

Southern Sensations Fall 2019

Tiny Tots- 2 years. Preschool- 3-4 years. Stage Arts- 5 years.

Level I – 6-8 years. Level II – 9-11 years. Level III – 12+ years.

Monday	Grande Jete	Arabesque	Pirouette	Releve
4:00-5:00			Mini Comp Jazz	Preschool
4:30-5:30	Teen Comp Lyrical	Junior Comp Tap		
5:00-6:00				Mini Comp Tap
5:30-6:30	Senior Comp Lyrical	Teen Comp Jazz	Junior Comp Jazz	
6:00-7:00				Tiny Tots (45mins)
6:30-7:00	Comp Production			
7:00-8:00		Pointe I		
7:00-7:30	Senior Comp Hip Hop			
7:30-8:00	Open Studio			

Tuesday	Grande Jete	Arabesque	Pirouette	Releve
10am-11am		Preschool		
4:30	Sparkman	Stage Arts	Beginner/ Intermediate Lyrical/ Contemporary	Tap III
5:30	Junior Comp Hip Hop	Beginner Hip Hop	Jazz III	Yoga
6:30	Ballet II (juniors)	Ballet I (minis)	Preschool	Hip Hop III

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Wednesday	Grande Jete	Arabesque	Pirouette	Releve
4:30-5:30		Teen Technique		
5:00-5:30	Senior Comp Tap			
5:30-6:30	Advanced Senior Ballet	Teen Comp Tap		Adult Yoga
6:30-7:30	Senior Comp Jazz	Ballet III (teens)		
7:30-8:30	Teen Comp Hip Hop	Pointe II		

Thursday	Grande Jete	Arabesque	Pirouette	Releve
4:30	Beginner Acro	Tap II	Tap I	
5:30	Hip Hop II	Acro I	Stage Arts	Preschool
6:30	Jazz II	Jazz/HH Combo I	Acro II	

****ACRO****

- Beginner Acro- No tumbling experience- work on flexibility/strength, cartwheel, back bend, round off, front and back walkovers.
- Acro I- Some tumbling experience-must be able to do all beginner acro skills. Will work on-back handsprings, aerials, roundoff back handsprings.
- Acro II- ADVANCED- must be able to complete all level skills. Will work on- roundoff back handspring combinations, tucks, aerials, front aerials, etc.