

Des Moines DanzArts' Fall/Spring 2026-2027
Fall Semester 8/26/26-1/10/27 Spring Semester 1/11/27-5/20/27
Full details @ www.desmoinesdanzartstudio.com

Young Dancer Program through Level 3/4

Creative Movement – 3 yr olds must be 4 by 9/01

Wednesday 4:30-5:00 Kathleen

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

Saturday 11:15-12:00 Kathleen

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

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

Saturday Ballet & Tap 12:00-1:00 Kathleen

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

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

Friday Hip Hop 4:30-5:15 Charlie

Saturday **NEW** Acro 2:00-2:45 Eliot **N** *Introduction, log rolls to front rolls, basic flexibility, donkey kicks, cartwheels, bridges, inversions, and more advanced rolls*

Level 3/4 approx. ages 9-11 New this year! This level has gotten so big, we are splitting our ballet classes into separate level 3 and level 4. Our staff can recommend which is the best class for your dancer. For younger dancers, we suggest starting with one ballet class per week plus an elective. Older dancers may wish to enroll in one or two ballet classes alongside several electives. Additionally, Junior Progressing Ballet Technique (JPT) is a requirement for young dancers working toward pointe shoes.

For all dancers there is room to grow within this level. Placement is always determined by our faculty, and we look forward to helping your dancer reach their full potential. Please reach out to our staff for specific recommendations.

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

Monday Level **4** Ballet 5:30-7:00 Paula *(for older/more experienced dancers in this level)*

Tuesday Jazz 5:30-6:15 Lisa

Tuesday Contemporary 6:15-7:00 Lisa

Friday Level **3** Ballet 4:30-5:45 Paula *(for newer/younger dancers in this level)*

Friday Hip Hop 5:45-6:30 Charlie

Friday Tap 6:30-7:15 Charlie

Saturday **New** Acro 2:45-3:30 Eliot **N** *Progression from Level 2: back bends, 1 handed cartwheels, advanced rolls, limbers, preps for more advanced moves, partnering moves*

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 en 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 Level 6-8 Ballet 5:30-7:00 Gigi **N** *not recommended for level 5 dancers*

Monday Beginning Pointe 7:00-8:00 Gigi ** with faculty approval*

Monday Flamenco 8:00-9:00 Paula **spring semester only**

Tuesday 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 Monday @ 4:30pm unless otherwise advised*

Tuesday Hip Hop 6:00-7:00 Charlie

Tuesday Jazz 7:00-8:00 Lisa

Wednesday Level 6-8 Ballet 4:30-6:00 Paula *not recommended for level 5 dancers*

Wednesday Character 6:00-7:00 Scout

Thursday Ballet 4:30-6:00 Paula

Thursday Tap 6:00-7:00 Laura

Friday Contemporary 5:15-6:15 Eliot

Friday **New** Acro 6:15-7:15 Eliot **N** *Progression from previous levels, inversion balances, walkovers, one handed cartwheels/aerials and preps, advanced rolls, partnering moves, handsprings etc*

Saturday Ballet 9:30-11:00 Tess

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*

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Monday Musical Theater 4:30-5:30 Kathleen

Monday Level 6-8 Ballet 5:30-7:00 Gigi **N**

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

Monday Jazz 8:00-9:00 Olivia

Monday Flamenco 8:00-9:00 Paula **spring semester only**

Tuesday 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 Monday@ 4:30pm unless otherwise advised*

Tuesday Hip Hop 6:00-7:00 Charlie

Tuesday **ADULT** Contemporary 7:00-8:30 Olivia **N**

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

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

Wednesday Character 6:00-7:00 Scout

Wednesday Adult Beg/Int Tap 7:00-8:00 Laura **N** *Don't know what a flap or a shuffle is? This class is for you!*

Thursday Ballet 4:30-6:00 Brooke

Thursday Pointe Variations 6:00-7:00 Brooke ** with faculty approval*

Thursday Adult Beg/Int Ballet 7:00-8:30 Olivia

Thursday Tap Int/Adv 7:00-8:00 Paula **spring semester only**

Friday **NEW** Acro 6:15-7:15 Eliot **N** *Progression from previous levels, inversion balances, walkovers, one handed cartwheels/aerials and preps, advanced rolls, partnering moves, handsprings etc*

Friday Limon 7:15-8:30 Kathleen **beginning 11/06**

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

Saturday Ballet Partnering 11:00-Noon Eddie *all dancers must take ballet class before*

Saturday Contemporary 12:15-1:45 Eliot

N-No Recital Class