

ATHLETIC DANCE INSTITUTE

FALL 2026-2027 SCHEDULE

VISIT US ONLINE: www.adidancenj.com

MONDAY

4:30-5:15 Adv. Beg Tap (ages 7+)	4:30-5:15 Mini Team	4:45-5:30 Pom Squad (ages 9-12)
5:15-6:00 Adv. Beg./Int Tap	5:30-6:15 Pom Squad (ages 6-8)	5:30-6:15 Hip Hop Squad (ages 9-12)
6:00-6:45 Advanced Tap	6:00-6:45 Junior Hip Hip	6:15-7:00 Adv. Beg/Intermediate Gymnastics
6:45-7:30 Senior Technique	6:45-7:30 Junior Technique	
7:30-8:15 Intermediate 2 Gymnastics	7:30-9:00 Senior All Star	
8:15-9:00 Jazz/Contemporary (ages 9-12)		

TUESDAY

4:30-5:15 Pre School (ages 3-4)	4:30-5:15 Tiny Tots (ages 3-4)	4:30-5:15 Junior Contemporary
5:15-6:00 Kinderdance (ages 5-6)	5:15-6:00 Junior Technique	5:15-6:00 Tiny Team Ballet (ages 5-7)
6:00-6:45 Hip Hop/Gym (ages 6-8)	6:00-6:45 Senior Contemporary/Technique	
6:45-7:30 Intermediate Gymnastics	6:45-7:30 Senior Acro/Technique	
7:30-8:15 Hip Hop (ages 13+)	7:30-9:00 Senior All-Star	
8:15-9:00 Jazz (ages 13+)		

WEDNESDAY

4:45-5:30 Ballet/Tap/Gym (ages 5-7)	4:30-5:15 Tiny Team (ages 5-7)	4:30-5:15 Beginner Gym (ages 6-8)
5:30-6:15 Jazz/Hip Hop (ages 5-8)	5:30-6:15 Hip Hop Funk (Ages 7-10)	5:15-6:00 Adv. Beg. Gymnastics/Tiny Team
6:15-7:15 Jazz Technique (ages 10-14)	6:30-7:15 Pom Squad (ages 10-14)	6:00-6:45 Mini Team Hip Hop (ages 7-9)
7:15-8:00 Ballet/Contemporary (ages 10-14)	7:30-8:30 Advanced Gymnastics	6:45-7:30 Intermediate Gymnastics

THURSDAY

4:30-5:30 TEAM Ballet	4:15-5:00 Beginner Tap (ages 6+)	4:30-5:15 Ballet/Gym (ages 4-6)
5:30-6:30 TEAM Ballet	5:00-5:30 Junior Stretch	6:00-6:30 Senior Stretch
6:30-7:30 TEAM Ballet	5:30-6:30 Mini All Star	6:30-7:30 Junior Gymnastics
7:30-8:15 Musical Theater (ages 11+)	7:30-9:00 Senior All Star	
8:15-9:00 Audition Prep	9:00-9:30 Technique/Skills (All-Star)	

FRIDAY

4:45-5:45 All-Star Technique	4:45-5:45 All-Star Technique
5:45-7:30 All Star Rehearsal	5:45-7:30 All Star Rehearsal

SATURDAY

10:00-10:45 Preschool (ages 3-4)
10:45-11:30 Cheer/Gym (ages 5-8)

If you do not see a class day or time that works for your child, please let us know. We will do our best to add an additional class to the schedule if possible. A minimum of 5 students is required to open a new class.

All Team classes are by invitation/evaluation only
All Gymnastics & Tap classes are by evaluation only.

We strongly believe that by dividing our tap and gymnastics programs by ability, rather than age alone will benefit your child's strength and progression. This curriculum is in place to ensure the safety while learning the sport of tap and gymnastics.

CONTACT US:

 : (848) 209-9698

 : athleticdanceinstitute@gmail.com

 : @adidancenj