



# 2024-2025 SCHEDULE

Studio 1		Studio 2		Studio 3	
<b>MONDAY</b>					
4:00 PM	Senior CO Ballet (1.5 hrs)	4:30 PM	Int. Stretch & Conditioning	4:30 PM	Beginning Hip Hop/Jazz (6+)
5:30 PM	Junior/Teen CO Ballet (1.5 hrs)	5:30 PM	Adv. Stretch & Conditioning	5:30 PM	Beg. Stretch & Conditioning
		7:00 PM	ALL CO Contemporary (1.5 hrs)	6:30 PM	Junior & Senior PreCo
<b>TUESDAY</b>					
4:30 PM	Ballet III	4:30 PM	Lyrical I	4:30 PM	Junior/Teen CO Tech & Alignment
5:30 PM	Junior CO Ballet	5:30 PM	Teen CO	5:30 PM	Senior CO Tech & Alignment
6:30 PM	Teen CO Ballet (1.5 hrs)	6:30 PM	Senior CO	6:30 PM	Jazz III (10+)
8:00 PM	Senior CO Ballet (1.5 hrs)	7:30 PM	Junior CO	7:30 PM	Senior PreCo Tech
<b>WEDNESDAY</b>					
				2:30 PM	Jazz Funk (8+)
		3:30 PM	Beg. Hip Hop (8+)	3:30 PM	Combo: Ballet/Tap/Tumble (3-5)
4:30 PM	Ballet II/III	4:30 PM	Int. Hip Hop	4:30 PM	Combo: Ballet / Tap (5-8)
5:30 PM	Junior CO Ballet	5:30 PM	Teen CO Tech	5:30 PM	Adv. Hip Hop
6:30 PM	Teen CO Ballet (1.5 hrs)	6:30 PM	Senior CO Tech		
8:00 PM	Senior CO Ballet (1.5 hrs)	7:30 PM	Junior CO Tech		
<b>THURSDAY</b>					
4:30 PM	Mini Pom (6-12)	4:30 PM	Acro I/ II	4:30 PM	Leaps/Turns/Tech I/II
5:30 PM	Lyrical II	5:30 PM	Acro III	5:30 PM	Ballet I/II (6+)
		6:30 PM	Leaps/Turns/Tech III	6:30 PM	Jazz I/II
		7:30 PM	Lyrical III (10+)		
<b>FRIDAY</b>					
<b>SATURDAY</b>					
<b>CLASSES IN RED ARE SOUL SHOCK COMPANY or SOUL SHOCK PRE-COMPANY AND ARE NOT OPEN ENROLLMENT.</b>				10:00 AM	Combo: Ballet/Tap/Tumble (3-5)
				11:00 AM	Combo: Ballet/Jazz/Tap (5-8)

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## Class Descriptions

### \*\* Combo Classes \*\*

Focused on the foundation of dance concepts, combo classes give the building blocks for technique in a fun and playful environment. Both ballet and tap shoes are required.

Combo Ballet/Tap/Tumble (3-5 years old)	Wednesday, 3:30 pm Saturday, 10 am
Combo Ballet/Tap (5-8 years old)	Wednesday, 4:30 pm
Combo: Ballet/Jazz/Tap (5-8 years old)	Saturday, 11 am

### Ballet

Ballet classes focus on posture, flexibility and balance. Students are taught proper body placement, body alignment, barre and center floor work, along with across the floor combinations. Female students should wear pink tights and black leotards. Hair must be in a bun. Ballet shoes required.

Ballet I/II (6+)	Thursday, 5:30 pm	
Ballet II / III	Wednesday, 4:30 pm	<i>Completed I/II</i>
Ballet III	Tuesday, 4:30 pm	<i>Completed II/III</i>

### Lyrical

Lyrical dance is a combination of ballet and jazz dance that often uses music with lyrics to inspire the movements of the dancer. Pirouette dance shoes required.

Lyrical I	Tuesday, 4:30 pm
Lyrical II	Thursday, 5:30 pm
Lyrical III (10+)	Thursday, 7:30 pm

### Jazz

Jazz uses technique, flexibility, and strength to showcase dynamic movement and fluidity. It is high-energy and encourages expression. Pirouette dance shoes required.

Beginning Hip Hop/Jazz (6+)	Monday, 4:30 pm
Jazz Funk (8+)	Wednesday, 2:30 pm
Jazz I/II	Thursday, 6:30 pm
Jazz III (10+)	Tuesday, 6:30 pm

### Hip Hop

Hip Hop dance is a style of street dance that evolved from hip hop culture and music, and includes freestyle movement and choreography. Tennis shoes required.

Beginning Hip Hop/Jazz (6+)	Monday, 4:30 pm
Beginner Hip Hop (8+)	Wednesday, 3:30 pm
Intermediate Hip Hop	Wednesday, 4:30 pm
Advanced Hip Hop	Wednesday, 5:30 pm

### Pom

Pom dance incorporates other styles of dance (jazz, hip hop, lyrical) and uses sharp arm movements, jumps, kicks, turns.

Mini Pom (6-12 years old)	Thursday, 4:30 pm
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### Acro

Acro is a combination of flexibility, agility, balance, and bodily coordination and is similar to gymnastics. Barefoot required.

Acro I/II	Thursday, 4:30 pm	<i>No prior experience</i>
Acro III	Thursday, 5:30 pm	<i>Instructor recommendation</i>

### Technique and Conditioning

Various technique and conditioning classes are offered to help advance a dancer's skills, abilities, and performance quality. Classes will have an intense focus on stretching, body alignment, stamina, and core control, that will improve overall balance and total body strength, and ultimately technique. Tennis shoes required.

Leaps. Turns, Tech I/II	Thursday, 4:30 pm
Leaps. Turns, Tech III	Thursday, 6:30 pm
Beginner Stretch & Conditioning	Monday, 5:30 pm
Intermediate Stretch & Conditioning	Monday, 4:30 pm
Advanced Stretch & Conditioning	Monday, 5:30 pm

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## Class Recommendations

### My dancer is under 8 and just getting started:

We strongly recommend starting with one or more of our combo classes.

Combo Ballet/Tap/Tumble (3-5)	Wednesday, 3:30 pm
	Saturday, 10 am
Combo Ballet/Tap (5-8)	Wednesday, 4:30 pm
Combo: Ballet/Jazz/Tap (5-8)	Saturday, 11 am
Beginning Hip Hop/Jazz (6+)	Monday, 4:30 pm

### My dancer is age 8+ and just getting started:

Jazz Funk (8+)	Wednesday, 2:30 pm
Jazz I/II	Thursday, 6:30 pm
Beginning Hip Hop/Jazz (6+)	Monday, 4:30 pm
Beginner Hip Hop (8+)	Wednesday, 3:30 pm
Mini Pom (6-12)	Thursday, 4:30 pm
Ballet I/II (6+)	Thursday, 5:30 pm
Lyrical I	Tuesday, 4:30 pm
Acro I / II	Thursday, 4:30 pm

### My dancer is age 8+ and has taken classes in the past (with us or another studio):

Beginner Hip Hop (8+)	Wednesday, 3:30 pm
Ballet II / III	Wednesday, 4:30 pm
Acro I / II	Thursday, 4:30 pm
Lyrical II	Thursday, 5:30 pm
Jazz Funk (8+)	Wednesday, 2:30 pm
Jazz I/II	Thursday, 6:30 pm
Mini Pom (6-12)	Thursday, 4:30 pm
Beginner Stretch & Conditioning	Monday, 5:30 pm
Leaps / Turns / Tech II	Thursday, 4:30 pm

### My dancer is age 10+ and wants to advance their dance skills and/or try new dance styles:

Beginner Stretch & Conditioning	Monday, 5:30 pm
Intermediate Stretch & Conditioning	Monday, 4:30 pm
Leaps / Turns / Tech II	Thursday, 4:30 pm
Ballet II / III	Wednesday, 4:30 pm
Ballet III	Tuesday, 4:30 pm
Jazz III (10+)	Tuesday, 6:30 pm
Acro I / II	Thursday, 4:30 pm
Intermediate Hip Hop	Wednesday, 4:30 pm
Lyrical II	Thursday, 5:30 pm
Lyrical III (10+)	Thursday, 7:30 pm

### My dancer is age 10+ and wants to audition for pre-company or company next season:

Intermediate Stretch & Conditioning	Monday, 4:30 pm
Advanced Stretch & Conditioning	Monday, 5:30 pm
Ballet III	Tuesday, 4:30 pm
Jazz III (10+)	Tuesday, 6:30 pm
Lyrical III (10+)	Thursday, 7:30 pm
Acro III	Thursday, 5:30 pm
Intermediate Hip Hop	Wednesday, 4:30 pm
Advanced Hip Hop	Wednesday, 5:30 pm
Leaps / Turns / Tech III	Thursday, 6:30 pm

## POSSIBLE CLUSTER CLASSES

<b>Monday</b>	Beg. Hip Hop & Beg. Stretch & Conditioning
<b>Wednesday</b>	Jazz Funk & Beg. Hip Hop & Ballet II/III
	Beg. Hip Hop & Combo Ballet/Tap
<b>Thursday</b>	Mini Pom & Ballet I/II & Jazz I/II
	Leaps/Turns I/II & Ballet I/II & Jazz I/II
	Leaps/Turns I/II & Lyrical II & Jazz I/II
	Leaps/Turns III & Lyrical III

\* See class description list for registration requirements for enrollment.

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## Studio Holiday Schedule

Phoenix Dance Cooperative is a structured, non-profit 501(c)(3) organization founded by parents of dancers, making us very different from the other dance studios in Phoenix. The driving force behind the organization is to provide high-quality dance instruction with a focus on competition as a group while fostering a loving environment with a strong sense of community.

With the community in mind, we have structured our yearly studio schedule with the surrounding school district calendars (Kyrene School District and Tempe Union High School District). We encourage you to continue to check [phoenixdancecooperative.com](http://phoenixdancecooperative.com) for additional dance-focused events throughout the year.

- Monday, July 29th - Registration opens for 2024/2025 classes
- Monday, August 5th - FIRST DAY OF CLASSES
- Monday, September 2nd - CLOSED (Labor Day)
- Monday, September 30th-Sunday, October 6th - CLOSED (Fall Break)
- Thursday, October 31st - CLOSED (Halloween)
- Monday, November 11th - CLOSED (Veterans Day)
- Wednesday, November 27th-Sunday, December 1st - CLOSED (Thanksgiving)
- Monday, December 23rd-Sunday, January 5th - CLOSED (Winter Break)
- Monday, January 20th - CLOSED (MLK Day)
- Monday, March 10th-Sunday, March 16th - CLOSED (Spring Break)
- Saturday, April 19th-Sunday, April 20th - CLOSED (Easter Weekend)
- Saturday, May 24th - LAST DAY OF CLASSES

*Please note:*

*All monthly tuition rates are the same each month, regardless of how many weeks are in that respective month. If students miss class due to absence or the studio being closed, they are welcome to take a makeup class that is offered (and has space available) within the same month. To coordinate a makeup class, please email [phxdancecoopoffice@gmail.com](mailto:phxdancecoopoffice@gmail.com) or discuss in person at the studio office.*

**STUDIO HOLIDAY SCHEDULE IS FOR STUDIO CLASSES ONLY.** Company and Pre-Company should refer to their respective monthly calendars for all scheduled events.