

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

| SUNDAY | STUDIO 1 | <b><u>10:00-10:30am</u></b><br>Baby & Me (18-24 months) |  | <b><u>10:30-11am</u></b><br>Twinkle Babies - Ballet/Tap (Ages 2-3) |  | <b><u>11:00-11:45am</u></b><br>Twinkle Stars 1 - Ballet/Jazz(Ages 3-4) |  |  |  |  |
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### 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 3:** Holiday Break

**February 9-15:** Winter Break

**April 5-11:** Spring Break

**May 22-25:** Memorial Day Weekend

**June TBA:** Spring Recital

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## 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.

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### **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.