



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

### 2022 Breaks

September 10: First Day of Classes

November 21-25: 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!