

Next Step Dance

10850 Frisco Street Suite 200 Frisco, TX 75033				www.nextstepperformingarts.com		Email: office@nextstepdance.net		Phone: 214-387-4466		
<u>2-3 yrs</u>	Mon. 4:00-5:00 Creative Movement	Tues. 10:00-11:00 Creative Movement	Tues. 4:00-5:00 Creative Movement	Wed. 10:00-11:00 Creative Movement	Sat. 10:00-11:00 Creative Movement					MONDAY
<u>3-4 yrs</u>	Mon. 4:00-5:00 Ballet, Tap, Tumble	Tues. 4:00-5:00 Ballet, Tap, Tumble	Sat. 11:00-12:00 Ballet, Tap, Tumble							TUESDAY
<u>4-5 yrs</u>	Mon. 5:00-6:00 Ballet, Tap, Jazz, Tumble	Tues. 4:00-5:00 Ballet, Tap, Jazz, Tumble	Wed. 4:00-5:00 Ballet, Tap, Jazz, Tumble	Sat. 12:00-1:00 Ballet, Tap, Jazz, Tumble						WEDNESDAY
<u>3-5 yrs</u>	Tues. 10:00-11:00 Ballet, Tap, Jazz, Tumble	Tues. 5:00-6:00 Hip Hop Tumble	Wed. 10:00-11:00 Ballet, Tap, Jazz, Tumble	Wed. 5:00-6:00 Ballet, Tap, Jazz, Tumble						THURSDAY
<u>5-6 yrs I</u>	Mon. 4:00-5:00 Ballet I	Mon. 5:00-6:00 Hip Hop I	Tues. 6:00-6:30 Ballroom (5-7 yrs)	Thurs. 4:00-5:00 Jazz/Tap I	Thurs. 6:00-7:00 Stretch, Turns, & Jumps I	Sat. 11:00-12:00 Jazz/Hip Hop				FRIDAY
<u>5-6 yrs II</u>	Tues. 4:00-5:00 Hip Hop II	Tues. 5:00-6:00 Stretch, Turns, & Jumps II	Tues. 6:00-6:30 Ballroom (5-7 yrs)	Wed. 4:00-5:00 Jazz II	Wed. 5:00-6:00 Ballet II					SATURDAY
<u>7-9 yrs I</u>	Mon. 5:00-6:00 Lyrical	Tues. 6:00-6:30 Ballroom (5-7 yrs)	Wed. 4:00-5:00 Hip Hop I	Wed. 5:00-6:00 Stretch, Turns, & Jumps I	Wed. 6:00-7:00 Ballet I	Thurs. 5:00-6:00 Jazz/Tap I	Thurs. 6:00-7:00 Ballroom			SUNDAY
<u>7-9 yrs II-III</u>	Mon. 5:00-6:00 Lyrical	Tues. 4:00-5:00 Jazz II-III	Tues. 5:00-6:00 Ballet II-III	Tues. 6:00-7:00 Stretch, Turns, & Jumps II-III	Tues. 6:00-6:30 Ballroom (5-7 yrs)	Thurs. 4:00-5:00 Hip Hop II-III	Thurs. 5:00-6:00 Tap II-III	Thurs. 6:00-7:00 Ballroom		
<u>10-12 yrs I-II</u>	Mon. 7:00-8:00 Ballroom	Tues. 5:00-6:00 Jazz I-II (10 & Up)	Tues. 6:00-7:00 Ballet I-II (10 & Up)	Tues. 7:00-8:00 Stretch, Turns, & Jumps I-II (10 & Up)	Tues. 8:00-9:00 Hip Hop I-II (10 & Up)	Thurs. 5:00-6:00 Hip Hop I-II	Thurs. 6:00-7:00 Tap I-II (10 & Up)	Thurs. 7:00-8:00 Lyrical	Sat. 12:00-1:00 Stretch, Turns, & Jumps I-II (10 & Up)	
<u>10-12 yrs III</u>	Mon. 4:15-5:00 Tap III	Mon. 5:00-6:00 Hip Hop III	Mon. 6:00-7:00 Ballet III (10 & Up)	Mon. 7:00-8:00 Ballroom	Wed. 4:30-5:30 Jazz/Contemp III	Wed. 5:30-6:30 Stretch, Turns, & Jumps III	Wed. 6:30-7:30 Ballet III	Thurs. 7:00-8:00 Lyrical	Sat. 2:00-3:00 Stretch, Turns, & Jumps III-V (10 & Up)	
<u>13 & up I-II</u>	Tues. 5:00-6:00 Jazz I-II (10 & Up)	Tues. 6:00-7:00 Ballet I-II (10 & Up)	Tues. 6:30-7:30 Ballroom	Tues. 7:00-8:00 Stretch, Turns, & Jumps I-II (10 & Up)	Tues. 8:00-9:00 Hip Hop I-II (10 & Up)	Wed. 6:00-7:00 Lyrical	Thurs. 6:00-7:00 Tap I-II (10 & Up)	Sat. 12:00-1:00 Stretch, Turns, & Jumps I-II (10 & Up)		
<u>13 & up III</u>	Mon. 6:00-7:00 Ballet III (10 & Up)	Mon. 7:00-8:00 Stretch, Turns, & Jumps III	Mon. 8:00-9:00 Jazz/Contemp III	Tues. 6:30-7:30 Ballroom	Wed. 6:00-7:00 Lyrical	Thurs. 7:00-8:00 Hip Hop III	Sat. 2:00-3:00 Stretch, Turns, & Jumps III-V (10 & Up)			
<u>13 & up IV</u>	Tues. 6:30-7:30 Ballroom	Tues. 7:30-8:30 Hip Hop IV-V	Tues. 8:30-9:30 Jazz Funk IV-V	Tues. 8:30-9:30 Tap IV-V	Wed. 6:00-7:00 Lyrical	Thurs. 6:00-7:00 Stretch, Turns, & Jumps IV	Thurs. 7:00-8:00 Ballet IV	Thurs. 8:00-9:00 Jazz/Contemp IV	Sat. 2:00-3:00 Stretch, Turns, & Jumps III-V (10 & Up)	
<u>13 & up V</u>	Mon. 5:00-6:00 Ballet V	Mon. 6:00-7:00 Stretch, Turns, & Jumps V	Mon. 7:00-8:00 Jazz/Contemp V	Mon. 8:00-9:00 Hip Hop V	Tues. 6:30-7:30 Ballroom	Tues. 7:30-8:30 Hip Hop IV-V	Tues. 8:30-9:30 Jazz Funk IV-V	Tues. 8:30-9:30 Tap IV-V	Wed. 6:00-7:00 Lyrical	Sat. 2:00-3:00 Stretch, Turns, & Jumps III-V (10 & Up)
<u>ADULTS</u>	Tues. 7:00-8:00 Adult Hip Hop	Wed. 7:00-8:00 Adult Ballroom	Wed. 8:00-9:00 Adult Ballroom							
<u>BALLROOM</u>	Mon. 7:00-8:00 Ballroom (10-12 yrs)	Tues. 6:00-6:30 Ballroom (5-7 yrs)	Tues. 6:30-7:30 Ballroom (13 & Up)	Wed. 7:00-8:00 Adult Ballroom	Wed. 8:00-9:00 Adult Ballroom	Thurs. 6:00-7:00 Ballroom (7-9 yrs)				
<u>BOYS</u>	Mon 4:00-5:00 Boys Hip Hop (7-11 Yrs)									
<u>ACRO</u>	Mon. 6:00-7:00 Beg./Int. Acro (7 Yrs & Up)	Tues. 4:00-5:00 Beg./Int. Acro (7 Yrs & Up)	Tues. 7:30-8:30 Int./Adv. Acro (10 Yrs & Up)							
<u>HIGH KICK</u>	Tues. 5:30-6:30 All Level High Kick (10 & Up)	Wed. 7:00-8:00 All Level High Kick (10 & Up)	Sat. 1:00-2:00 All Level High Kick (10 & Up)							
<u>POM</u>	Tues. 6:30-7:30 Adv. Pom (13 & Up)	Thurs. 5:00-6:00 Int. Pom (10 & Up)								
<u>STRENGTH & CONDITIONING</u>	Wed. 4:30-5:30 Strength & Conditioning (13 & Up)	Thurs. 4:45-5:30 Strength & Conditioning (10 & Up)								
<u>MINI / JR DCC</u>	Thurs. 5:00-6:00 Pink Jr. DCC (5-6 yrs)	Thurs 6:00-7:00 Blue Jr. DCC (7-9 yrs)	Thurs 7:00-8:00 Silver Jr. DCC (10-13 yrs)							