

# Des Moines DanzArts' Fall/Spring 2022-2023

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

Fall Semester 9/01-1/15/23 Spring Semester 1/16/23-5/25/23

## Young Dancer Program through Level 3/4

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

Wednesday 3:45-4:15 Kathleen

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 FULL ON WAIT LIST

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 Hip Hop 6:15-7:00 Charlie

Tuesday Ballet, Jazz & Tap 4:30-6:00 Paula FULL ON WAIT LIST

Saturday Ballet, Jazz & Tap 11:30-1:00 Brooke

**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**

Monday Hip Hop 5:30-6:15 Charlie

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 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 \*Faculty approval will be needed to enroll in these classes.

Monday Musical Theater 4:30-5:30 David

Monday JPT 4:30-5:30 Gigi **N** *\* if you have not done SPT this is the class you should sign up for -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

Monday Improv 8:00-9:00 Michael **N**

Tuesday Strength & Flexibility for Dancers 4:30-5:30 Charlie **N**

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

Tuesday Contemporary 7:00-8:00 Lisa

Wednesday Ballet (Levels 5-8) 4:30-6:00 Paula

Wednesday Tap 6:00-7:00 Paula

Wednesday Jazz 7:00-8:00 David

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

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 Paula

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

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

Friday Muller Technique (Levels 5-8) 7:15-8:45 Michael **N**

Saturday Ballet (Levels 5-8) 9:00-10:30 Brooke

Saturday Pointe & Variations (Levels 5-8) 10:30-11:30 Brooke

Sunday Yoga for Dancers 9:00-10:00 Michael **N, D**

Sunday Adv Beg/Int Teen/Adult Ballet 10:00-11:30 Michael **N**

Sunday Contemporary Jazz Fusion (Levels 5-8) Noon-1:30 Michael **N**

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, **D** -It is cheaper to enroll in this class using our sliding fee scale, but you can pay a drop-in rate if \$20 to attend

**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*

Monday Musical Theater 4:30-5:30 David

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

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

Monday Pointe 7:00-8:00 Hannah

Monday Improv 8:00-9:00 Michael **N**

Tuesday Strength & Flexibility for Dancers 4:30-5:30 Charlie **N**

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

Tuesday Contemporary 7:00-8:30 Paula

Wednesday Ballet (Levels 5-8) 4:30-6:00 Paula

Wednesday Jazz 7:00-8:00 David

Wednesday Tap 7:00-8:00 Paula

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

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

Friday Pilates for Dancers (Levels 5-8) 4:45-5:45 Alissa

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

Friday Muller Technique (Levels 5-8) 7:15-8:45 Michael **N**

Saturday Ballet (Levels 5-8) 9:00-10:30 Brooke

Saturday Pointe & Variations (Levels 5-8) 10:30-11:30 Brooke

Sunday Yoga for Dancers 9:00-10:00 Michael **N, D**

Sunday Adv Beg/Int Teen/Adult Ballet 10:00-11:30 Michael **N**

Sunday Contemporary Jazz Fusion (Levels 5-8) Noon-1:30 Michael **N**

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, **D** -It is cheaper to enroll in this class using our sliding fee scale, but you can pay a drop-in rate if \$20 to attend