

Tammy Allen Dance Academy

2510 Rochester Rd Canandaigua, NY 14424

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(585)398-3480

Summer Dance Program

Monday, July 17th – Thursday, August 10th

Non-Competition Classes

*Combo (Tap/Jazz/Ballet/Tumbling) ...Ages 2 ½-5...Wednesdays 4:30pm-5:30pm...\$55.00

*Combo (Tap/Jazz/Ballet) ...Ages 6-9...Wednesdays 5:30pm-7:00pm...\$70.00

*Combo (Tap/Jazz/Ballet/Lyrical) ...Ages 10-14...Wednesdays 7:00pm-8:30pm...\$70.00

Competition Classes

Pee-Wee Competition Team...Ages 6-8...Wednesdays 5:30pm-7:00pm...\$70.00

Mini Competition Tap/Jazz...Thursdays 4:30pm-5:30pm...\$60.00

Mini Competition Lyrical...Thursdays 5:30pm-6:30pm...\$60.00

Mini Competition Modern...Thursdays 6:30pm-7:30pm...\$60.00

Mini Competition Ballet/Pre-Pointe...Thursdays 7:30pm-8:30pm...\$60.00

Junior/Senior Competition Ballet/Pre-Pointe...Thursdays 4:30pm-5:30pm...\$60.00

Junior/Senior Competition Modern/Lyrical...Thursdays 5:30pm-6:30pm...\$60.00

Junior/Senior Competition Tap/Jazz...Thursdays 6:30pm-7:30pm...\$60.00

Junior/Senior Competition Hip-Hop...Thursdays 7:30pm-8:30pm...\$60.00

*Beginner Adult Tap...Mondays 5:30pm-6:30pm...\$60.00

*Beginner Adult Barre...Mondays 6:30pm-7:30pm...\$60.00

*Beginner Adult Barre...Wednesdays 6:30pm-7:30pm...\$60.00

~1st Class...\$60.00, 2nd Class \$55.00, 3rd Class \$50.00, 4th Class \$45.00~

POUND

TADA is offering a new form of fitness, for ages 9-Adult called "POUND". This class is a full-body cardio jam session, combining light resistance with constant simulated drumming. The workout fuses cardio, Pilates, strength movements and isometric poses. Through continual upper body motion using our lightly weighted exercise drumsticks, called "ripstix", you'll turn into a calorie-torcing drummer, POUNDing off pounds as each song flies by!

*Kids Pound...Ages 9-14...Wednesdays 4:30pm-5:30pm...\$5.00 per class

*Adult Pound...Ages 15-Adult...Saturdays 10:00am-10:45am...\$7.00 per class