perform with confidence and precision. Get ready to sweat, push your limits, and feel stronger than ever!

5-6pm \*ages 8 & older Ms. Atlee



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# Classes in July 2025

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## July 14 continued

### Boogie Fever

Step into the groove with "Boogie Fever," a jazz disco dance class designed for ages 8 and up! Led by Ms Ana, this one-hour session will have you moving and grooving to the funky beats of disco classics. Learn fundamental jazz techniques, funky footwork, and sassy choreography guaranteed to get you strutting and sparkling on the dance floor. Whether you're a seasoned dancer or just starting out, "Boogie Fever" promises a fun and energetic atmosphere where you can let loose, express yourself, and catch that irresistible disco fever! Join us for a dance experience like no other and let your inner disco diva shine!

6-7pm \*ages 8 & older Ms. Ana

### Technique Lab

Take your dance technique to the next level with Ms. Atlee's Technique Lab! This one-hour summer class is designed for dancers ages 9 and up who want to refine their skills using a combination of analytics, training tools, and high-level instruction. From strength and flexibility assessments to targeted drills and movement analysis, dancers will gain a deeper understanding of their technique and how to improve their overall performance. Whether you're looking to perfect your turns, enhance your jumps, or build stronger extensions, this class will give you the tools to reach your goals!

6-7pm \*ages 9 & older Ms. Atlee

### Yoga and Stretching for Dancers

Enhance your strength, flexibility, and body awareness with Yoga & Stretching! This one-hour summer class is designed for dancers ages 8 and up who want to elongate their lines, improve mobility, and build a deeper connection with their movement. Through a blend of yoga, dynamic stretching, and targeted strength exercises, dancers will develop the control and alignment needed to elevate their technique. Perfect for all levels, this class will help you move with greater ease, grace, and confidence both in and out of the studio!

7-8pm \*ages 8 & older Ms. Atlee



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# Classes in July 2025

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## July 15

### Wicked Musical Theater

Step into the world of Wicked in this magical Musical Theater class! Learn Broadway-style choreography, master expressive performance skills, and dance to the iconic songs from this beloved musical. Whether you're a seasoned performer or new to the stage, this one-day class will have you feeling defyingly confident!

5-6pm \*ages 8 & older Ms. Ella

### Ballet Pilates

Experience the fusion of elegance and strength in our Ballet Pilates class during our summer 2025 session! Tailored for dancers aged 8 & older, this one-day, one-hour session seamlessly blends the graceful techniques of ballet with the core-strengthening principles of Pilates. Elevate your performance and refine your physique in this dynamic and invigorating class.

5-6pm \*ages 8 & older Ms. Courtney

### Fosse Jazz

Step into the spotlight with Fosse Jazz! This one-day class dives into the iconic style of Bob Fosse, featuring sharp, stylish movement, intricate isolations, and classic jazz technique. Learn a dynamic combo inspired by Broadway's legendary choreographer and bring out your inner show-stopper!

6-7pm \*ages 9 & older Ms. Ella



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# Classes in July 2025

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## July 16

### Beginner Tricks Boot Camp!

If you can do a somersault, you're ready for this exciting boot camp. Learn beginner-level dance tricks, improve strength and flexibility, and build confidence in a fun, supportive environment. Get ready to roll, leap, and flip your way to new skills!

2-3pm \*ages 7-11 Ms. Alex

### Advanced Tricks Boot Camp

Take your acro skills to the next level in this one-day workshop! Perfect for dancers who can independently backbend, cartwheel, and somersault, this class focuses on strength, control, and technique while learning exciting new tricks. Get ready to build confidence, refine your skills, and have a blast!

3-5pm \*ages 12 & older Ms. Alex \*this class will be 2 punches

## July 17

### Creative Movement - Dance & Glow: A Confidence Boosting Class

Watch your little one shine in Dance & Glow, a 30-minute dance class designed just for 2-year-olds to explore movement, build confidence, and celebrate self-love! Through playful activities like twirling with scarves, dancing like their favorite animals, and a magical bubble dance party, dancers will glow with joy as they move. This uplifting class is all about fun, positivity, and letting each child's inner light shine bright!

5-5:30pm \*ages 2-3 Ms. Raelyn



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# Classes in July 2025

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## July 17

### Movin' w/ my Mini - Together We Shine: A Parent-Tot Dance Party

Join us for Together We Shine, a joyful parent-tot dance class designed to build confidence, self-love, and connection through movement! In this 30-minute interactive session, little dancers and their caregivers will twirl, bounce, and explore movement together through playful activities, music, and bonding exercises. With a focus on positivity and encouragement, this special class celebrates every little mover's uniqueness while creating sweet moments to cherish!

5:30-6pm      \*ages walking-3      Ms. Raelyn

### Dance Basics - Theme - Twirl & Shine: A Confidence Dance Party

Let's twirl, sparkle, and shine! Twirl & Shine is a magical dance experience designed for little ones to build confidence, express themselves, and celebrate what makes them special. Through playful movement, music, and positive encouragement, dancers will explore self-love, bravery, and joy—all while having tons of fun! Open to ages 3-5, no experience needed—just bring your energy and your biggest smile!

6-7pm      \*ages 3-5      Ms. Raelyn

### Combo - Theme - BeYOUtiful Moves: A Day of Dance & Self-Love

Join us for BeYOUtiful Moves, a fun-filled dance event designed to help young dancers shine from the inside out! Through exciting movement, uplifting music, and engaging activities, dancers will explore self-expression, build confidence, and celebrate what makes them unique. This special one-day class is all about self-love, positivity, and dancing with joy! Open to ages 5-8, no experience needed—just bring your smile and get ready to shine!

7-8pm      \*ages 5-8      Ms. Raelyn



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# Classes in July 2025

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## July 21

### Weight Training & Circuits

Get ready to elevate your dance technique by incorporating fitness conditioning into your routine. From strength-building exercises to agility drills, this class is tailored to help dancers maximize their potential and unleash their inner beast on the dance floor. Don't miss this opportunity to level up your skills and take your performance to the next level!

10:30-11:30am \* ages 8 & older Ms. Ana

### Tap

Learn how to add sounds and additional aspects to tap moves to increase difficulty and layer sounds.

5-6pm \* ages 8 & older Ms. Atlee

### Broadway Kicks & Precision Jazz

Step into the spotlight with Broadway Kicks & Precision Jazz! Designed for dancers ages 10 and up, this one-hour class is inspired by the iconic style of the Rockettes and musical theater performances. Dancers will focus on sharp lines, high-energy choreography, and the precision-style kicks seen on Broadway stages. With an emphasis on clean technique, timing, and performance quality, this class will challenge dancers to move with confidence and grace while mastering the art of synchronization. Whether you dream of the big stage or just love the excitement of show-stopping choreography, this class is your time to shine!

6-7pm \* ages 10 & older Ms. Atlee



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# Classes in July 2025

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## July 21 continued

### Move Through Your Mind

Embark on a journey of self-discovery and expression with 'Move Through Your Mind,' an enriching contemporary dance class led by the inspiring Ms. Ana! Designed for dancers ages 12 and up, this class invites you to explore the intersection of movement and emotion, tapping into the depths of your creativity and imagination. Guided by Ms. Ana's expertise and passion for contemporary dance, each session is a fusion of fluidity, athleticism, and artistic exploration. From intricate floor work to dynamic sequences, you'll develop technical proficiency while honing your ability to convey personal narratives through movement. Join us as we dive into the realms of introspection and inspiration, and unleash the power of dance to transcend boundaries and connect with your innermost thoughts and feelings.

7-8:30pm \*ages 12 & older Ms. Ana \*this class will be a punch & a half

## July 22

### Progressing Ballet Technique

Elevate your dance training to new heights with Progressing Ballet Technique (PBT) this summer! Designed for dancers in levels 2 & up, PBT hones core stability, refines weight placement, and perfects alignment to enhance performance across all dance forms. Unlock your full potential and advance with confidence as you train muscle memory in this transformative class.

5-6pm \*10 & older, level 2 & up Ms. Courtney

### Broadway Bound

Take center stage in Broadway Bound! This one-day musical theater class is perfect for dancers who love the spotlight. Learn Broadway-style jazz technique, expressive performance skills, and a fun, theatrical combo inspired by the magic of the stage. Get ready to dance, act, and shine like a true Broadway star!

6-7pm \*ages 9 & older Ms. Ella



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# Classes in July 2025

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## July 24

### Creative Movement: Troll-tastic Adventure!

Join us for a troll-tastic adventure where little dancers will jump, twirl, and groove through a world of music, movement, and fun! This class introduces young movers to basic dance skills through imaginative play, a Trolls-inspired game, and an exciting craft that will have them feeling as colorful and creative as their favorite Trolls. Let's dance and shine like the true superstars we are!

5-5:30pm \*ages 2-3 Ms. Raelyn

### Movin' with My Mini: Trolls Dance Party!

Get ready to dance, wiggle, and giggle with your little one in this Trolls-inspired movement class! Together, you'll explore fun and playful dance moves, enjoy an engaging music & movement activity, and create a colorful craft inspired by Poppy and her friends. This class is the perfect way to bond, move, and make magical memories—just like the Trolls do!

5:30-6pm \*ages walking - 3 w/ caregiver Ms. Raelyn

### Dance Basics: Trolls Dance Jam! (Ages 3-5)

Dance, play, and craft your way into the colorful, glittery world of Trolls! This fun-filled class introduces young dancers to basic ballet and jazz moves while hopping, twirling, and grooving to upbeat Trolls-themed music. We'll also play an exciting dance game and make a bright and cheerful craft to take home. Get ready for a day full of music, movement, and happiness—because that's how Trolls roll!

6-7pm \*ages 3-5 Ms. Raelyn

### Combo Class: Trolls Groove & Glow!

Calling all Trolls fans! This high-energy class combines jazz, ballet, and hip-hop as we dance to the catchy tunes of Trolls! Dancers will work on fun choreography, play a dance-based game, and get creative with a glittery Trolls-inspired craft. Whether you love to sing, dance, or just have fun, this class will have you moving and grooving with Poppy's positivity and Branch's cool moves!

7-8pm \*ages 5-8 Ms. Raelyn





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# Classes in July 2025

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## July 28

### Graham Inspired Modern

Discover the essence of modern dance with 'Graham Inspired Modern,' a captivating class designed for dancers aged 12 and up! Dive into the innovative techniques and expressive movement vocabulary pioneered by Martha Graham, one of the most influential figures in the history of modern dance. This class invites you to explore the interplay between contraction, release, and spiraling dynamics while cultivating emotional depth and authenticity in your performance. From powerful gestures to fluid transitions, you'll embody the essence of Graham's iconic style while honing your technical prowess and artistic expression. Whether you're a seasoned dancer or new to modern dance, 'Graham Inspired Modern' offers a transformative journey of self-discovery and artistic exploration.

5-6:30pm \* ages 12 & older Ms. Ana \*this class will be a punch & a half

### Classy & Sassy Heels

Step into sophistication and sassiness with 'Classy and Sassy Heels,' an electrifying dance class tailored for advanced dancers ages 13 and up! Embrace your femininity and unleash your confidence as you explore the art of dancing in heels. This session blends elements of various dance styles to create dynamic and empowering choreography. From fierce walks to intricate footwork, you'll master the nuances of movement and expression while enhancing your balance, strength, and stage presence. Whether you're strutting your stuff on the dance floor or commanding the spotlight on stage, 'Classy and Sassy Heels' invites you to elevate your performance with style, grace, and attitude!

6:30-8pm \*ages 13 & older, level 3 & up Ms. Ana

\*this class will be a punch & a half



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# Classes in July 2025

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## July 29

### Stretch & Strength

Unlock your full potential this summer with our Stretch & Strength class! Dive into a dynamic blend of cross-training exercises and targeted muscle work to enhance your performance on the dance floor. From building strength to increasing flexibility, this class offers a holistic approach to help dancers reach new heights in their abilities. Join us and discover the power of balance, control, and grace.

5-6pm \* ages 8 & older Ms. Courtney

### Pre-Pointe / Pointe

A class designed to prepare young dancers for the advanced technique of dancing "en pointe" (on the tips of their toes) by specifically strengthening the muscles in their feet, ankles, legs, and core, while focusing on proper alignment and technique, before and while they are transitioning into a full "pointe" class where they will wear pointe shoes.

6-7pm \*levels 3 4 ONLY Ms. Courtney



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# Summer 2025 Punch Card Prices

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**1 1-hour class = \$16.00**

1 hour = 1 punch

3-punch card  \$45.00

5-punch card  \$70.00

10-punch card  \$130.00

12-punch card  \$144.00

15-punch card  \$165.00

18-punch card  \$180.00

Punch cards are non-refundable.

Unused punches are non-refundable.

These are only good for the Summer 2025 session.

They expire on 7/31/25.

**Our 2025-26 dance year begins August 18**