

# ELITE STUDIOS

## 2022 - 2023 PERFORMANCE DIVISION CLASS SCHEDULE



### LITTLE FOUNDATIONS 3 - 4

A ballet/tap combination class for ages 3 - 4. This class introduces the youngest dancer to the fundamentals of dance training in a 1 hr class.

**Monday** | 4 - 5 PM  
**Tuesday** | 2 - 3 PM  
**Wednesday** | 2 - 3 PM  
**Thursday** | 2 - 3 PM  
**Saturday** | 9 - 10 AM  
**Saturday** | 10 - 11 AM

### LITTLE FOUNDATIONS 5 - 6

A ballet/tap combination class for ages 5 - 6. This class introduces a young dancer to the fundamentals of dance training in a 1 hr class.

**Tuesday** | 4 - 5 PM  
**Wednesday** | 3:45 - 4:45 PM  
**Thursday** | 4 - 5 PM  
**Friday** | 4 - 5 PM  
**Saturday** | 9 - 10 AM  
**Saturday** | 10 - 11 AM

### FOUNDATIONS 1 & 2

A ballet/tap/jazz combination class for 1st & 2nd grade dancers. This class continues to establish the fundamentals of dance training in a 1-hour and 15-minute class.

**Monday** | 4 - 5:15 PM  
**Tuesday** | 3:45 - 5 PM  
**Thursday** | 3:45 - 5 PM  
**Saturday** | 11 - 12:15 PM

Ages for classes are determined by the dancer's age as of September 1, 2022.

Call us at  
404.500.1738

5962 Roswell Road  
Sandy Springs, GA  
30328

info@elitestudiosatl.com  
www.elitestudiosatl.com

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### ELEMENTARY HIP HOP - AGES 5 - 8

A class designed as an introduction to hip hop styles that is engaging and high energy for ages 5 - 8.

**Tuesday** | 4 - 4:45 PM

**Wednesday** | 4 - 4:45 PM

**Friday** | 4 - 4:45 PM

**Saturday** | 11 - 11:45 AM

### ALL BOYS HIP HOP - 8+

This class is just for boys that want to move! For boys age 8 and older, we introduce hip hop styles that are engaging and high energy!

**Tuesday** | 6:45 - 7:30 PM

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### LEVEL 1, 2, 3 CLASSES

After a dancer has studied the fundamentals of dance and has the proper technical foundation, each discipline of dance is offered in a class devoted to that style. Individual discipline classes are offered to dancers starting at the 3rd grade and offered through the 12th grade. Classes are divided by age level (1, 2, 3).

### LEVEL 1 CLASSES - 3 - 4 GRADE

#### **MONDAY**

Ballet 1 | 4 - 4:45 PM

Jazz 1 | 5 - 5:45 PM

Lyrical 1 | 5:45 - 6:30 PM

#### **TUESDAY**

Leaps & Turns 1 | 5 - 5:45 PM

Tap 1 | 5:45 - 6:30 PM

#### **WEDNESDAY**

Hip Hop 1 | 4 - 4:45 PM

#### **THURSDAY**

Hip Hop 1 | 5 - 5:45 PM

Jazz 1 | 5:45 - 6:30 PM

Contemporary 1 | 6:30 - 7:15 PM

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### LEVEL 2 CLASSES - 5 - 7 GRADE

#### **MONDAY**

Jazz 2 | 6:30 - 7:15 PM

Lyrical 2 | 7:15 - 8 PM

Ballet 2 | 8 - 8:45 PM

#### **TUESDAY**

Leaps & Turns 2 | 6:45 - 7:30 PM

Hip Hop 2 | 7:30 - 8:15 PM

#### **THURSDAY**

Hip Hop 2 | 6:15 - 7:00 PM

Jazz 2 | 7:15 - 8 PM

Contemporary 2 | 8 - 8:45 PM

### LEVEL 3 CLASSES - 8 - 12 GRADE

#### **MONDAY**

Jazz 3 | 7:45 - 8:30 PM

Ballet 3 | 8:30 - 9:15 PM

#### **TUESDAY**

Lyrical 3 | 7:30 - 8:15 PM

Hip Hop 3 | 8:15 - 9 PM

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### ACRO & TUMBLING CLASSES

New in 2022, we've taken our phenomenal tumbling program and Integrated the Acrobatic Arts Syllabus where our certified faculty teach all aspects of Acro and Tumbling class at the appropriate level for each dancer. All dancers must have the pre-requisites listed below to take each class. If you're unsure, we will do an assessment In your first class and move a dancer based on placement.

#### **Elementary Acro & Tumbling**

**Monday | 4 - 5 PM**

**Saturday | 9 - 10 AM**

Elementary Acro & Tumbling is a introduction to Acrobatic Arts & Tumbling for dancers ages 5 - 8 with little to no previous experience.

#### **Beginner Acro & Tumbling**

**Monday | 5 - 6 PM**

**Saturday | 10 - 11 AM**

Skills in this class include: cartwheels, round-offs, front walkovers, back walkovers, front limbers, back walkovers, single arm cartwheels, working up to aerials, etc.

#### **Intermediate Acro & Tumbling**

**Monday | 7 - 8 PM**

**Saturday | 11 - 12 PM**

Skills for this class include: back bend kick overs, front walkover, back walkover, front limber, back handsprings, aerials, etc.

#### **Advanced Acro & Tumbling**

**Monday | 8 - 9 PM**

**Saturday | 12 - 1 PM**

Skills in this class include: Aerials, working up to front aerials, standing back handsprings, running back handsprings, working up to multiple back handsprings, working up to standing back tucks, working up to running back tucks, etc.

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