

# Des Moines DanzArts' Fall/Spring 2023-24

Full details at [www.desmoinesdanzartstudio.com](http://www.desmoinesdanzartstudio.com)

Fall Semester 9/01-1/14/24 Spring Semester 1/15/24-5/23/24

## Young Dancer Program through Level 3/4

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

Saturday 10:30-11:00 Kathleen

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

Wednesday 4:15-5:00 Kathleen

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

Wednesday Hip Hop 6:00-6:45 Charlie

**Level 3/4 approx. ages 9-11** should be 9 by 9/01. There is room to grow within this level. We suggest young dancers may wish to start off with a ballet class a week and 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

Monday JPT 4:30-5:30 Gigi **N**

Tuesday Jazz 5:30-6:15 Lisa

Tuesday Contemporary 6:15-7:00 Lisa

Wednesday Hip Hop 6:45-7:30 Charlie

Friday Ballet 4:30-5:45 Paula

Friday Tap 5:45-6:30 Alissa

**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) or (JPT)\* 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. Some classes are combined Levels 5-8. These classes will be designed towards the higher Level 7/8 Placement determined by faculty

Monday Musical Theater 4:30-5:30 Michael

Monday JPT 4:30-5:30 Gigi **N** *\* if you have not done SPT, this is the class you should take \* pointe dancers must take SPT or JPT*

Monday Ballet (Levels 5-8) 5:30-7:00 Gigi **N**

Monday Pointe 7:00-8:00 Paula

Tuesday Jazz 4:30-5:30 Michael

Tuesday Hip Hop (Levels 5-8) 6:00-7:00 Charlie

Tuesday Contemporary 7:00-8:00 Lisa

Wednesday Tap 4:15-5:00 Paula

Wednesday Ballet (Levels 5-8) 5:00-6:30 Paula

Wednesday Slow Flow Recovery Yoga 8:00-9:00 Michael **N**

Thursday SPT 4:30-5:30 Gigi **N** *\* this class is for dancers who have already taken JPT\*pointe dancers must take SPT or JPT*

Thursday Ballet 5:30-7:00 Paula

Thursday Pointe 7:00-8:00 Megan

Friday Pilates (Levels 5-8) 4:45-5:45 Alissa **N**

Friday Ballet (Levels 5-8) 5:45-7:15 Paula

Friday Boys 6:30-7:30 Eddie

Friday Beginning Pointe 7:30-8:30 Paula

Saturday Ballet (Levels 6-8) 9:00-10:30 Brooke *this is our Saturday ballet for Level 6*

Saturday Pointe & Variations (Levels 6-8) 10:30-11:30 Brooke

Saturday Ballet Partnering (Levels 6-8) 11:45-12:45 Eddie

Need more classes? Talk to our office about our recommendations for class(es) in different levels to build a schedule. We use age as a rough placement guide. We want to look at each dancer as an individual. **N**-No Recital Class

## Level 7/8 on next page.....

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Fall Semester 9/01-1/14/24 Spring Semester 1/15/24-5/23/24

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

*\*At this Level Pointe dancers must take 3 ballet classes a week plus Senior Progressing Ballet Technique class (SPT) Placement is determined by faculty*

Monday Musical Theater 4:30-5:30 Michael

Monday JPT 4:30-5:30 Gigi **N** *\* if you have not done SPT, this is the class you should take \* pointe dancers must take SPT or JPT*

Monday Ballet (Levels 5-8) 5:30-7:00 Gigi **N**

Monday Pointe 7:00-8:00 Megan

Tuesday Hip Hop (Levels 5-8) 6:00-7:00 Charlie

Tuesday Contemporary 7:00-8:30 Paula

Wednesday Ballet (Levels 5-8) 5:00-6:30 Paula

Wednesday Tap 6:30-7:30 Paula

Wednesday Slow Flow Recovery Yoga 7:30-8:30 Michael **N**

Wednesday Men's Class 7:30-8:30 Eddie

Thursday SPT 4:30-5:30 Gigi **N** *\* this class is for dancers who have already taken JPT\*pointe dancers must take SPT or JPT*

Thursday Ballet 5:30-7:00 Brooke

Thursday Pointe 7:00-8:00 Brooke

Thursday Jazz/Funk 8:00-9:00 Michael

Friday Pilates (Levels 5-8) 4:45-5:45 Alissa **N**

Friday Ballet (Levels 5-8) 5:45-7:15 Paula

Friday Muller Contemporary 7:15-8:45 Michael

Saturday Ballet (Levels 6-8) 9:00-10:30 Brooke

Saturday Pointe & Variations (Levels 6-8) 10:30-11:30 Brooke

Saturday Ballet Partnering (Levels 6-8) 11:45-12:45 Eddie

Need more classes? Talk to our office about our recommendations for class(es) in different levels to build a schedule. We use age as a rough placement guide. We want to look at each dancer as an individual. **N**-No Recital Class