

**SUMMER SCHEDULE****TUESDAY****K-POP DANCE PARTY** Jazz/Hip Hop/Gym  
Ages 4-6 **4:30-5:15 PM**

Get ready to move, jump, and dance like a K-Pop hero! This fun and energetic class mixes jazz and hip hop dance with basic gymnastics skills like jumps, rolls, and beginner tricks. Dancers will learn strong movements, cool poses, and exciting choreography inspired by the powerful world of K-Pop Demon Hunters.

**GYMNASTICS** Beginner/Adv Beginner  
Ages 6+ **5:15-6:00 PM**

This class is a great way to introduce your child to floor tumbling or help them build and strengthen skills they are currently working on. Dancers will learn and practice skills such as forward and backward rolls, handstands, cartwheels, backbends, backbend kickovers, and one-hand cartwheels in a safe and supportive environment. Each class also includes strength and conditioning exercises to help develop the control, flexibility, and strength needed to safely achieve and improve tumbling skills.

**TOY BOX DANCE** Ballet/Jazz/Hip Hop  
Ages 5-7 **6:00-6:45 PM**

Let's dance like toys come to life! In this fun and playful class, dancers will learn ballet, jazz, and hip hop through easy steps, upbeat music, and imagination-based movement inspired by Toy Story. Dancers will practice basic technique, balance, coordination, and rhythm while learning short combinations and fun dances. This class helps build confidence, listening skills, and teamwork in a positive and encouraging environment. Perfect for little ones who love to move, pretend, and dance with big smiles while learning the basics of dance!

**BRING YOUR FAVORITE TOY AND LET'S DANCE!**

**BALLET INTENSIVE** Ages 9-11 & Ages 12+ **6:45-8:00 PM**

This class focuses on classical ballet technique and incorporates Progressing Ballet Technique (PBT) equipment to help dancers develop strength, stability, and body awareness. Students will learn proper body alignment, balance, arm placement, and precise footwork in a structured and supportive environment. Ballet technique provides the foundation for nearly every style of dance, helping dancers build strong technique, control, and grace that carry into all genres. **CLASS WILL BE SPLIT BY AGE/LEVEL**

**GYMNASTICS** Intermediate Level **8:00-9:00 PM**

This class is designed for gymnasts who have mastered front and back walkovers and are ready to progress to more advanced tumbling skills. Dancers will focus on developing back handsprings, side aerials, and higher-level acrobatic progressions through proper technique, drills, and skill development.

**GYMNASTICS** Advanced Level **8:00-9:00 PM**

This class is designed for dancers who have mastered back handsprings and side aerials and are ready to advance to higher-level acrobatic skills. Dancers will focus on developing back tucks, front aerials, and additional advanced acro tricks through proper technique, progressions, and spotting.

**WEDNESDAY****TUMBLING TOTS** Gymnastics/Creative Movement  
Ages 2.5-4 **4:30-5:00 PM**

This fun-filled 30-minute class is perfect for young tumblers and dancers! High-energy creative movement is paired with upbeat, kid-friendly music to help develop fine motor skills, coordination, balance, and muscle strength needed for early gymnastics and dance skills. Classes also include simple crafts and fun games to encourage creativity, listening skills, and social interaction in a positive and nurturing environment.

**Ages: 2.5-4 years (must be 2½ by July 2026)**

**MAGICAL DANCE PARTY** Ballet/Jazz/Gym  
Ages 4-6 **5:00-5:45 PM**

This 45-minute class is filled with fun and imagination, set to favorite Disney-themed music! Dancers will explore creative movement, ballet, jazz, and basic tumbling skills through age-appropriate instruction and playful choreography. Dancers will also act, pretend, and bring their favorite Disney characters to life through movement and storytelling. Each class includes themed crafts and games to encourage creativity, coordination, and confidence in a positive and engaging environment.

**JAZZ/HIP HOP** Ages 7-10 **5:45-6:30 PM**

High-energy class combining jazz and hip hop technique with upbeat, age-appropriate choreography. Dancers build coordination, rhythm, confidence, and performance skills in a fun, positive environment.

**CONTEMPORARY** Ages 7-10 **6:30-7:15 PM**

Contemporary class focusing on fluid movement, expression, and technique. Dancers build strength, flexibility, and confidence while exploring musicality and storytelling through movement.

**POM SQUAD** Ages 7-10 **8:00-8:45 PM**

High-energy pom class focusing on sharp motions, technique, and performance. Dancers will be invited to participate in summer performances.

# SUMMER SCHEDULE

**Athletic Dance Institute Summer Sessions begin Tuesday, July 7th, and run 6 weeks, concluding Wednesday, August 12th.**

## **ADI Summer Session & Flex Schedule**

ADI's Summer Session runs for 6 weeks, giving dancers a fun and consistent way to stay moving all summer long! We also offer a Summer Flex Schedule, allowing families the flexibility to choose what works best for them.

You may register for the full 6-week session or take advantage of our pay-as-you-go option, where dancers can attend individual classes as their summer schedule allows. This flexible format is perfect for families balancing vacations, camps, and other summer plans—while still keeping dancers active and engaged.

### **Class rates are as follows:**

<b>30 MIN CLASS</b>	<b>45 MIN CLASS</b>	<b>1 HR. CLASS</b>	<b>1.25 HR. CLASS</b>
\$120.00 for 6 weeks	\$140.00 for 6 weeks	\$150.00 for 6 weeks	\$155.00 for 6 weeks
	\$25.00 per class	\$30.00 per class	\$35.00 per class

**Athletic dance Institute has a no refund policy**