



Class Schedule 2022-2023

MONDAY	MONDAY	TUESDAY	TUESDAY	WEDNESDAY	WEDNESDAY	THURSDAY	THURSDAY	SATURDAY	SATURDAY
STUDIO 1	STUDIO 2	STUDIO 1	STUDIO 2	STUDIO 1	STUDIO 2	STUDIO 1	STUDIO 2	STUDIO 1	STUDIO 2
10:00-10:30am Mommy & Me (18-24 Months)		9:30-10:00am Twinkle Babies (Ages 2-3) <i>Studio Showcase</i>						9:30-10:00am Twinkle Babies (Ages 2-3) <i>Studio Showcase</i>	9:30-10:00am Mommy & Me (18-24 Months)
10:30-11:00am Twinkle Babies (Ages 2-3) <i>Studio Showcase</i>		10:00-10:45am Twinkle Star 1 Ballet/Tap (Ages 3-4) <i>10am Recital</i>						10:00-10:45am Twinkle Star 2 Ballet/Tap (Ages 4-5) <i>1pm Recital</i>	10:00-11:00am Twinkle Star 1 Ballet/Tap/Gymnastics (Ages 3-4) <i>1pm Recital</i>
		10:45-11:30am Acro/Gymnastics (Ages 3-5) <i>10am Recital</i>						11:00-11:45am Ballet/Tap (Ages 5-6) <i>1pm Recital</i> *CLASS FULL*	11:00-11:45am Acro/Gymnastics (Ages 4-5) <i>10am Recital</i>
4:15-5:00pm Boys Hip Hop (Ages 4-6) <i>10am Recital</i>	4:00-4:45pm Intro to Lyrical (Ages 5-7) <i>10am Recital</i>	4:00-4:45pm Twinkle Stars 2 Ballet/Tap (Ages 4-5) <i>10am Recital</i>	4:15-5:00pm Pre-Pointe (Invitation Only) <i>10am Recital</i>	4:45-5:30pm Musical Theatre/Acting (Ages 5-6) <i>1pm Recital</i>	4:00-4:45pm Ballet/Tap (Ages 5-6) <i>10am Recital</i>		4:00-4:45pm Twinkle Star 1 (Ages 3-4) Ballet/Tap <i>1pm Recital</i>		11:45-12:30pm HipHop/Gymnastics (Ages 5-6) <i>1pm Recital</i>
5:00-5:45pm Twinkle Star 1 Ballet/Tap (Ages 3-4) <i>10am Recital</i>	4:45-5:30pm Acro/Gymnastics (Ages 5-7) <i>10am Recital</i>	4:45-5:15pm Acro/Gymnastics (Ages 3-5) <i>10am Recital</i>	5:00-5:45pm Ballet 4 (Ages 10-12) <i>10am Recital</i>	5:30-6:15pm Ballet/Lyrical (Ages 5-7) <i>1pm Recital</i> *CLASS FULL*	4:45-5:30pm Acro/Gymnastics (Ages 5-7) <i>1pm Recital</i>	4:45-5:30pm Hip Hop 2 (Ages 7-9) <i>1pm Recital</i>		12:00-2:00pm Shore Feet Dance Company Every other week (Ages 7-up Audition only)	
5:45-6:15pm Acro/Gymnastics (Ages 3-5) <i>10am Recital</i>	5:30-6:00pm Acro/Gymnastics (Ages 7-9) <i>10am Recital</i>	5:30-6:15pm Twinkle Stars 1 Ballet/Tap (Ages 3-4) <i>10am Recital</i>	5:45-6:30pm Modern 4 (Ages 10-12) <i>10am Recital</i>		6:00-7:00pm Jazz 4 (Ages 10-13) <i>10am Recital</i>	5:30-6:30pm Lyrical 4 (Ages 10-12) <i>1pm Recital</i>	5:30-6:15pm Jazz/Ballet (Ages 7-9) <i>1pm Recital</i>	2:00-2:30pm SFDC Private Solo Rehearsals	2:00-2:30pm SFDC Private Solo Rehearsals
6:30-7:00pm SFDC Private Solo Rehearsals	6:00-6:45pm Ballet/Jazz (Ages 7-9) <i>10am Recital</i>	6:15-7:00pm Adv. Hip Hop (Ages 12-up) <i>1pm Recital</i>		6:45-7:45pm Adv. Modern (Ages 13-up) <i>Both Recitals</i>	7:00-7:45pm Acro/Gymnastics (Ages 10-12) <i>1pm Recital</i>	6:30-7:30pm Int./Adv. Pointe (Invitation Only) <i>Both Recitals</i>	6:30-7:15pm Hip Hop 4 (Ages 10-12) <i>1pm Recital</i>		
7:00-7:30pm SFDC Private Solo Rehearsals		7:00-8:00pm Int./Adv. Pointe (Invitation Only) <i>Both Recitals</i>		7:45-8:45pm Int./Advanced Jazz (Ages 13-up) <i>Both Recitals</i>		7:30-8:30pm Int./Adv. Ballet (Ages 13-up) <i>Both Recitals</i>			
7:30-8:30pm Adv. Lyrical (Ages 13-up) <i>Both Recitals</i>		8:00-9:00pm Int./Adv. Ballet (Ages 12-up) <i>Both Recitals</i>							

Updated: November 7th, 2022

2022 Breaks

September 10: First Day of Classes

November 23-25: Thanksgiving Break

December 10: Magical Ornaments Performance

December 19- January 1: Christmas Break

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.

Mommy and Me (18-24 months)

+Twinkle Babies (24-36 months)

Our Petite Feet 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.

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.

Acro/Jazz/Hip Hop

Students will learn classical jazz technique along with movements of today's hip-hop styles. We also incorporate gymnastic skills designed to strengthen the upper body and core.

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.

Acro/Gymnastics

This class incorporates flexibility, strength, balancing, limbering and tumbling. Acro/gymnastics will improve strength and overall body conditioning.

Pre/Pointe-Pointe

By invitation or audition only

Pointe classes begin immediately after ballet classes. Students must be enrolled in a minimum of two ballet classes a week.

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.

Musical Theatre/Acting

Dancers in this class will learn Jazz and 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.

Shore Feet Dance Company *By audition only (ages 7-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. Building self-confidence that transfers to each dancers' lives inside and outside of the studio!