

SSGA Fall Schedule 2008-2009

Room 1

Monday

4:30-5:30-Beginner Gymnastics ages 5 and up-Recital

5:30-6:00-5-8 yr. Hip-Hop-Recital

6:00-6:30 Senior Pointe-Recital

6:30-7:30 **Ballet Technique 1-No Recital-Placement Class**

7:30-8:00 Beginner/Intermediate Pointe 10yr. and up Ballet Tech. Required

8:00-8:30 Teen Hip-Hop/Jazz-Recital

Room 2

Monday

4:30-5:00 7-9 yr. old Tap-Recital

5:00-5:30 7-9 yr. old Ballet-Recital

5:30-6:00 Sr. Advanced Tap-placement only-Recital

6:00-6:30 10-12 yr. old Tap-Recital

6:30-7:30 **Ballet Technique 2-Required for all Pointe, lyrical & Jazz classes-Placement Class**

7:30-8:00 Senior Jazz-placement only-Recital

8:00-8:30 Sr. Lyrical-placement only-Recital

Gym

Monday

4:30-5:30 Elite Tumbling-Must have unassisted back tuck-Recital

5:30-6:30-Advanced Tumbling-Must have unassisted back hand spring-Recital

6:30-7:30-Intermediate Tumbling-Must have unassisted back bend kick over-Recital

7:30-8:30 Cheer Tumbling ages 6 and up **No Recital**-no pre-requisites

Tuesday

Room 1

4:30-5:15-Preschool Combo age 3-Tap, ballet and tumbling-Recital

5:15-6:30 Puma's competitive Cheer

6:30-7:15 Cougar competitive cheer

7:15-8:15 Beginner/Intermediate Tumbling-Recital

Tuesday

Room 2

4:30-5:15 Elementary Hip Hop/Poms Ages 9 and up-Recital

5:15-5:30 Cougar Cheer Warm Up

5:30-6:00 Jaguar Cheer-Stretch, formation and dance review

6:00-6:55 Kinder Combo-tap, ballet and tumbling age 4-Recital

7:00-7:30-Predator Cheer-Stretch, formation review, dance review

Tuesday

Gym

4:30-5:30 Elite Tumbling-Recital

Tuesday Gym Cont....

5:30-6:30 Cougar Competitive Cheer

6:30-7:30/7:45 Jaguar Competitive Cheer

7:30/7:45-9:00 Predator Competitive Cheer

Wednesday

Room 1

4:30-5:25-Kinder Combo age 4 tap, ballet, tumbling combo-Recital

5:30-6:15 Panther Prep-Dance, tumble and stunt-non competitive-Recital

6:15-7:15 Beginner Tumbling-ages 5 and up-Recital

7:15-8:15 Beginner/Intermediate Gymnastics-must have unassisted back bend-Recital

Room 2

4:30-5:30 5-6 yr. old tap, ballet, jazz/hip-hop combo-Recital

5:30-6:15 Hip-Hop ages 11 and up-Recital

6:16-7:00-Preschool Combo 3yr. tap, ballet, tumbling-Recital

7:00-8:00 7-8 yr. old tap, ballet, jazz/hip-hop combo-Recital

Wednesday

Gym

4:30-5:30-All Boys Tumbling ages 8 and up

5:30-6:30-Advanced Gymnastics-**Recital**-Unassisted back hand spring

6:30-7:30 Cheer/Tumbling-**Recital**-No prerequisite

7:30-8:30-Intermediate Tumbling-Unassisted Back bend kick over

Thursday

Room 1

4:30-5:30 Jr. **Competitive** Hip-Hop/Poms-Placement Only-Recit5:15-6:30 Puma's competitive Cheer

6:30-7:15 Cougar competitive cheer

7:15-8:15 Beginner/Intermediate Tumbling-Recital

Room 2

4:30-5:30 Sr. **Competitive** Hip-Hop/Poms ages 12 and up Placement only-Recital

5:15-5:30 Cougar Cheer Warm Up

5:30-6:00 Jaguar Cheer-Stretch, formation and dance review

6:00-6:55 Kinder Combo-tap, ballet and tumbling

7:00-7:30-Predator Cheer-Stretch, formation review, dance review

Thursday

4:30-5:30-Cheer Tumbling-No Recital

5:30-6:30 Cougar Competitive Cheer

6:30-7:30/7:45 Jaguar Competitive Cheer

7:30/7:45-9:00 Predator Competitive Cheer

Friday Cheer Tumbling Classes will be added for November or sooner as needed.