



2020 – 2021 Class & Company Schedule

Dance Dimensions Performing Arts Center

CLASSES BY AGE AND LEVELS

AGE GROUPS: 3 yrs old, 4 yrs old, 5-6 yrs old, 7-9 yrs old, 10-11 yrs old, 12-13 yrs old, 14+ yrs old, ADULTS

CLASS LEVELS: Pre (0-3 yrs of experience), 1 (0-3 yrs), 2 (2-5 yrs), 3 (5-7 yrs), 4 (6+ yrs)

ACRO & AERIAL LEVELS (AGES 7+; SEE LEVEL REQUIREMENTS BELOW): Beginning, Intermediate, Advanced

(No true Beginner Aerial classes available this season, some experience necessary – see level requirements below)

Instructor Key

| | | | | | |
|-----|--------------------|----|-----------------|----|------------------|
| AS | Ashley Smith | KD | Kara Duncan | NB | Nikki Blakslee |
| AVT | Amy Vancott Thomas | KK | Kelly Kerastas | NT | Norbert Torok |
| BA | Bobby Amamizu | KR | Kavita Rao | PO | Pam Orenstein |
| CM | Coby Mosby | LP | Lexi Pearl | SC | Shiri Cohen |
| ER | Emily Rodriguez | MA | Meital Azulay | SZ | Stacey Zielinski |
| JF | Jensen Freedman | MS | Mallory Schartz | | 9/2 |

* NON-RECITAL CLASSES

MUST BE OF AGE AS OF SEPTEMBER 1, 2020

| Times | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-------|--|--|---|--|-----------------------------|---|
| 9:00 | | | | | | Pre-Ballet/Tap (AVT) Hip Hop 1 (ER) |
| 10:00 | | | | | | Ballet/Tap 1 (AVT) Ballet 1-2 (ER) Ballet Barre/Technique 3 (KK)* |
| 11:00 | | | | | | Jazz 1-2 (MS) Contemp/Jazz 3 (KK)* Acro Int/Adv (KD) |
| 12:00 | | | | | | Hip Hop 1-2 (CM) Jazz 1-2 (ER) Ballet 1-2 (MS) Acro Adv (KD) (11+) |
| 1:00 | | | | | | Hip Hop 1-2 (CM) Contemporary 1-2 (ER)* 1:30- 2 :30 Pointe/Ballet 2-3 (KD) Aerial Silks Beg/Int (LP) |
| 3:00 | Jazz 1 (ER) Hip Hop 1-2 (JF) | Ballet 1 (PO) Hip Hop 1-2 (MS) | Pre-Ballet/Tap (MA) | Pre-Ballet/Tap (PO) Hip Hop 2 (CM) | | 2:00 Technique 1-2 (ER) |
| 4:00 | Hip Hop 1 (JF) Ballet 1-2 (KK) Contemporary 2-3 (ER) | Bollywood 1-2 (KR) Technique 3 (BA)* | Ballet 1 (MA) Bollywood 2 (KR) Acro Beginning (KD)* | Hip Hop 1 (CM) Jazz 1-2 (SZ) Hip Hop 2-3 (NT) Tap 2 (JF) | Aerial Hammock Beg/Int (NB) | |
| 5:00 | Jazz 2 (KK) Ballet 3 (ER) Jazz 2-3 (KD) (13+) | Hip Hop 1-2 (MS) Jazz 1-2 (SZ) Bollywood 2-3 (KR) Ballet 3 (BA) (13+) | Musical Theater (MA) Bollywood 1-2 (KR) Acro Beg/Int (KD) | Tap 1-2 (JF) Hip Hop 2-3 (NT) Contemporary 1-2 (SZ) | Aerial Hammock Int (NB) | SUNDAY 10:15-11:15am Aerial Silks Beg/Int 11:30-12:30pm Aerial Silks Int/Adv |
| 6:00 | Jazz 3 (KK) Ballet 2 (ER) Ballet 3-4 (KD) (13+) | Ballet 3 (BA) Jazz 1-2 (MS) Bollywood 3 (KR) (13+) | Ballet 1-2 (AS) Stretch/Strength 3 (KK)* Acro Int (KD) | Jazz 1-2 (SZ) Tap 2 (JF) Aerial Silks Beg/Int (LP) | Aerial Hammock Int/Adv (NB) | |
| 7:00 | Contemporary 2 (KD) Technique 1-2 (ER)* | Ballet 1-2 (SZ) Hip Hop 1-2 (MS) Technique 3 (BA) (13+)* | Hip Hop 1-2 (MA) Ballet 1-2 (AS) Contemporary/Jazz 4 (KK) (13+) | Hip Hop 1-2 (JF) Hip Hop 4 (NT) (13+)* Aerial Silks Int/Adv (LP) | | |

ACRO AND AERIAL REQUIREMENTS

ACRO LEVEL REQUIREMENTS: **Beg:** (fairly new to Acro, 0-2yrs exp) working on basics ie: bridge walkovers, handstands. **Beg/Intermed:** must hold handstands & cartwheels, dive rolls, bridge kickover. Perfecting front & back walkover alone. **Intermed:** front & back walkover w/ zero to minimum spot. Has pop & dive cartwheels, can perform handstand somersault. **Int/Adv:** front & back walkover w/ no spot, dive rolls, working on aerials & back handsprings. **Adv:** must have aerial & back handsprings-zero to min spot, working on back tucks, layouts & front aerials.

AERIAL LEVEL REQUIREMENTS: **Beginners:** basic climbing, footlock/"eggbeater," tie knots, invert upside down, basic vocabulary (birds nest, straddle, splits, stag, banana), candy cane, scorpion. **Intermed:** complex climbing, foot locks in the air, X back, leg crochet, hipkey, multiple inversions, S wrap. **Advanced:** double star, wheel down, straddle climb, no leg climb.

Dance Dimensions reserves the right to shift students into classes of appropriate levels if registered class does not match ability. Schedule subject to change. Pre-registration required.

23241 Ventura Blvd, Woodland Hills | info@mydancedimensions.com | www.mydancedimensions.com | (818) 999-DANCE (3262)