

## Adrenaline Dance of York 2023-2024 Season Class Calendar

**TA = Needs teacher approval before taking this class**

Monday	Studio 1	Studio 2	Studio 3
5:00 - 5:30	Jazz 1 (a) (Ages 8-18)	Beginner Ballet/Tap (Ages 5-7)	TA - Hip Hop Technique (Ages 13-18)
5:30 - 6:00			
6:00 - 6:30	Beginner Combo (a) (Ages 3-6)	Tap 1 (Ages 8-18)	TA - Ballet Technique 2/3 (Ages 10-18)
6:30 - 7:00			
7:00 - 7:30	TA - Jazz 3/4 (Ages 13-18)	Ballet 1 (Ages 8-18)	TA - Acro 2 (Ages 8-18)
7:30 - 8:00			
8:00 - 8:30	TA - Hip Hop 2 (Ages 8-18)	Ballet Technique 1/2 (Ages 8-18)	TA - Contemporary 3/4 (Ages 12-18)
8:30 - 9:00			

Tuesday	Studio 1	Studio 2	Studio 3
5:00 - 5:30	Beginner Hip Hop (a) (Ages 4-7)	TA - Ballet 4 (Ages 12-18)	TA - Acro 1 (Ages 8-18)
5:30 - 6:00			
6:00 - 6:30	TA - Ballet Technique 3/4 (Ages 12-18)	Lyrical (Ages 8-18)	Beginner Ballet/Jazz (a) (Ages 5-7)
6:30 - 7:00			
7:00 - 7:30	TA - Pointe (Ages 13-18)	Hip Hop 1 (a) (Ages 8-18)	Tumbling 1 (a) (Ages 5-18)
7:30 - 8:00			
8:00 - 8:30	TA - Ballet 3 (Ages 11-18)	Musical Theater/Acting (Ages 8-18)	TA - Technique 4 (Ages 13-18)
8:30 - 9:00			

Wednesday	Studio 1	Studio 2	Studio 3
9:30 - 10:00a		Creative Movement (a) (2-4)	
10:00 - 11:00a		Beginner Combo (b) (3-6)	
4:30 - 5:00			TA - Progressing Ballet Technique (Ages 13-18)
5:00 - 5:30	Creative Movement (b) (Ages 2-4)	TA - Tap 2/3 (Ages 8-18)	Beginner Hip Hop (b) (Ages 4-7)
5:30 - 6:00	Beginner Ballet/Jazz (b)		
6:00 - 6:30	Beginner Ballet/Tap/Jazz (Ages 5-7)	Beginner Combo (c) (Ages 3-6)	TA - Jazz 2.1 (Ages 8-18)
6:30 - 7:00			
7:00 - 7:30	TA - Ballet 2 (Ages 8-18)	Jazz 1 (b) (Ages 8-18)	Tumbling 1 (Ages 5-18)
7:30 - 8:00			
8:00 - 8:30	TA - Technique 2.2/3 (Ages 11-18)	Strength & Conditioning (a) (Ages 8-18)	TA - Acro 3/4 (Ages 12-18)
8:30 - 9:00			

Thursday	Studio 1	Studio 2	Studio 3
5:00 - 5:30	TA - Hip Hop 3/4 (Ages 12-18)	TA - M&M's <b>TEAM ONLY</b>	Strength & Conditioning (b) (Ages 8-18)
5:30 - 6:00			
6:00 - 6:30	TA - Contemporary 2 (Ages 10-18)	TA - Mini's <b>TEAM ONLY</b>	Flexistretch/Conditioning (Ages 11-18)
6:30 - 7:00			
7:00 - 7:30	Technique 1/2.1 (Ages 8-18)	TA - Tap 4 <b>TEAM ONLY</b>	TA - Tumbling 2/3 (Ages 10-18)
7:30 - 8:00			
8:00 - 8:30	TA - Jazz 2.2 (Ages 10-18)	Hip Hop 1 (b) (Ages 8-18)	TA - Tumbling 3/4 (Ages 8-18)
8:30 - 9:00			

Saturday	Studio 1	Studio 2	Studio 3
10:30 - 11:30		Beginner Combo (d) (Ages 3-6)	
11:30 - 12:30		Beginner Hip Hop (c) (Ages 4-7)	

Pricing Scale	
30 minutes:	\$31
1 hour:	\$50
1.5 hours:	\$75
2 hours:	\$90
3 hours:	\$125
4 hours:	\$155
5 hours:	\$180
6 hours:	\$200
7 hours:	\$215
8 hours:	\$230
9 hours:	\$245
10+ hours:	\$260

Teachers will evaluate students during their first week and will adjust levels accordingly.

We reserve the right to cancel or combine classes based on enrollment

We reserve the right to combine or cancel classes due to lack of enrollment and change the instructor as needed

Competitive Dance Team questions, Contact Alice Mount @ 717-578-2137