

Class Schedule 2025-2026

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	SATURDAY	
STUDIO 1	STUDIO 2	STUDIO 1	STUDIO 2	STUDIO 1	STUDIO 2	STUDIO 1	STUDIO 2	STUDIO 1	STUDIO 1	STUDIO 2
				10:00-10:30am Baby & Me (18-24 months)		10:00-10:30am Twinkle Babies Ballet/Tap (Ages 2-3)			9:00-9:30am Twinkle Babies (Ages 2-3)	9:30-10:15am Twinkle Stars 1 Ballet/Tap (Ages 3-4)
1:00-2:00pm Twinkle Stars 2 Jazz/Tap/ Gymnastics (Ages 4-5)				10:30-11:00am Twinkle Babies (Ages 2-3)		10:30-11:30am Twinkle Stars 1 Ballet/Tap/ Gymnastics (Ages 3-4)			9:30-10:15am Twinkle Stars 1 Ballet/Tap (Ages 3-4)	10:15-10:45am Twinkle Stars 1 & 2 Acro/Gymnastics (Ages 3-4 + 4-5)
				11:00-12:00pm Twinkle Stars 1 Ballet/Tap/ Gymnastics (Ages 3-4)		11:30-12:00pm Twinkle Babies Ballet/Tap (Ages 2-3)			10:15-11:15am Show Stars 1 Ballet/Tap/Jazz (Ages 5-6)	10:45-11:30am Twinkle Stars 2 Ballet/Tap (Ages 4-5)
4:00-5:00pm Twinkle Stars 2 Ballet/Tap/ Gymnastics (Ages 4-5)	4:30-5:00pm Hip Hop/Acro (Ages 5-6)	4:00-4:45pm Hip Hop (Ages 5-8)	4:00-4:45pm Hippity Hop/Acro (Ages 3-5)	4:15-5:15pm Ballet/Lyrical (Ages 8-10)	4:30-5:15pm Show Stars 2 Jazz/Tap (Ages 6-8)	4:00-5:00pm Show Stars 1 Ballet/Tap/Jazz (Ages 5-6)	4:00-5:00pm Twinkle Stars 2 Ballet/Tap/ Gymnastics (Ages 4-5)	4:15-5:15pm Ballet (Ages 10-12)	11:15-11:45am Show Stars 1 Acro/ Gymnastics (Ages 5-6)	
5:00-6:00pm Show Stars 1 Ballet/Tap/Jazz (Ages 5-6)	5:00-5:45pm Show Stars 2 Ballet/Lyrical (Ages 6-8)	4:45-5:30pm Hip Hop (Ages 8-10)	4:45-5:15pm Acro/Gymnastics (Ages 5-8)	5:15-6:00pm Show Stars 2 Ballet/Lyrical (Ages 6-8)	5:15-6:15pm Jazz/Tap (Ages 8-10)	5:00-5:45pm Ballet/Lyrical (Ages 7-9)	5:00-5:45pm Twinkle Stars 1 Ballet/Tap (Ages 3-4)	5:15-6:00pm Modern/Lyrical (Ages 10-12)	12:00-2:00pm <i>SFDC Rehearsal</i> (Ages 6-up)	12:00-2:00pm <i>SFDC Rehearsal</i> (Ages 6-up)
6:00-7:30 pm Int./Adv. Ballet + Pointe (Ages 13-18)	5:45-6:30pm Show Star 2 Jazz/Tap (Ages 6-8)	5:30-6:15pm Hip Hop (Ages 10-12)	5:30-6:15pm Acro/Gymnastics (Ages 8-10)	6:00-7:00pm Ballet (Ages 10-12)		5:45-6:45pm Int./Adv.Lyrical (Ages 13-18)	5:45-6:30pm Jazz/Tap (Ages 7-9)	6:00-6:30pm <i>SFDC Private</i> <i>Rehearsals</i> (Ages 10-12)	2:00-3:00pm <i>SFDC Private</i> <i>Rehearsals</i>	2:00-3:00pm <i>SFDC Private</i> <i>Rehearsals</i>
7:30-8:30pm Int./Adv. Modern /Contemporary (Ages 13-18)		6:15-7:15pm Jazz (Ages 10-12)	6:15-7:15pm Int./Adv. Hip Hop (Ages 13-18)	7:00-8:30pm Int./Adv. Ballet + Pointe (Ages 13-18)	7:00-7:45pm Tap (Ages 10-12)	6:45-7:30pm Int./Adv. Tap (Ages 13-18)	6:45-7:15pm Acro/Gymnastics (Ages 7-9)			
		7:15-8:15pm Int./Adv. Jazz (Ages 13-18)	7:15-8:00pm Acro/Gymnastics (Ages 10-12)		7:45-8:30pm Musical Theatre Acting (Ages 10-12)	7:30-8:30pm Tumbling/Tricks (Ages 13-18)				
SUNDAY	STUDIO 1	10:00-10:30am Baby & Me (18-24 months)		10:30-11am Twinkle Babies - Ballet/Tap (Ages 2-3)		11:00-11:45am Twinkle Stars 1 - Ballet/Tap (Ages 3-4)				

2025-2026 Breaks & Important Dates

August 30-September 5: Back-to-school break

July 7: Classes Begin!

October 31: Closed for Halloween

November 26-30: Thanksgiving Break

December 13: The Magical Ornaments

December 21-January 2: Holiday Break

February 9-15: Winter Break

April 3-9: Spring Break

May 22-25: Memorial Day Weekend

June TBA: Spring Recital

Class Descriptions

Preschool Programs

Preschool programs at GKS combine music, tumbling and dance. Along with the brain and muscular benefits of dance and gymnastics, our programs inspire social development. Children learn to work together, share, take turns, and make new friends that last a lifetime! Dance improves muscle strength, coordination, and flexibility. Dance teaches rhythm, timing, and builds memory skills. Body and spatial awareness, creativity and self-expression are among all of the wonderful benefits of dance.

Baby and Me (18-24 months)

This Toddler curriculum encourages independent movement. It combines ballet, creative movement, gymnastics, song and dance. This class is a great way for the little ones to explore movement capabilities on their own. Parents and dancers dance in the room together with the instructor.

Twinkle Babies (24-36 months)

This Twinkle Star Dance curriculum encourages independent movement. It combines ballet, creative movement, gymnastics, song and dance. This class is a great way for the little ones to explore movement capabilities on their own. Dancers are encouraged to dance independently from parents.

Twinkle Stars 1 & 2 (ages 3-5)

Show Stars 1 & 2 (ages 5-8)

This is a perfect class for the beginning dancer as well as the continuing student. Both levels of dance build a solid foundation of ballet, tap technique and terminology for higher-level classes in the future. Dancers develop strength, flexibility and rhythm. The use of props and stories give students the opportunity to enhance their creativity, musicality and movement memory.

Ballet

“The basis of dance technique”

Our ballet training is based on the Royal Academy of Dance syllabus and Cecchetti Method. Ballet levels are divided from 1 for beginner through 5 for advanced. Coursework is progressive and levels are followed in sequential order. Classes are 1 to 1.5 hours in length determined by the level of class.

PrePointe/Pointe

**By invitation only*

Pre/Pointe & Pointe classes begin immediately before ballet classes. Students must be enrolled in a minimum of two ballet classes a week. This class is for the intermediate/advanced ballerina, ready to advance their ballet technique to the next level.

Acro/Gymnastics

Our Acrobatic Arts certified instructors incorporate flexibility, strength, balancing, limbering and tumbling. Acro/gymnastics will improve strength and overall body conditioning for the beginner, intermediate, and advanced dancer!

Modern

This contemporary dance style incorporates the use of abstract body shapes and movements. Students are challenged to push themselves beyond their comfort zone and in order to recognize their own creative inspirations.

Jazz

Students learn technical skills of classical jazz first; then we combine movements of today’s high energy dance styles. Coursework is progressive and levels are followed in sequential order.

Lyrical

Lyrical is a dance style that embodies various aspects of ballet, jazz, acrobatics. The style combines ballet technique with the freedom and musicality of jazz. Dancers learn how to tell a story through lyrical dancing.

Musical Theatre/Acting

Dancers in this class will learn Jazz and/or tap technique while exploring the various dance styles used in Broadway shows. Dancers will also learn acting performance skills such as connecting with the audience and telling a story through dance and facial expressions.

Tap

Students focus on the art of creating rhythm and music with their feet, while commanding control of their upper body and core. Styles of coursework range from modern rhythmic tap. Coursework is progressive and levels are followed in sequential order.

Hippity Hop & Hip Hop

Hip-hop is a vibrant form of dance that combines a variety of freestyle movements to create a cultural piece of art. Through its three main styles of popping, locking, and breaking, hip-hop dance has evolved into a fun, popular style of dance.

Shore Feet Dance Company *By audition only (ages 6-up)*

Geared for the more serious dancer looking to be a part of a team! Our performance company offers members the opportunity to dance outside of the school several times throughout the year. In addition to advancing their skills as a dancer, they will learn life skills such as understanding obligation, assuming responsibility, and valuing the rewards of hard work with a team. These dancers build self-confidence that transfers to each dancer’s lives inside and outside of the studio.