

# ★ STARS

## 2010-2011 Class Schedule

### Studio A

#### Monday

9:30 a.m. Zumba- adults  
 4:00 p.m. \*\*Show Team All Stars age 9-12 (2.5 hrs)  
 6:30 p.m. Boys hip hop age 5 & up (45 mins)  
 7:15 p.m. Hip Hop ages 12 & over

#### Tuesday

3:45 p.m. \*Micro-Minis team age 3-5 (2 days) (45 mins)  
 4:30 p.m. \*\*Show Team Mini Stars age 5-7(1.5 hours)  
 6:00 p.m. Shining STARS age 5-8 (1 hour)  
 7:00 p.m. Ballet 3 & 4 ages 10 & over  
 8:00 p.m. Zumba- Adults (1 hr)

#### Wednesday

9:30 a.m. Zumba- adults  
  
 4:30 p.m. \*Pre-Team Mini Stars age 5-7 (1.5 hours)  
 6:00 p.m. Shining Stars age 5-8 (1 hour)  
 7:00 p.m. Hip Hop age 5-9(1 hour)  
 8:00 p.m. Hip Hop age 10 & over (1 hour)

#### Thursday

3:45 p.m. \*Micro-Minis team age 3-5 (2 days)(45 mins)  
 4:30 p.m. Ballet 1 age 5-8 (1 hour)  
 5:30 p.m. \*Ballet 2 age 7-10 (1 hour)  
 6:30 p.m. \*\*Ballet 3 age 9-13 (1 hour)  
 7:30 p.m. \*Ballet 4 age 11 & up(1 hour)  
 8:30 p.m. \*Pointe/ pointe prep (must also take Ballet 4)  
 age 11 & up (30 mins)

#### Friday

9:30 a.m. Zumba- adults

### Studio B

#### Monday

3:00 p.m. Strength & Stretch age 10 & over (1 hr)  
 4:00 p.m.\*\* Show Team Super Stars 12 & up (2.5 hrs)  
 6:00 p.m. Twinkle STARS age 2-4 (45 mins)  
 7:00 p.m. Cheerleading/tumbling age 13 & up

#### Tuesday

11:00 a.m. Twinkle Stars age 2-3 (45 mins)  
 12:15 p.m. Twinkle STARS age 3-5 (45 mins)  
 4:15 p.m. \*\*Show Team Small Stars age 7-9 (2 hrs)  
 6:15 p.m. Twinkle STARS age 3-5 (45 mins)  
 7:00 p.m. Cheer & tumbling ages 5-9 (1 hour)  
 8:00 p.m. Cheer & Tumbling ages 10 & over (1 hr)

#### Wednesday

11:00 a.m. Twinkle Stars age 2-3 (45 mins)  
 12:15 a.m. Twinkle STARS age 3-5 (45 mins)  
 3:45 p.m. Twinkle STARS age 3-5 (45 mins)  
 4:30 p.m. Pre-Team All Stars age 8 & over  
 6:00 p.m. Tumbling Level 1 & 2 (1 hour)  
 7:00 p.m. Tumbling level 3 & 4 (45 minutes)  
 8:00 p.m. Combo- High School age (1 hr)

#### Thursday

4:30 P.M. \*Int Jazz technique age 7-10 (1 hour)  
 5:30 p.m. Beg-Int Jazz technique age 5-8 (1 hour)  
 6:30 p.m. \*Int/Adv jazz technique age 11 & up (1 hour)  
 7:30 p.m. \*Int Jazz technique age 9-13 (1 hour)  
 8:30 p.m. Zumba- adults & teens

#### Saturday

10:00 a.m.- Zumbatronics- Kids & Families

Schedule is subject to change depending on enrollment.

All classes must have a minimum of 5 enrolled to open. Any classes over 10 will have 2 teachers.

\*Classes with an asterisk have a 1 year previous dance experience or teacher approval requirement.

\*\*Classes with 2 asterisks are by invitation or audition only. You must register for & attend clinics to audition for these classes.

WE HOPE TO DANCE WITH  
 YOU SOON!



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## Class Descriptions

Registration fees are \$25 for regular classes, \$50 for all performing/Show Teams. Tuition prices are monthly based on the number of hours of class instruction taken per week and are as follows:  
 Zumba tuition will be separate from dance tuition.—walk ins & punch cards available.  
Up to 1 hour per week \$30 per month.

1.5 per week \$40 per month

2 hours per week \$50 per month

2.5 hours per week \$60

3 hours per week \$70

3.5 hours per week \$80

4 hours per week \$90

4.5 hours per week \$100

Unlimited and/or Show Team Pass \$120

Show Team receives an early payment discount if paid on the 25th of the prior month.

There is a \$5 sibling discount for each child after the 1st.

Please read through each description to determine which class is right for you.

**Show Teams:** Show Teams are chosen by audition. Must have at least 1 year prior dance experience. Will learn routines in jazz, hip hop, & lyrical as well as train in jazz technique and ballet. 2 days a week are required. Show Teams will do local performances & festivals, Dixie College basketball game, & local & national competitions. Traveling performances are not required, however traveling competitions are required. Teams are chosen according to ability. You must attend clinics to be able to try-out for the team. In addition to excellent dance training, Show Teams are also taught important life skills such as respect, discipline, teamwork, and good sportsmanship. Costumes required for performances.

**Pre-Teams:** Must have at least 1 year prior dance experience. No audition required. Will learn routines in jazz as well as train in jazz technique. Only 1 day a week is required. Pre-teams do local performances & festivals. No traveling required. In addition to excellent dance training the teams will learn life skills such as respect, discipline teamwork, and good sportsmanship. Specific class attire required. Costumes also required for performances. Will use same costume for 2 yrs.

**Twinkle STARS:** This class is a fun Pre-School age combination class including jazz, pre-ballet, and basic tumbling. Class focuses on the basic fundamentals and terminology of dance, and the development of large motor skills. We also emphasize life skills such as following directions and taking turns. Will have the opportunity to perform in 2 recitals per year. Costume is required if performing.

**Shining STARS:** Ages 5-8 This is a combination class which focuses on jazz technique & routines, beginning ballet & ballet terminology, & basic tumbling including cartwheels, handstands, etc. This is a fun class for the beginning dancer and will benefit students as they move on to more difficult levels and other types of dance. Will have the opportunity to perform in 2 recitals per year. Costume is required for performance.

**Ballet:** Focuses on proper technique and development of balance, strength, and grace through barre training, center floor, & floor progressions. Will study ballet terminology. Class attire is leotard, light color tights, and ballet shoes. No performances.

**Jazz Technique:** Will learn combinations, progressions, turns, leaps, and proper jazz technique. No performances.

**Cheerleading:** This class includes aspects of cheer including cheers, chants, jumps, leaps, stunts, & routines. Will also include strength training & balance exercises. No flying. Will have the opportunity to perform in 2 recitals per year. Uniform required for performance.

**Tumbling:** Class taught starting with basics and you move up to more difficult tricks when you are ready. It is very important to learn the basics of tumbling correctly before attempting more difficulty. Everyone learns at their own pace. No performances. Classes split by ability level, not by age.

**Hip Hop:** Combination of hip hop moves, stalls, progressions, & routines. Super fun class that will teach rhythm & beat, attitude, and basics of break-dancing. Class attire is t-shirt or tanks, baggy or stretchy pants, no jeans. Hip Hop shoes or sneakers. Will have the opportunity to perform in 2 recitals per year.

**Lyrical/contemporary:** Lyrical dance is a combination of jazz and ballet. Lyrical dancers must be on the Show team & attend 2 ballet classes per week. Team will perform locally during the year, and also attend competitions in the spring. Costume is required for performances. Lyrical level 2 is by audition or invitation only.

**Zumba:** Fun high energy dance fitness program. The program combines Latin music with dance to make exercise fun.