

Des Moines DanzArts' Fall/Spring 2024-2025
Fall Semester 9/02-1/12 Spring Semester 1/13-5/22

Full details @ www.desmoinesdanzartstudio.com

Young Dancer Program through Level 3/4

Creative Movement – 3 yr olds must be 3 by 9/01

Wednesday 4:30-5:00 Kathleen

Pre Ballet – 4 yr olds must be 4 by 9/01

Saturday 11:00-11:45 Kathleen

Level 1 – 5 & 6 yr olds must be 5 by 9/01

Wednesday Ballet & Tap 5:00-6:00 Kathleen

Thursday Ballet & Tap 4:30-5:30 Paula

Saturday Ballet & Tap 11:45-12:45 Kathleen

Level 2 - 7 & 8 yr olds must be 7 by 9/01

Monday Ballet, Jazz & Tap 5:30-7:00 Paula

Tuesday Ballet, Jazz & Tap 4:30-6:00 Paula

Sunday Hip Hop 4:30-5:15 Charlie

Level 3/4 approx. ages 9-11 * There is room to grow within this level. We suggest a young dancer may wish to start off with a ballet class a week plus an elective. Older dancers may wish to do a ballet class with several electives. Junior Progressing Ballet Technique (JPT) is a must for young dancers working towards pointe shoes! The sky is the limit, it is up to you! * Placement is determined by faculty.

Tuesday Junior Progressing Technique 4:30-5:30 Gigi **N**

Tuesday Jazz 5:30-6:15 Lisa

Tuesday Contemporary 6:15-7:00 Lisa

Friday Ballet 4:30-5:45 Paula

Friday Tap 5:45-6:30 Paula

Sunday Hip Hop 5:15-6:00 Charlie

N-No Recital Class

Level 5/6 on next page...

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Level 5/6 approx. age 12-14

** Pointe dancers must take 2 ballet classes a week plus Senior Progressing Ballet Technique class (SPT) * Placement is determined faculty.* If you are a dancer in this level not quite ready for pointe shoes, we encourage you to take the Pointe classes in soft shoes as preparation towards your goal of being on Pointe. New to DanzArts and not sure what to take? We are here to help. Simply call or email us and we can help guide you.

Monday Musical Theater 4:30-5:30 Kathleen

Monday Senior Progressing Technique 4:30-5:30 Gigi **N** ** pointe dancers must take. If you have not taken this class before you should begin in the Junior Progressing Technique class Tuesday @ 4:30pm unless otherwise advised*

Monday Level 5-8 Ballet 5:30-7:00 Gigi **N**

Monday Pointe 7:00-8:00 Paula ** with faculty approval*

Wednesday Level 5-8 Ballet 4:30-6:00 Paula

Wednesday Jazz 6:00-7:00 Paula

Wednesday Pointe 7:00-8:00 Megan ** with faculty approval*

Thursday Strength & Flexibility 4:30-5:30 Charlie **N**

Thursday Ballet 5:30-7:00 Paula

Thursday Pointe Variations 7:00-8:00 Brooke ** with faculty approval*

Thursday Tap 7:00-8:00 Paula

Friday Contemporary 4:30-5:30 Alissa

Friday Pilates 5:30-6:30 Alissa **N**

Friday Hip Hop 6:30-7:30 Charlie

Beginning Teen/Adult Tap 7:30-8:30 Paula *Don't know what a flap or a shuffle is? This class is for you!*

Saturday Level 6-8 Ballet 9:30-11:00 Eddie **N**

Saturday **NEW** Intro to Flamenco 12:15-1:15 Paula

N-No Recital Class

Level 7/8 on next page...

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Levels 7/8 & Adults approx. age 15 & up *

**At this Level Pointe dancers must take 2 ballet classes a week plus Senior Progressing Ballet Technique class (SPT) * Placement is determined by faculty*

New to DanzArts and not sure what to take? We are here to help. Simply call or email us and we can help guide you.

Monday Musical Theater 4:30-5:30 Kathleen

Monday Senior Progressing Technique 4:30-5:30 Gigi **N** ** pointe dancers must take. If you have not taken this class before you should begin in the Junior Progressing Technique class Tuesday @ 4:30pm unless otherwise advised*

Monday Level 5-8 Ballet 5:30-7:00 Gigi **N**

Monday Pointe 7:00-8:00 Megan ** with faculty approval*

Monday Adult Hip Hop 8:00-9:00 Charlie

Tuesday Level 7/8 Hip Hop 6:00-7:00 Charlie

Tuesday **Adult** Contemporary 7:00-8:30 Paula **N**

Tuesday **Teen** Contemporary 7:00-8:30 Lisa

Wednesday Level 5-8 Ballet 4:30-6:00 Paula

Wednesday Pointe 6:00-7:00 Megan ** with faculty approval*

Wednesday Tap 7:00-8:00 Paula

Thursday Strength & Flexibility 4:30-5:30 Charlie **N**

Thursday Ballet 5:30-7:00 Brooke

Thursday Pointe Variations 7:00-8:00 Brooke ** with faculty approval*

Thursday Jazz 8:00-9:00 Paula

Thursday **NEW** Adult Movement class 8:00-9:00 Kathleen **N** *Beg/Int movement class is a multi-genre class that will touch on ballet, modern/contemporary, stretch/conditioning, ballroom, and choreography/repertoire*

Friday Pilates 5:30-6:30 Alissa

Friday Limon Contemporary w Repertoire 6:30-8:00 Kathleen **starts 11/08**

Beginning Teen/Adult Tap 7:30-8:30 Paula *Don't know what a flap or a shuffle is? This class is for you!*

Saturday Level 6-8 Ballet 9:30-11:00 Eddie **N**

Saturday Ballet Partnering 11:00-Noon Eddie **N**

Saturday **NEW** Intro to Flamenco 12:15-1:15 Paula

N-No Recital Class