

Required Classes for the 2026-2027 Competition Season

Mini Competition Team

1. Mini Competition Team Class
Day: Monday
Estimated Length: 60–90 minutes
2. Ballet or Ballet/Tap Combo
Day Options: Multiple options available
Estimated Length: 60 minutes
3. Team Building Class
Day Options: Monday, Thursday or Saturday
Estimated Length: 60 minutes

Junior Competition Team

1. Junior Competition Team Class
Day: Monday
Estimated Length: 90 minutes
2. Ballet
Day: Monday
Estimated Length: 60 minutes
3. Team Building Class
Day Options: Monday, Thursday or Saturday
Estimated Length: 60 minutes

Recommended Classes:

- Strength & Conditioning style class (such as Leg Extensions & Holds, Conditioning & Flexibility, Strength & Conditioning, Aerial Hoop or Silks, etc.)
- Acro or Gymnastics
- Improv

Teen Competition Team

1. Teen Competition Team Class

Day: Monday

Estimated Length: 90 minutes

2. Ballet

Day Options: Wednesday or Thursday, depending on level

Estimated Length: 60 minutes

3. Team Building Class

Day Options: Monday, Thursday or Saturday

Estimated Length: 60 minutes

4. Turns, Leaps & Jumps

Day Options: Monday or Thursday

Estimated Length: 60 minutes

Recommended Classes:

- Strength & Conditioning style class (such as Leg Extensions & Holds, Conditioning & Flexibility, Strength & Conditioning, Aerial Hoop or Silks, etc.)
- Acro or Gymnastics
- Improv

Senior Competition Team

1. Senior Competition Team Class

Day: Thursday

Estimated Length: 90 minutes

2. Ballet

Day Options: Monday, Wednesday or Thursday, depending on level

Estimated Length: 60 minutes

3. Team Building Class

Day Options: Monday, Thursday or Saturday

Estimated Length: 60 minutes

4. Turns, Leaps & Jumps

Day Options: Wednesday or Thursday

Estimated Length: 60 minutes

5. Strength & Conditioning (choice of Leg Extensions & Holds, Conditioning & Flexibility, Strength & Conditioning, Aerial Hoop or Silks, etc.)

Day Options: Varies based on preference

Estimated Length: 60 minutes

Recommended Classes:

- Improv
- Acro or Gymnastics

Select Contemporary Piece

- Class Day (September-May): Monday or Saturday
- Estimated Length: 60–120 minutes
- Choreographs in: July 3, 13, 20, 27 from 6:30-7:30pm
- Required Classes:
 - Select Contemporary class
 - Contemporary
 - Improv
- Recommended Classes:
 - Team Building
 - Ballet

Select Open Piece (Contemporary Jazz)

- Class Day (September-May): Saturday (every other week)
- Estimated Length: 120 minutes
- Choreographs in: July (dates TBD)
- Required Classes:
 - Select Open (Contemporary Jazz) class
 - All other required classes are satisfied with Team requirements

Select Lyrical Piece

- Class Day (September-May): Thursday
- Estimated Length: 60 minutes
- Choreographs in: July or August (dates TBD)
- Required Classes:
 - Select Lyrical class

- Lyrical
 - Ballet
- Recommended Classes:
 - Team Building

Select Musical Theatre Piece

- Class Day (September-May): Thursday
- Estimated Length: 60 minutes
- Choreographs in: July or August (dates TBD)
- Required Classes:
 - Select Musical Theatre class
 - Ballet
- Recommended Classes:
 - Team Building
 - Musical Theatre

Select Jazz Piece

- Class Day (September-May): Thursday
- Estimated Length: 60 minutes
- Choreographs in: July or August (dates TBD)
- Required Classes:
 - Select Jazz class
 - All other required classes are satisfied with Team requirements