

## STEPPIN'OUT DANCE ACADEMY 2024 SUMMER DANCE

52 Church Street, Kingston NH

[www.steppinoutdanceacademy.com](http://www.steppinoutdanceacademy.com)

### SUMMER DANCE 6 WEEK SESSIONS (July 8th - August 15th)

#### **Ages 18 Months - 3 Years/ Parent & Me**

In this class parents will participate with the students. Come make new friends and bond with your child in this creative movement based dance class. Class is a combination of rhythms, dancing, singing, and motor skills, for children 18 months - 3 years of age!

**Thursday 4:45pm - 5:15pm      Instructor: Lois**

#### **Ages 3&4 Ballet & Tap**

This class is a mix of creative movement, ballet, & tap for students ages 3&4. Students will sing, dance, play rhythm games, and complete obstacle courses. No dance experience necessary.

**Thursday 4:00pm - 4:30pm      Instructor: Darice**

#### **Ages 4&5 Ballet & Tap**

This class is a mix of creative movement, ballet, & tap for students ages 4&5. Students will sing, dance, play rhythm games, and complete obstacle courses. No dance experience necessary.

**Tuesday 3:45pm - 4:30pm      Instructor: Darice**

#### **Ages 6-9 Ballet & Tap**

This class is a mix of ballet, & tap for students ages 6-9. Students will learn basic ballet and tap technique. They will also work on choreography, rhythm, balance, & coordination. No dance experience necessary.

**Tuesday 4:00pm - 4:45pm      Instructor: Jordan**

#### **Age 10 & Up Shining Stars Adaptive Dance**

This is an adaptive dance class dedicated to bringing the joy of dance to all students and all abilities. The program is offered **free** to all families. Students will receive free dance wear, and free dance shoes. SODA participates in fundraisers throughout the year to cover these costs. All dancers are paired with a volunteer teen dance buddy who provides one on one assistance to each dancer. \*All instructors are Rhythm Works certified. Please email Kim @ [steppinoutdanceacademy@yahoo.com](mailto:steppinoutdanceacademy@yahoo.com) with any questions about this wonderful program.

**Thursday 4:45pm - 5:30pm      Instructor: Kim**

#### **Ages 10 & Up Intermediate/Advanced Acro For Dancers**

This class combines classical dance technique with acrobatic elements. Students will work on flexibility, strength, balance, and conditioning exercises, mixed with gymnastic elements. Combining acro with dance helps create strong & versatile dancers.

**Monday 4:00pm - 5:00pm      Instructor: Hattie**

#### **Ages 13 & Up Int/Adv Jumps, Tricks, Tech, & Turns**

This class is open to intermediate & advanced level recreational and company students. Students will do a thorough warm up each week, and will have the opportunity to work on lots of fun jumps, tricks, and turns, while building their technical foundation.

**Thursday 7:45pm - 8:45pm      Instructors: Emilie & Olivia**

### SUMMER FITNESS 6 WEEK SESSIONS (July 8th - August 15th)

#### **Gentle Stretch**

Come relax, restore, and rejuvenate! Soft music, dim lighting, essential oils, gentle stretching, & breathing exercises will help melt your stress away. This class is low impact, and will help to improve your flexibility, mobility, and joint health. No experience is necessary!

**Thursday 7:15pm - 8:15pm      Instructor: Kim**

### **HoopnoticaFit (Hula Hoop Fitness)**

Come laugh, sweat, and burn lots of calories! This class will use a hula hoop as a prop to stretch, tone, and improve balance in a playful way! This class will be a combination of fitness and flow (you will learn some pretty fancy hoop tricks). You do not need to know how to hoop to take this class. We provide the hoops!

**Thursday 6:00pm - 7:00pm**      **Instructor: Kim**

### **Zumba!**

Come shake, shimmy, and sweat in this high energy, dance inspired fitness class! The class is a mix of low intensity and high intensity moves, that include cardio, muscle toning, balance, and flexibility. Come join the party! No experience is necessary!

**Wednesday 7:30pm - 8:30pm**      **Instructor: Sandy**

## **SUMMER POP UP CLASSES! (June & August)**

*This summer SODA is offering several Pop Up classes in June and August. These classes are a great way for students to try something new, challenge themselves, or take from a new instructor! All of our Pop Up classes are 1-2 day workshops, so they do not require a long term commitment, and are very affordable!*

### **BOOT CAMP FOR DANCERS - \$75/2 day workshop**

**Come join us for this 2 day boot camp!** Dancers will work on strength, flexibility, and conditioning on the ground and in the air! There will be a mix of dancing, hula hooping, Fly Gym, Feet Up, and more! This is a great way to condition before the 6 week summer session begins!

**Ages 10 + Up - Monday, June 24th & Wednesday, June 26th, 6:00pm - 8:30pm**

**Ages 14 & Up - Monday, June 24th & Wednesday, June 26th, 6:00pm - 8:30pm**

Instructors: Kim & Abby

### **PRINCESS DANCE PARTY - \$15**

**Come join us for dancing, games, and lots of fun in this princess themed dance class!** This class is open to all levels, and students are encouraged to dress as their favorite princess. Students may wear ballet shoes, jazz shoes, or indoor only sneakers. Come join us for a magical time!

**Ages 3-6 - Monday, June 24th, 4:00pm - 5:00pm**

Multiple Instructors

### **FUTURE STARS - \$25**

**Come join us for this fun, positive, and encouraging musical theatre workshop!** Students will learn all about theatre, and will get the chance to sing, dance, act, and play theatre games! Please bring jazz or ballet shoes if you have them. Students may also wear indoor sneakers or go barefoot for this workshop. \*No experience necessary

**Ages 6 & Up - Tuesday, June 25th, 4:00pm - 5:30pm**

Instructor: Jessica Matthews

### **TRIPLE THREATS - \$35**

**Come learn how you can be a triple threat in this musical theatre workshop!** Students will learn all about musical theatre, and how to develop their theatre skills. There will be dancing, singing, & acting. Please bring jazz, character, or ballet shoes if you have them. Students may also wear indoor sneakers or go barefoot in this workshop. \*No experience necessary.

**Ages 12 & Up - Tuesday, June 25th, 5:45pm - 7:45pm**

Instructor: Jessica Matthews

### **POP STAR DANCE PARTY - \$15**

**Come shake it off in this pop star inspired dance class!** Come join us as we dance and sing through all of the iconic eras! This class is open to all levels, and students may wear jazz shoes or indoor sneakers.

**Ages 6-10 - Wednesday, June 26th, 5:00pm - 6:00pm**

Multiple Instructors

**DREAM HOUSE PINK PARTY! - \$15**

**Come on dancers, let's go party!** Get your sparkle on in this high energy dance class. Dancers will dance, hula hoop, and play games at this pinktastic dance party! Students are encouraged to wear something sparkly and/or pink, and bring their favorite doll. Come get your sparkle on!

**Ages 5-9 - Monday, August 19th, 5:00pm - 6:00pm**

Multiple Instructors

**CHEER DANCE & POM (MINIS) - \$25**

**Come join us for this high energy cheer dance workshop.** Students will learn the basics of cheer dance and pom. They will cheer, dance, jump, kick, and learn some basic tumbling. Students should wear indoor sneakers or cheer shoes.

**Ages 5-9 - Tuesday, August 20th, 4:00pm - 5:30pm**

Instructor: Jess Hudgins

**CHEER DANCE & POM (JUNIOR & TEEN) - \$25**

**Come join us for this high energy cheer dance workshop.** Students will learn the basics of cheer dance and pom, and will put together a short routine. They will cheer, dance, jump, kick, and work on tumbling skills. Students should wear indoor sneakers or cheer shoes.

**Ages 10-16 - Tuesday, August 20th, 5:45pm - 7:15pm**

Instructor: Jess Hudgins

**CONTACT CONTEMPORARY & IMPROVISATION - \$35**

**This class is a mix of contemporary dance, partnering, movement sharing and improvisation.** Contact contemporary and improvisation uses the forces of physics to explore areas of movement we could not find alone. Students will develop skills in weight sharing, partnering, falling and flying.

**Ages 13 & Up – Monday, August 19<sup>th</sup>, 5:00pm – 7:00pm**

Instructor: Kaylee Mensinger

**SUMMER COMPANY & TEAM 6 WEEK SESSION (July 8th - August 15th)**

*Company & team schedule below. New students interested in auditioning for dance company or dance team please call for summer placement. The summer 6 week session will work as an audition for new students. All current company & team students are required to participate in the 6 week summer session. Company students may also be interested in taking the 13 & up. Int/Adv. Jumps, Tricks, Tech, Turns class and some of our "Pop Up" classes in June and August!*

<b>CLASS</b>	<b>DAY</b>	<b>TIME</b>	<b>STUDIO</b>	<b>INSTRUCTOR</b>
Mini-Company Ballet & Tap	Thursday	4:30pm - 5:30pm	D	Lisa
Jazz Hop Team	Tuesday	4:45pm - 5:30pm	B	Darice
Junior 1 Tap	Monday	4:00pm - 4:45pm	A	Lisa
Junior 1 Ballet	Monday	5:00pm - 6:00pm	A	Darice
Junior 1 Jazz	Tuesday	6:30pm - 7:15pm	B	Jess
Junior 1 Lyrical	Tuesday	5:45pm - 6:30pm	D	Kayla
Junior 2 Lyrical	Tuesday	4:30pm - 5:30pm	D	Hattie
Junior 2 Jazz	Tuesday	5:30pm - 6:15pm	A	Jess
Junior 2 Ballet	Wednesday	4:00pm - 5:15pm	A	Lisa
Junior 2 Tap	Wednesday	5:30pm - 6:16pm	D	Darice
Dance Team Jazz/Lyrical	Tuesday	7:15pm - 8:45pm	D	Hattie
Senior 1 Ballet	Monday	7:15pm - 8:45pm	A	Kayla
Senior 1 Lyrical	Tuesday	6:30pm - 7:30pm	A	Kayla
Senior 1 Tap	Tuesday	7:30pm - 8:30pm	A	Jess

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<b>CLASS</b>	<b>DAY</b>	<b>TIME</b>	<b>STUDIO</b>	<b>INSTRUCTOR</b>
Senior 1 Jazz	Wednesday	5:15pm - 6:15pm	A	Lisa
Hip Hop Company 1&2 (12 & Up)	Monday	5:00pm - 6:00pm	B	Megan
Senior 2/Elite Contemporary	Monday	6:00pm - 7:00pm	B	Megan
Senior 2/Elite Ballet	Wednesday	5:00pm - 6:30pm	B	Sarah
Senior 2/Elite Tap	Thursday	3:45pm - 4:45pm	B	Kim
Senior 2/ Elite Lyrical	Tuesday	7:30pm - 8:30pm	B	Abby/Kayla
Senior 2/Elite Jazz	Wednesday	6:30pm - 7:30pm	B	Megan/Abby
Pre-Pointe	Thursday	5:30pm - 6:30pm	B	Sarah
Pointe 1&2	Thursday	6:30pm - 7:30pm	B	Sarah
Pro-Am 1 & 2 Tap	Monday	7:45pm - 8:45pm	B	Kim

## **SUMMER TUITION**

Below are the prices for 6 week sessions. All summer classes (with the exception of aerial sling) are eligible for multi-class discounts, as well as unlimited student plans. Families must be up to date on their dance account before registering for summer classes. Summer tuition must be paid in full at time of registration.

1.50 HOUR CLASS - \$121 for 6 week session

1.25 HOUR CLASS - \$113 for 6 week session 1 HOUR CLASS - \$ 105 for 6 week session

45 MINUTE CLASS - \$ \$97 for 6 week session 30 MINUTE CLASS - \$90 for 6 week session

### **Multi-Class Discounts**

- 2 classes per family - 5% discount
- 3-4 classes per family - 10% discount
- 5-7 classes per family - 15% discount
- 8 or more classes per family - 20% discount

### **Unlimited Student Plan**

\$520 for 6 week session (with the exception of aerial sling)

**Other family members receive a 25% discount on all classes if they have a student on the unlimited student plan.**

**If more than 1 member in the family takes unlimited classes, please see someone at the front desk for discounts.**