

A+ DANCE PM SCHEDULE (AM SCHEDULE ON OTHER SIDE)

**MONDAY**

TIME	Studio A	Studio B	Studio C	Studio D
4:30	Creative Tap & Tumble 4:30-5:30 (4-5)	Ballet/Jazz III 4:30-5:30 (5-7)	CT Rehearsal	Pre-Princess(3) 4:45-5:30
5:00				
5:30	Jazz/Tap	CT Rehearsal	Tap II	Princess Ballet
6:00	5:30-6:30 (6-8)		5:30-6:30 (9-13)	5:30-6:30 (5-6)
6:30	MT/Jazz	Senior All-Stars Hip Hop Tech 7:00-8:00 (11+)	Jazz/Hip Hop	Junior All-Stars Jazz Tech 6:30-7:30 (9-11)
7:00			6:30-7:30 (9-12)	6:45-7:45 (6-9)
7:30		Senior All-Stars Hip Hop Tech 8:00-9:15 (11+)	Cont. Lyrical	
8:00			7:45-8:45 (teen)	
8:30				
9:00				

**TUESDAY**

TIME	Studio A	Studio B	Studio C	Studio D
4:15-5:00	Mini Hip Hop	Baby Ballerina Pre-Princess Ballet (3-4) Miss Alla 5:15-6:00	Jazz	Ballet/Jazz II 4:30-5:30 (6-8)
5:00-6:00	Ballet/Jazz I		4:45-5:45 (6-9)	Jazz
6:00-7:00	Jr. Ballroom (6 & up)	Princess Ballet Miss Alla 6:00-7:00 (5-7)	CT Rehearsal	Jazz/Lyrical 6:30-8:00 (Int. Adv.) (11-14)
7:30-8:30	Adult Ballroom Latin Nights	Ballet Miss Alla 7:30-8:30 (8 & up)	Turns & Leap 7:30-8:30 (10+)	CT Rehearsal
8:30-9:30	Adult Ballroom Latin Nights	Teen Hip Hop 8:30-9:30		

**WEDNESDAY**

TIME	Studio A	Studio B	Studio C	Studio D
4:30-5:30	PT Group 2	Ballet/Tap 4:30-5:30 (5-7)	CT Rehearsal	Ballet w/choreo 4:45-5:45 (6-8)
5:30-6:30	PT Group 4	Jazz/Tap 5:30-6:30 (6-8)	PT Rehearsal	PT Rehearsal
6:30-7:30	Jazz 6:30-7:30 TBA (teen)	MT/Broad Jazz 6:30-7:30 (9-12)	PT Rehearsal	PT Rehearsal
7:30-8:30	Jazz TBA 7:30-8:30 (8-11)	Teen Tap 7:30-8:30 (Teen)	Ballet w/choreo 8:00-9:00 (9-14)	All-Star Rehearsals
8:30-9:30		Adult Jazz 8:30-9:30 (adults)		

**THURSDAY**

TIMES	Studio A	Studio B	Studio C	Studio D
3:30				
4:00		Boys Hip Hop		
4:30	Pre-Princess 4:45-5:30 (3-4)	4:00-5:00 (9-13)	Jazz/Pom	Ballet/Tap II
5:00		Boys Hip Hop	4:30-5:30 (4-6)	4:30-5:30 (6-8)
5:30	Ballet w/choreo	5:30-6:30 (6-8)	Jazz/Pom	Jazz/HH
6:00	Jr. Ballroom		Mini Hip Hop/Gymnast	5:30-6:30 (6-9)
6:30	6:00-7:00 (6 & up)	CT Rehearsal	6:00-7:00 (3-5)	Jazz/HH
7:00				6:30-7:30 (9-12)
7:30	Adult Ballroom Latin Nights	Teen Hip Hop	CT Rehearsal	Turns & Leaps
8:00	7:30-8:30 8:30-9:30	7:30-8:30		7:30-8:30 (10-14)

**FRIDAY**

TIME	Studio A	Studio B	Studio C	Studio D
3:45-4:30 (3)	Pre-Princess Ballet			
4:30-5:30 (5-7)	Princess Ballet	PT Rehearsal	PT Rehearsal	Beg. Tap 4:30-5:30 (6-9)
5:30-6:30 (6-9)	Jazz Hip Hop	PT Rehearsal	PT Rehearsal	PT Rehearsal
6:30-7:30 (10-14)	Jazz Hip Hop	PT Rehearsal	PT Rehearsal	Jazz/Acro 6:30-7:30 (7-10)
		PT Rehearsal		

**A+ DANCE CENTER**

7227 Owensmouth Avenue  
Canoga Park, CA 91303  
818-347-7587

**2010/2011 Schedule**

[www.aplus4u.com](http://www.aplus4u.com)



Now offering 15 Week  
Baby Ballerina Classes.  
Spring Session Jan. 3 - Apr. 17th

Mint indicates Competition Team classes.

Yellow indicates Performing Troupe classes.

**MONDAY**

TIME	Studio A	Studio B	Studio C	Studio D
9:00				
9:30				
10:00				
10:30				
11:00				
11:30				
12:00				
12:30				
1:00				
2:00				


**TUESDAY**

TIME	Studio A		Studio C	Studio D
9:00				
9:30	Princess Ballet	Baby Ballerina 9:30-10:15 (18mo.-2.5yrs)		
10:00	9:30-10:30 (5-7)			
10:30	Pre-Princess Ballet	Tiny Princess 10:30-11:15 (2.5-3.5yrs.)		
11:00	10:30-11:15 (3-4)			
11:30	Broadway Babies	Princess I 11:30-12:30 (3-4)		
12:00	11:15-12:00 (4-5)			
12:30				
1:00		Princess II 1:00-2:00 (4-5)		
2:00				


**WEDNESDAY**

TIME	Studio A	Studio B	Studio C	Studio D
9:00				
9:30				
10:00				
10:30	Lit'l Camp Rockers	ZUMBA GOLD		
11:00	10:15-11:15 (4-5)	10:15-11:15		
11:30	Creative 3 Yrs.			
12:00	11:15-12:00			
12:30	Dance Basics			
1:00	12:15-1:15 (5-6)			
2:00				

**THURSDAY**

TIMES	Studio A		Studio C	Studio D
9:00				
9:30		Baby Ballerina 9:30-10:15 (18mo.-2.5yrs)		Ballet/Tap
10:00				9:30-10:30 (5-7)
10:30		Tiny Princess 10:30-11:15 (2.5-3.5yrs.)	Baby Bop (2 & Adult)	
11:00			10:30-11:15	
11:30		Princess I 11:30-12:30 (3-4)	Mini Jazz Pom & Tumbling	
12:00			11:15-12:15 (4-5)	
12:30				
1:00				
1:30		Princess II 1:00-2:00 (4-5)		
2:00				
2:30				

**FRIDAY**

TIME		Studio A	Studio C	Studio D
9:00				
9:30	Baby Ballerina 9:30-10:15 (18mo.-2.5yr)	Jazz/Tap		
10:00		9:30-10:30 (5-7 Yrs.)		
10:30	Tiny Princess 10:30-11:15 (2.5-3.5yrs)	Lit'l Tappers 10:30-11:15 (3-4Yrs)		
11:00				
11:30	Princess I 11:30-12:30 (3-4)			
12:00				
12:30	Twirl Tap & Jazzy Jazz II 12:45-1:45 (4-5)			
1:00				
1:30				
2:00				
2:30				

**SATURDAY**

TIME		Studio A	Studio C	Studio D
9:00				
9:30	Baby Ballerina 9:30-10:15 (18mo.-2.5yr)		Ballet/Jazz	
10:00			9:30-10:30 (5-7)	Lit'l Camp Rockers 9:45-10:30 (3-4)
10:30	Tiny Princess 10:30-11:15 (2.5-3.5yrs.)	Jazz/Hip Hop (5-7)	Princess Ballet	Jazz/Tap Miss Ashley 10:30-11:30 (7-10)
11:00		10:30-11:30	10:30-11:30 (4-6)	
11:30	Princess I 11:30-12:30 (3-4)	Jazz/Hip Hop (8-10)	Jazz	Ballet/Tap
12:00		11:30-12:30	11:30-12:30 (6-9)	11:30-12:30 (5-7)
12:30	Princess II 12:30-1:30 (4-5)	Jazz/Hip Hop II/III	Dance Team Jazz/Pom	Boys Hip Hop 12:30-1:30 (5-7)
1:00		12:30-1:30 (10-13)	12:30-1:30 (7-10)	
1:30	Twirl Tap & Jazzy Jazz 1:30-2:30 (4-5)			
2:00			15 Week Ballroom Classes 6:30 - 7:30 9/25-10/30	
2:30				

<b>Classes for the Young/Creative Movement</b>	<b>Studio Classes</b>	
<b>Creative Dance</b>	<b>Princess Ballet*</b>	<b>Point</b>
Theme based program incorporated with creative movement, pre-ballet and tumbling. This class develops dancer's gross motor skills as well as listening skills. End of year in-house show. Attire: Pink leotard, pink tights and pink ballet shoes. Hair in bun or pulled back.	Beginning ballet incorporated with princess stories, costumes and music for the little ballerina. End of year recital. Attire: Black leotard, pink tights and pink ballet shoes. Hair in bun.	Point technique only. Dancers must be approved for placement in these classes. Two required flat ballet techniques classes minimum must be taken with point class. Bar, center, warm ups, across the floor and combinations. <b>NO</b> year end recital. Attire: Black leotard, pink tights and point shoes. Hair in a bun.
<b>Baby Bop*</b>	<b>Ballet/Jazz</b>	<b>Jazz</b>
Fun with movement and tumbling using music and props with child and adult. Attire: Comfortable clothing. Hair pulled back.	Beginning ballet and jazz technique with warm ups, across the floor and combinations. End of year recital. Attire: Black leotard, pink tights and pink ballet shoes. Hair in a bun or pulled back.	Jazz technique to popular style music.. Warm ups, across the floor and combinations. End of year recital. Attire: Leotard, tan tights, tan jazz shoes. Hair pulled back.
<b>Tiny Tot Jazz</b>	<b>Ballet/Tap</b>	<b>Tap</b>
Jazz technique with warm ups, across the floor and combinations to up beat children's music. End of year in-hours show. Attire: Leotard, tights and jazz shoes. Hair pulled back.	Beginning ballet and tap technique with warm ups, across the floor and combinations. End of year recital. Attire: Black leotard, pink tights, black tap shoes and pink ballet shoes. Hair in a bun or pulled back.	Tap technique to popular style music. Warm ups, across the floor and combinations. End of year recital. Attire: Leotard, tan tights, tap shoes. Hair pulled back.
<b>Lit'l Tappers</b>	<b>Jazz/Tap</b>	<b>Hip Hop</b>
Introduction to tap. Tap warm ups, across the floor and combinations designed the young tapper. End of year in- house show. Attire: Black leotard, tan tights and black tap shoes. Hair in bun or pulled back.	Beginning jazz and tap technique with warm ups, across the floor and combinations. End of year recital. Attire: Black leotard, tan tights, tan jazz shoes and black tap shoes. Hair pulled back.	Street style hip hop to popular music. Warm ups, across the floor and combinations. End of year recital. Attire: comfortable work out clothes and dance sneakers. Hair pulled back.
<b>Creative/Tap/Tumble</b>	<b>Jazz/Pom</b>	<b>Musical Theater/Broadway Jazz</b>
Theme based program incorporated with creative movement, pre-ballet, tap and tumbling. This class develops dancer's gross motor skills as well as listening skills and Introduction to tap. End of year in- house show. Attire: Black leotard, pink tights, pink ballet shoes and black tap shoes. Hair in bun or pulled back.	Jazz technique incorporated with precision pom technique and formations. Preparation for high school dance teams with warm ups, across the floor and combinations. End of year recital. Attire: Leotard, tan tights, tan jazz shoes. Hair pulled back.	Jazz technique to interpreting a song for a Broadway show or musical. Warm ups, across the floor and combinations. End of year recital. Attire: Leotard, tan tights, tan jazz shoes. Hair pulled back.
<b>Mini Hip Hop*</b>	<b>Jazz/Hip Hop</b>	<b>Contemporary Lyrical</b>
Introduction to hip hop. Warm ups, across the floor and combinations designed the young hip hopper. End of year in- house show. Attire: Comfortable work out clothes and jazz shoes or dance sneakers. Hair pulled back.	Jazz technique combined with street style hip hop. Warm ups, across the floor and combinations. End of year recital. Attire: Leotard, tan tights, tan jazz shoes or dance sneakers. Hair pulled back.	Contemporary lyrical is modern/lyrical technique which demonstrated balance, extensions, isolation, utilizing the lyrics or mood of the music. Warm ups, across the floor and combinations. End of year recital. Attire: Leotard, tan stir up or footless tights, dance paws. Hair pulled back.
<b>Pre-Princess Ballet*</b>	<b>Ballet w/Choreography</b>	<b>Jazz/Lyrical</b>
Pre-ballet and creative movement incorporated with princess stories, costumes and music for the little ballerina. End of year in- house show. Attire: Black leotard, pink tights and pink ballet shoes. Hair in bun or pulled back.	Ballet technique with choreography with a recital piece at the end of the year. Bar, center, warm ups, across the floor and combinations. End of year recital. Attire: Black leotard, pink tights and pink ballet shoes. Hair in a bun.	Jazz technique and contemporary lyrical which is modern/lyrical technique which demonstrated balance, extensions, isolation, utilizing the lyrics or mood of the music. Warm ups, across the floor and combinations. Warm ups, across the floor and combinations. End of year recital (2 recital dances). Attire: Leotard, tan tights, tan pedini jazz shoes and paws. Hair pulled back.
<b>Lit'l Camp Rockers*</b>	<b>Ballet w Technique</b>	<b>Leap Turns</b>
Musical theater, ballet, jazz and gymnastics to popular music. End of year in- house show. Attire: Black leotard, tan tights and tan jazz shoes. Hair in bun or pulled back.	Ballet technique only with no recital piece. Dancers must be evaluated for technical level placement in these classes. Bar, center, warm ups, across the floor and combinations. <b>NO</b> year end recital. Attire: Black leotard, pink tights and pink ballet shoes. Hair in a bun.	Technique only class working to develop the dancer on leaps, turns and flexibility. Warm ups, conditioning, across the floor and stretching. Attire: Leotard, tan tights and jazz or ballet shoes.
<b>Out of the Box*</b>		
Explore the world of movement when our Magic Box reveals our theme for the day. Music, movement, dress-up and games. Attire: Black leotard, tan tights and tan jazz shoes. Hair in bun or pulled back.		

\*15 Week Session Classes followed by recital