



## Summer 2023 ~ 6 Weeks (July 10th - August 17th)

Ages are listed as a suggestion. Please contact our office with any questions.  
Pre-registration is strongly recommended. Many classes will fill with waiting lists.

### **Mondays** (Keith, Amy)

4:00 - 4:30	BOYS Hip Hop	OPEN (All ages)
4:30 - 5:15	Level 1 Hip Hop	Ages: 6 - 10
5:15 - 6:00	Level 2, 3 Hip Hop	Age: 10+
6:00 - 7:00	Advanced Hip Hop	ADVANCED
7:00 - 7:45	ADULT Hip Hop!	Adults
7:45 - 8:30	ADULT Jazz & Tap Combo!	Adults

### **Tuesdays** (Jessie, Amy)

3:30 - 4:30	Level 1 Combo <i>Ballet, Jazz, Lyrical &amp; Tap</i>	Ages: 6 - 10
4:30 - 5:30	PILATES WORKOUT! <i>Low impact, full body mat workout.</i>	OPEN (Teens & Adults)
5:30 - 6:30	Advanced Contemporary Ballet <i>Ballet Barre &amp; Contemporary Combo</i>	ADVANCED
6:30 - 7:30	Advanced Tone, Stretch & JUMP! <i>Flexibility &amp; strength training</i>	ADVANCED
7:30 - 8:30	Advanced Jazz <i>Technique &amp; Combo</i>	ADVANCED

### **Wednesdays** (Kelly, Amy)

4:45 - 5:30	Creative Ballet & Movement <i>Enhancing motor skill development in a FUN class setting</i>	Age: 3 - 6
5:30 - 6:30	Level 2, 3 Tone, Stretch & JUMP! <i>Flexibility &amp; strength training</i>	Age: 10+
6:30 - 7:30	Advanced Ballet <i>Barre &amp; Center Floor Work</i>	ADVANCED
7:30 - 8:30	Advanced Lyrical <i>Technique &amp; Combo</i>	ADVANCED

*(More on reverse side)*

### Thursdays (Tory, Erin)

4:00 - 4:45	Level 2, 3 Ballet / Lyrical Combo <i>Technique &amp; combinations</i>	Age: 10+
4:45 - 5:30	Level 2, 3 Jazz / Musical Theater Combo <i>Technique &amp; combinations</i>	Age: 10+
5:30 - 6:30	Advanced Musical Theater <i>Bring character shoes &amp; cover various musicals!</i>	ADVANCED
6:30 - 7:30	Advanced Jazz <i>Technique &amp; Combo</i>	ADVANCED
7:30 - 8:30	Contempo Jazz Fusion <i>Stretch &amp; Combo</i>	ADVANCED

### Fridays (Norah)

12:00 - 1:30	ADULT Ballet <i>1 hour Barre, 30 minutes center</i>	Adults
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Contact (508) 771 - 2344 or email [dancedesignsad@gmail.com](mailto:dancedesignsad@gmail.com) for more info!!

**6 Week Session Tuition: \$108\* total (per class)**  
**Drop In Tuition: \$20 (per 45 min - 1 hour class)**

*\*Multi class & sibling discounts will be applied by our office!*