

# **The Dance Refinery**

**8335 Shelby Street**

**(317) 881-1905**

**[www.TheDanceRefinery.com](http://www.TheDanceRefinery.com)**

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**Summer  
2018  
Schedule**



# The Dance Refinery ★ (317) 881-1905 ★ misslynntdr@aol.com

Thank you for inquiring about our upcoming session. Attached is the 2018 Summer Schedule of classes for The Dance Refinery. The session begins Monday, June 18, 2018. Our Summer Session schedule and prices are as follows:

## REGISTRATION:

### **Current Students (Anyone participating in Recital 2018 and/or paid tuition through June 8, 2018):**

Tuesday, May 29th - Thursday, May 31st	4:30 p.m. - 9:00 p.m.	Friday, June 1st	4:30 p.m. - 7:30 p.m.	Saturday, June 2nd	9:00 a.m. - 4:00 p.m.
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### **New Students:**

Monday, June 4th - Wednesday June 6th	4:30 p.m. - 9:00 p.m.
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### **Late Registration:**

Tuesday, June 12th - Thursday June 14th	4:30 p.m. - 7:30 p.m.
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*\*\*Students (age 4 and older) Registering for Tumbling/Gymnastics: An evaluation is required before registering. Staff will be available during all above mentioned registration dates. Starting June 18th, evaluations are available Monday through Thursday 7:30 - 9:00 p.m.*

**FEE SCHEDULE:** The Summer Session runs for 6 weeks (June 18 - July 27) (We will be closed on Wednesday, July 4th). Due to our shortened summer session of 6 weeks, anyone taking just one (1) class of any time/length or whose total bill for the session is \$100 or less must pay the registration fee plus their summer tuition at the time of registration.

If your total tuition is more than \$100 you must pay the registration fee plus a \$100 deposit toward your summer tuition at the time of registration. The balance must be paid by your first lesson (the week of June 18 - June 22), to avoid a late fee.

**Registration Fee - Due at the time of registration: \$5.00 per person OR \$10.00 per family**

<b>6 Week Session Lesson Fees:</b>	30 minute class:	\$ 67.50	60 minute class:	\$ 79.50
	45 minute class:	\$ 73.50	90 minute class:	\$ 94.50

**CREDIT CARD CONVENIENCE FEES:** Effective May 31, 2016 The Dance Refinery will charge a convenience fee on all payments made by credit card. The fee is dependent on the total amount being charged and is as follows:

Transactions up to \$100 = \$1.00 fee	Transactions \$201 - \$400 = \$5.00 fee	Transactions over \$600 = \$10.00 fee
Transactions \$101 - \$200 = \$3.00 fee	Transactions \$401 - \$600 = \$8.00 fee	No fees are charged on check or cash pymts.

## TDR DISCOUNT PROGRAMS:



### **TDR COMBO DANCE CLASS PACKAGES**

**Combo Dance Class Package Ages 3-6** = You pick TWO 30-minute dance classes (ages 3 - 6) = \$84.00

You pick THREE 30-minute dance classes (ages 3 - 6) = \$132.00

**Combo Dance Class Package Ages 7 & Up** = You pick THREE 45-minute dance classes (ages 7 & up) = \$168.75

- ★ Students taking 3 or more classes receive 1/2 off the 3rd class and each additional class (discounts do not apply to package prices). See page 5 for TDR's list of "Suggested Class Pairings".
- ★ Families with 3 or more children registered will receive 1/2 off the 3rd and each additional child (the 3rd / each additional child will be the child with the lowest total tuition).
- ★ All TDR Families will receive a 10% discount card for The Dance Depot. Cards are valid during the current session in which you are registered and will expire if you withdraw from class in the middle of a session.
- ★ Parents with Students taking at TDR will receive half off their Adult Classes



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<b>Ballet =</b>	A classical dance form demanding grace and precision and employing formalized steps and gestures set in intricate, flowing patterns to create expression through movement. We offer Ballet for ages 3 & up
<b>Tap =</b>	A style of dance performed wearing shoes fitted with metal taps, characterized by rhythmical tapping of the toes and heels. We offer Tap for ages 3 & up
<b>Jazz =</b>	A style of dance often to upbeat music, working on rhythm, patterns, isolations and fundamental dance basics such as leaps, turns, kicks, splits, etc. We offer Jazz for ages 3 & up
<b>Hip Hop =</b>	Hip Hop combines street - dancing with dance steps of pop artists such as Justin Timberlake, Wade Robson, Shane Sparks and Dan Karaty from the hit show So You Think You Can Dance, to create a funky, upbeat, urban style of dancing which anyone can learn. No previous dance experience required. We offer Hip Hop for ages 5 & up
<b>Contemporary / Lyrical =</b>	Contemporary / Lyrical combines Jazz, Modern & Ballet Techniques in fluid, controlled movements. This style of dance often has a story element that relates to the lyrics or emotion of the song. We offer Contemporary / Lyrical for ages 7 & up
<b>Triple Threat =</b>	An exciting NEW class that gives your future star the tools they will need to become a "Producers Dream" at any casting call in the Commercial, Television or Broadway Industry. Throughout the course of this class, students will refine their skills in <b>Dancing, Singing and Acting</b> in order to excel through any audition process.

**See Pages 11 - 14 for descriptions of our TDR Gymnastics / Tumbling Levels and Gladiators!**

Any transferring or new student with several years of training should contact the front office for information regarding more advanced level classes, technique classes, or opportunities for performing groups and proper placement.

Auditions for The Dance Refinery Performing Groups do take place during the summer session. Anyone interested in pursuing this opportunity MUST be a registered summer student. If you have any further questions concerning our performing groups or the TDR Artistic Gymnastics Team please email us (misslynntdr@aol.com) your child's name as well as your name and phone number.

If you have questions about our schedule, please feel free to stop by the office or contact us at 317-881-1905.



# The Dance Refinery Class Attire and Shoes

## APPROPRIATE SHOES and ATTIRE MUST BE WORN TO CLASS!

Any student who is not properly dressed for class will be given a copy of the dress code and asked to obtain the proper attire before the next class. In the case of young students, notice will be given to the parent/guardian. The student will receive 2 warnings, after that the teacher will

NOT allow the student to participate in the class. No make-up classes will be offered for these missed classes.

- ❖ STREET CLOTHES MAY NOT BE WORN for CLASS!
- ❖ Please note that all dance and gymnastic shoes MUST be from a dance manufacturer.
- ❖ To increase the life of your shoes, NEVER wear dance shoes outside.
- ❖ HAIR for ALL ladies taking class should be pulled back out of the face and secured in a ponytail, unless otherwise noted.
- ❖ No underwear should be worn during class, except: boys wearing shorts, Tumble Buddies and Creative Movement.
- ❖ No Jewelry (Necklaces, Large earrings, etc.) Small Earring studs are ok.
- ❖ Everyday or oversized t-shirts and tank tops are inappropriate attire for ANY class at TDR.
- ❖ Please check your child's attire and shoes from time to time to make sure it fits properly.
- ❖ No gum or cell phones in class.
- ❖ Students are not allowed to bring food or drinks (other than water) in to the dance studios / gym.

### CREATIVE MOVEMENT:

Underwear over diapers are allowed in this class

Shoes: Leather Black Jazz Shoes with elastic sewn on

Girls: Leotard **with tights**

Boys: Fitted t-shirt **tucked in** to shorts or athletic pants.

### TAP:

Shoes: Class age 3-4 / 5-6 / 7-9: Capezio Black Patent Leather Tap Shoe (Style #N625C) - JR Tyette with the "buckle" attached

Class age 9-11 & Pre-Teen / Teen Tap ONLY : Black Slip On Tap Shoes

Girls: Leotard OR 2 piece dance attire (2 piece MUST be dance pants or shorts w/ a dance top) **with tights**

Boys: Fitted t-shirt **tucked in** to shorts or athletic pants

Black tie oxford tap shoes

### JAZZ:

Shoes: Class age 3-4 / 5-6 / 7-9 : Leather black jazz shoes w/elastic sewn on

Class age 9-11 & Pre-Teen / Teen Jazz ONLY: Black Showstopper Jazz shoe

Girls: Leotard OR 2 piece dance outfit (2 piece MUST be dance pants or shorts w/ a dance top) **with tights**

Boys: Fitted t-shirt **tucked in** to shorts or athletic pants

### TRIPLE THREAT:

Shoes: Bloch Tan Pulse Jazz Shoe

Girls: Leotard OR 2 piece dance outfit (2 piece MUST be dance pants or shorts w/ a dance top) **with tights**

### BALLET:

Girls: Pink leather ballet shoes with 1 elastic strap sewn on straight across - see the office staff or your ballet instructor if you have questions about how to sew the straps.

Leotard or unitard (any color) **with tights**

All hair MUST be pulled back off of face and secured in a ponytail. **Buns are preferred for all but required for ages 9 & up.**

Boys: Fitted t-shirt **tucked in** to fitted shorts

Black leather ballet shoes with elastic sewn on - white socks



# The Dance Refinery Class Attire and Shoes Continued

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## HIP HOP:

- Shoes: Any clean tennis shoe with a white sole. If you were in the 2018 Recital in June, you may wear your performance shoes for class. **Please do not wear tennis shoes that have been worn outside.** Shoes worn for this should be worn for this class only to help preserve the life of our dance
- Girls: **NO STREET CLOTHES!** Leotard or 2-piece Hip Hop attire (must be dance pants or shorts w/a dance crop top) **with tights.** Basketball Shorts over tights are acceptable.
- Boys: Fitted t-shirt **tucked in** to shorts or athletic pants

## CONTEMPORARY/LYRICAL:

- Shoes: Barefoot or Dance Paws
- Girls: Leotard OR 2 piece dance outfit (2 piece **MUST** be dance pants or shorts w/ a dance top) **with tights**
- Boys: Fitted t-shirt **tucked in** to shorts or athletic pants

## GYMNASTICS (TUMBLING), TUMBLE BUDDIES, GLADIATORS & TUMBLE FOR CHEER:

- Girls: Leotard or unitard (any color). May wear shorts over leotard, **NO 2-piece outfits (bra tops and bootie shorts) or t-shirts are allowed in gymnastics classes.** **NO JEWELRY!**  
All hair **MUST** be pulled back off of face and secured in a ponytail.  
Any clean tennis shoe with a white sole are allowed to be worn for Tumble For Cheer classes **ONLY.**
- Boys: Fitted t-shirt **tucked in** to fitted shorts

Gymnasts are allowed to take class barefoot, however please remember to wear footies or shoes when not in the gym or taking class. Also, **if a student has dance class before or after tumbling class she is expected to wear tights (transition or footless) to both classes.** *A coach may ask a student to sit out if improperly dressed for class, as proper attire is extremely important for coaches to SAFELY spot students.*

**REMINDER - Check out The Dance Depot for all of your Shoe and Attire Needs! Shoes are 15% off year-round in The Dance Depot and with the Depot Discount Card you get for being a registered TDR student you will receive 10% off all regular priced items (tights, leotards, etc.) in The Dance Depot. PLUS... experienced staff who give you personal customer service and excellent product knowledge and NO SHIPPING FEES!**



# The Dance Refinery "Suggested Class Pairings"

**\*\*Please Note - tumbling levels noted in pairing are subject to evaluation from an instructor. All pairings are suggestions only and can be combined with other classes to better fit your schedule.**

**Interested in being a Cheerleader?** We suggest: Monday 7:00 Int/Adv Tumbling and 8:00 Int/Adv Tumble For Cheer. For younger students already dreaming of winning the spirit stick, we also have Beginner / Int Tumble For Cheer which can be combined with a tumbling class at their appropriate tumbling level. TDR offers a cheer / tumbling package giving you both classes for a discounted price.

**Interested in Artistic Gymnastics and competing on your High School or TDR Gymnastics Teams?** TDR offers a tumbling package giving you 2.5 hours of gym class for a discounted price. For more advanced gymnasts, please see the office staff for assistance scheduling your classes.

**Interested in being a member of a TDR Tumbling Performing Group?** We suggest: pairing a tumbling class such as Intermediate Tumbling with a ballet, jazz or contemporary / lyrical class such as Tuesday 6:30 Contemporary / Lyrical (7-9), Thursday 5:15 Ballet (7-9) and / or Thursday 6:00 Jazz (7-9). The Dance Refinery offers a student taking 3 or more classes 1/2 off the 3rd and any additional classes!

**Interested in being a member of Artists In Motion one day?** The Dance Refinery Dance Performing Groups perform tap, jazz and ballet therefore we recommend you take a Tap Class, Jazz Class and Ballet Class to prepare - there are rounds of these classes offered, for students of any age. TDR offers NEW Ages 3-6 and Ages 7 & UP Combo Dance Packages for students taking multiple dance classes.

Students ages 3 - 4:	See Monday / Tuesday on page 7 of this schedule packet
Students ages 5 - 6:	See Monday / Tuesday / Wednesday / Thursday on page 8 of this schedule packet
Students ages 7 - 9:	See Thursday on page 9 of this schedule packet
Students ages 9 - 11:	See Tuesday / Thursday on page 9 of this schedule packet
Students ages 11 & up:	See Monday / Tuesday / Wednesday on page 10 of this schedule packet

**Interested in quickly advancing your skills and jumping on the fast track to becoming a TDR GLADIATOR??** Current Junior and Teen Gladiators get the option of taking "Boys Only" Hip Hop OR Tumbling as an Elective Class along with your required Gladiator Training Class. JUNIOR (6-9) and TEEN (ages 10+) GLADIATORS now have the option of registering for the "SPARTAN" package that allows them to take Hip Hop AND tumbling along with their Gladiator Training Course. The "SPARTAN" Package gives Junior and Teen students up to two hours of cross training in multiple / different genres of hip hop, parkour, and tumbling! See page 11 for class schedule!

**Interested in being a member of your High School Show Choir or auditioning for a Community Production?** TDR offers private voice lessons from Voice Instructor, Rebekah Dass. Rebekah's lessons are \$100 per month and you get 30 minutes of one-on-one instruction each week to supplement your dance training. For more information about voice training you can call Rebekah at (317) 373-4377. We also have acting classes with Creative Kids Talent Workshop owner Michael J. Feruzza where he offers 5 week sessions working on acting, monologues, commercial/TV/film acting and lots of Fun! For more information call (317) 466-4100 or check it out on the web at [www.creativekidstalentworkshop.com](http://www.creativekidstalentworkshop.com). Along with your acting classes and voice lessons we suggest pairing our NEW Wednesday 7:30 p.m. "Triple Threat" Class with a round of Pre Teen / Teen dance classes such as Tuesday 8:00 p.m. Pre Teen / Teen Tap or Wednesday 8:15 p.m. Pre Teen / Teen Jazz. See page 10 of this schedule packet for a complete list of the Pre Teen/Teen Dance class offerings and check out our NEW Ages 7 & UP Combo Dance Package for a discount on THREE dance classes.

**Interested in being a member of your Middle School or High School Dance Team?** We suggest: A Pre Teen / Teen Jazz class or a Pre Teen / Teen Hip Hop class such as the Monday 7:30 Pre Teen / Teen Jazz and 8:15 Pre Teen / Teen Hip Hop or the Wednesday 8:15 Pre Teen / Teen Jazz.

## Dance and Gymnastics Classes for Students Ages 1 to 3 Years Old

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
	Dance	Gym	Dance	Gym	Dance	Gym	Dance	Gym	Dance	Gym
11:00 AM						Tumble Buddies Gym 1 11 - 11:30				
11:30 AM										
12:00 PM										
5:30 PM										
6:00 PM					Creative Movement Rm 2 6:00 - 6:30					
6:30 PM	Creative Movement Rm 3 6:30 - 7:00									

### **Creative Movement 18 months - 3 Years (30 min.)**

Using a child's natural expressive and creative qualities, this class offers young children an opportunity to explore movement through dance and their imaginations while learning to focus their energies.

*(NO ADULT PARTICIPATION IN CREATIVE MOVEMENT CLASSES)*

### **Tumble Buddies 15 mo/walking - 3 Years (30 min.)**

Tumbling class focusing on very basic/general loco-motor skills in creative and fun environment; Development: Social, cognitive & physical; Parents will learn to facilitate their toddlers physical development through activities such as: walking/running, balance, jumping, rolling and climbing. Practice taking turns

*(TUMBLE BUDDIES CLASSES ARE ONLY OFFERED DURING DAYTIME HOURS and ADULT PARTICIPATION IS REQUIRED FOR THIS CLASS)*

# Pre- School Dance and Gymnastics Classes

**Ages 3-4**

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY
	Dance	GYM	Dance	Gym	Dance	Gym	Dance	Gym	Gym
11:00 AM									
11:30 AM						Tumble Tots Gym 1 11:30 - 12:15			
11:45 AM									
12:00 PM									
12:15 PM									
4:30 PM	-----								
5:00 PM									
5:15 PM									
5:30 PM	Tiny Tappers Rm 4		Tiny Tots Jazz Rm 3						
5:45 PM	5:30 - 6:00		5:30 - 6:00						
6:00 PM	Tiny Tots Jazz Rm 4		Tiny Tappers Rm 3	Tumble Tots Gym 3					
6:15 PM	6:00 - 6:30		6:00 - 6:30	6:00 - 6:30					
6:30 PM	Princess Plie Ballet Rm 4		Princess Plie Ballet Rm 3		Princess Plie Ballet Rm 2	Tumble Tots Gym 1			
6:45 PM	6:30 - 7:00		6:30 - 7:00		6:30 - 7:00	6:30-7:00			
7:00 PM		Tumble Tots Gym 2			Tiny Tots Jazz Rm 2			Tumble Tots Gym 3	
7:15 PM		6:45-7:30			7:00 - 7:30			6:45 - 7:30	
7:30 PM									

**TDR Princess Plie Ballet =**

Ballet class for ages 3 - 4

**TDR Tiny Tots Jazz =**

Jazz class for ages 3 - 4

**TDR Tiny Tappers =**

Tap class for ages 3 - 4

**TDR Pre-School Gymnastics =**

Tumble Tots (ages 3-5) or Kinder Tots (ages 4-6) - 30 or 45 minutes each. See Pages 11- 15 for more information about The Dance Refinery Gymnastics Program & Gladiators



# Pre- School Dance and Gymnastics Classes

AGES 5-6

	MONDAY		TUESDAY		WEDNESDAY			THURSDAY		FRIDAY
	Dance	Gym	Dance	Gym	Dance	Dance	Gym	Dance	Gym	Gym
12:00 PM										
12:15 PM							Kinder Tots Gym 1 12:15 - 1			
12:30 PM										
12:45 PM										
1:00 PM										
4:30 PM	-----									
5:00 PM	Tutus & Tiaras Ballet Rm 3 5:00 - 5:30		Tutus & Tiaras Ballet Rm 2 5:00 - 5:30							
5:15 PM										
5:30 PM	Pop Star Jazz Rm 3 5:30 - 6:00		Pop Star Jazz Rm 2 5:30 - 6:00							
5:45 PM										
6:00 PM	Toe Terrific Tappers Rm 3 6:00 - 6:30	Kinder Tots Gym 2 6:00 - 6:45	Toe Terrific Tappers Rm 2 6:00 - 6:30		Tutus & Tiaras Ballet Rm 3 6:00 - 6:30		Pop Star Jazz Rm 4 6:00 - 6:30	Kinder Tots Gym 2 6:00 - 6:45		
6:15 PM										
6:30 PM				Little Bits Hip Hop Rm 2 6:30 - 7:00	Kinder Tots Gym 3 6:30 - 7:15	Pop Star Jazz Rm 3 6:30 - 7:00	Little Bits Hip Hop Rm 4 6:30-7:00		Toe Terrific Tappers Rm 4 6:30 - 7:00	
6:45 PM										
7:00 PM	Tutus & Tiaras Ballet Rm 4 7:00 - 7:30					Toe Terrific Tappers Rm 3 7:00 - 7:30		Kinder Tots Gym 1 7:00 - 7:45	Tutus & Tiaras Ballet Rm 4 7:00 - 7:30	
7:15 PM										
7:30 PM										
7:45 PM										
8:00 PM										

**TDR Tutus & Tiaras Ballet =**

Ballet class for ages 5 - 6

**TDR Pop Star Jazz =**

Jazz class for ages 5 - 6

**TDR Toe Terrific Tappers =**

Tap class for ages 5 - 6

**TDR Little Bits Hip Hop =**

Hip Hop class for ages 5 - 6

**TDR Boys Crew =**

Hip Hop Class for ages 6 - 9 - See Page 11 for Boys / Gladiators Schedule

**TDR Pre-School Gymnastics**

Kinder Tots (ages 4-6) - 45 minutes each. See Pages 11- 15 for more information about The Dance Refinery Gymnastics Program & Gladiators

## Cheer/Dance Classes for Students AGES 7-9

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	Dance	Dance	Dance	Dance
5:15 PM				Ballet (7-9) Rm 3
5:30 PM				5:15 - 6:00
5:45 PM				
6:00 PM			Hip Hop (7-9) Rm 4	Jazz (7-9) Rm 3
6:15 PM			6:00 -6:30	6:00 - 6:45
6:30 PM		Contemporary / Lyrical (7-9)		Tap (7-9) Rm 3
6:45 PM		Rm 2 6:30 - 7:15		6:45 - 7:30
7:00 PM				Hip Hop (7-9) Rm 3
7:15 PM		Hip Hop (7-9) Rm 4 7:15 - 8:00		7:30 - 8:15
7:30 PM				
7:45 PM				
8:00 PM				
8:15 PM				

## Cheer/Dance Classes for Students AGES 9-11

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	Cheer	Dance	Dance	Dance Cheer
5:00 PM		Hip Hop (9-11) Rm 6		
5:15 PM		5:00 - 5:45		
5:30 PM		Tap (9-11) Rm 2		
5:45 PM		5:45 - 6:30		Hip Hop (9-11) Rm 2 6:00 - 6:45
6:00 PM				Jazz (9-11) Rm 2 6:45 7:30
6:30 PM				
6:45 PM				
7:00 PM				
7:30 PM			Triple Threat (9-12) Rm 3	Ballet (9-11) Rm 2 7:30 - 8:15
8:00 PM	Int / Adv Tumble For Cheer Gym 1		7:30 - 8:15	Beg/Int Tumble For Cheer Gym 3
8:15 PM	8:00 - 9:00 **You must be evaluated for this class			7:30 - 8:30
8:30 PM				
9:00 PM				
9:30 PM				

See Pages 11- 15 for more information about The Dance Refinery Gymnastics Program & Gladiators

## Dance / Cheer Classes for Students

## Pre Teen / Teen (ages 11 & up)

	MONDAY		TUESDAY	WEDNESDAY		THURSDAY	FRIDAY
	Dance	Cheer	Dance	Dance		Cheer	Dance
6:30 PM							
7:00 PM							
7:15 PM			Pre Teen/ Teen Contemporary / Lyrical Rm 2 7:15 - 8:00				
7:30 PM	PreTeen/Teen Jazz Rm 4 7:30-8:15			PreTeen/Teen Ballet Rm 2 7:30-8:15	Triple Threat (9-12) Rm 3 7:30 - 8:15	Beg / Int Tumble For Cheer Gym 3 7:30 - 8:30	
7:45 PM							
8:00 PM		Int / Adv Tumble for Cheer Gym 1 8:00-9:00 ** You must be evaluated for this class	Pre Teen/ Teen Tap Rm 3 8:00 - 8:45				
8:15 PM	PreTeen/Teen Hip Hop Rm 3 8:15-9:00				Pre Teen / Teen Jazz Rm 3 8:15 - 9:00		
8:30 PM							
8:45 PM							
9:00 PM							
9:30 PM							

See Pages 11- 15 for more information about The Dance Refinery Gymnastics Program & Gladiators

## Dance Classes for Students

## ADULTS

	MONDAY	TUESDAY	WEDNESDAY		THURSDAY	FRIDAY
5:30 PM						
6:30 PM						
8:00 PM						
8:15 PM			Adult Ballet Rm 2 8:15-9:00	Adult Open Gym Gym 1 8:00 - 9:00	Adult Tap Rm 3 8:15-9:00	
8:30 PM						
8:45 PM						
9:00 PM						
9:15 PM						
9:30 PM						

**If your child is a student at TDR - you will receive your Adult Classes at half off.**

\*\*Please note - there are no make up lessons offered for Adult classes if you miss.

## ALL BOYS Gladiator Classes for MINI Students

Ages 4-6

MONDAY		
	DANCE	GYM
6:45 PM		MINI GLADIATORS (4-6)
7:00 PM		Gym 3
7:30 PM		6:45-7:30

## ALL BOYS Gladiator Classes for JUNIOR Students

Ages 6-9

MONDAY		WEDNESDAY	
	DANCE	DANCE	GYM
5:00 PM	TDR Boys Crew (6-9)	TDR Boys Crew (6-9)	JR GLADIATORS (6-9)
5:15 PM	Rm 4 5:00-5:30	Rm 4 5:00-5:30	** CLASS ONE ** Gym 2 5:00-5:45
5:30 PM			JR GLADIATORS (6-9)
5:45 PM	JR GLADIATORS (6-9)		** CLASS TWO **
6:00 PM	Gym 3 5:30-6:15		Gym 3 5:30-6:15
6:15 PM	Boys Tumbling (6-9)		Boys Tumbling (6-9)
6:30 PM	Gym 3 6:15-6:45		** CLASS TWO **
6:45 PM			Gym 2 6:15-6:45

## ALL BOYS Gladiator Classes for TEEN Students

Ages 10 & UP

WEDNESDAY		
	DANCE	GYM
5:30 PM	TDR Boys Crew (10 & UP)	
6:00 PM	Rm 4 5:30-6:00	TEEN GLADIATORS (10 & UP)
6:30 PM		Gym 2 6:00-6:45
6:45 PM		Boys Tumbling (10 & Up)
7:00 PM		6:45-7:30
7:15 PM		
7:30 PM		

TDR Boys Crew = Boys Hip Hop class for ages 6 - 9 and ages 10 &

See Pages 12- 15 for more information about The Dance Refinery Gymnastics Program



# Gymnastics and Tumbling Levels



CLASS LEVEL/ NAME	CLASS LENGTH	REQUIREMENTS (student must be able to perform consistently without a spot)	FOCUS	EQUIPEMENT USE	SPECIAL INSTRUCTIONS
<b>TUMBLE BUDDIES</b>	30 min	15mo/walking – 3 yrs; Active participation by parent/guardian is required in class.	Very basic/general loco-motor skills in creative and fun environment; Development: Social, cognitive & physical; Parents will learn to facilitate their toddler's physical development through activities such as: walking/running, balance, jumping, rolling and climbing. Practice taking turns.	Introduction to equipment: various types of mats, bars, beam, floor & trampoline/spring boards	
<b>TUMBLE TOTS</b>	45 min	3 – 5yrs; Little or no gymnastics experience. Must be able to pay attention without parental assistance	Loco-motor skills: running, hopping, jumping, skipping, galloping, turning/spinning. Balance/Coordination/Flexibility. Body positioning: tight body stretch, straight/tuck/straddle; start/finish. Front & back rolls. Handstands & backbends.	Equipment use: vault, bars, beam, floor & trampolines	It may be recommended that a child continue with this class prior to moving to Kinder Tots in order to improve upon the child's exposure to class structure, instruction and listening/social skills.
<b>KINDER TOTS</b>	45 min	4 – 6yrs; Forward roll by self on level floor. Pay attention without parental assistance: be able to listen to/take instruction, taking turns, etc...	Loco-motor skills: running, hopping, jumping, skipping, chasse, turning/spinning. Balance/Coordination/Flexibility. Body positioning: tight body stretch, tuck/pike/straddle/split; start/finish. Backward rolls, handstands, backbends & cartwheels.	Equipment use: vault, bars, beam, floor & trampolines	Must have permission from an instructor/evaluator to register for this class.
<b>BEGINNER 1</b>	1 hr	Age 6 & up; Little- no gymnastics experience	Basic Technique: tight body stretch, balance/coordination/flexibility, body positions, loco-motor skills, stick/lunge positions, etc...Forward/backward rolls, handstands, backbends & cartwheels.	Equipment use: vault, bars, beam, floor & trampolines	Must have permission from an instructor/evaluator to register for this class.
<b>BEGINNER 2</b>	1 hr	Age 6 & up; Able to perform: forward & backward roll on level ground by self, cartwheel, push up to backbend by self and hold for at least 5 seconds with head off floor	Basic Technique: tight body stretch, balance/coordination/flexibility, body positions, loco-motor skills, stick/lunge positions, etc...Holding a handstand, handstand fall into backbend; backbend – to and from a standing position; backbend kick over. One-arm cartwheels, running hurdle cartwheels & round-offs	Equipment use: vault, bars, beam, floor & trampolines	Must have permission from an instructor/evaluator to register for this class.

CLASS LEVEL/ NAME	CLASS LENGTH	REQUIREMENTS (student must be able to perform consistently without a spot)	FOCUS	EQUIPEMENT USE	SPECIAL INSTRUCTIONS
INTERMEDIATE GYMNASTICS	90 min	Round-off, Front limber (handstand fall into a backbend and pull up to stand), Fall into backbend from standing position, Backbend kick over, handstand	Front & Back walkovers; Back handsprings & Front handsprings; Round-off back handspring. Hip circles/pull overs on bars. Cartwheels, jumps/leaps on beam. Front handspring vaults.	Equipment use: vault, bars, beam, floor & trampolines	Must have permission from an instructor/evaluator to register for this class.
INTERMEDIATE TUMBLING	1 hr	Round-off, Front limber (handstand fall into a backbend and pull up to stand), Fall into backbend from standing position, Backbend kick over, handstand	Front & Back walkovers; Back handsprings & Front handsprings; Round-off back handspring; Front &/or side aerials	Equipment use: floor, trampolines/tumble track	Must have permission from an instructor/evaluator to register for this class.
ADVANCED TUMBLING	1 hr or 90 min	Front & back walkovers, Standing Back handspring, Round-off back handspring, Front &/or side aerial, Front handspring (optional)	Back handspring series; Front/back tucks; front/back tumbling: tucks and layouts; Front & side aerials	Equipment use: floor, trampolines/tumble track	Must have permission from an instructor/evaluator to register for this class.
ELITE / TWISTERS	90 min	Front & back walkovers, Side & front aerial, Round-off back handspring back tuck and/or layout, Series of back handsprings, Front tuck (optional)	Higher level tumbling (front/back) & twisting (when ready & appropriate)	Equipment use: floor, trampolines/tumble track	Must have permission from an instructor/evaluator to register for this class.
BACK HANDSPRING (BKHS)	1 hr	Round-off, Backbend from a stand, backbend kick over, handstand	Drills/techniques for back handspring and round-off back handspring, standing back handspring, round-off back handspring	Equipment use: floor, trampolines/tumble track	Permission from instructor/evaluator is required to register for this class. <b>This class is recommended (however not limited to) as an additional class, in conjunction w/ a tumbling, gymnastics, cheer or team program.</b>

CLASS LEVEL/ NAME	CLASS LENGT H	REQUIREMENTS (student must be able to perform consistently without a spot)	FOCUS	EQUIPEMENT USE	SPECIAL INSTRUCTIONS
TUMBLE FOR CHEER	1 hr	**Beginner/Intermediate- NO experience necessary ** Int/Advanced- You will need to be evaluated to be eligible for this class	Drills/techniques for back handspring and round-off back handspring, Techniques of jumps and motions. Advanced Students will also focus on back tumbling skills: tucks, pikes & layouts; Jump-tumbling combinations (ex: toe touch - back handspring); Standing tumbling combinations (ex: back handspring - back tuck)	Equipment use: floor, trampolines/tumble track	Must have permission from an instructor/evaluator to register for this class. Students who would like to focus on jumps and motions only need to inquire in the office about Cheer Prep Class.
ADULT OPEN GYM	1 hr	Students Ages 18 & up ONLY No previous gymnastics experience is required	This "Open Gym" Class is for "retired" gymnasts wanting to regain skills and continue to work out, aspiring gymnasts wanting to learn a cartwheel OR College cheerleaders wanting to maintain skills over the summer school break		This class is a "Pay as you come" class - the fee to attend is \$5.00 per summer Adult open gym session (there is a one- time \$5.00 registration fee due at the first summer adult open gym session) you attend.

### COMPETITIVE GYMNASTICS AND TUMBLING PROGRAMS AVAILABLE AT THE DANCE REFINERY:

MINI TEAM, PRE TEAM & TEAM LEVELS 2 – OPTIONALS & XCEL	If your child has progressed past the Beginning or Intermediate Gymnastics levels and is interested in competing all four of the Olympic events (vault, uneven bars, balance beam and floor exercise), please contact the front office for more information regarding our Competitive Artistic Gymnastics Teams and Mini Team Programs.
TUMBLING PERFORMING GROUPS	If your child is at the Intermediate Tumbling Level and is interested in a competitive tumbling performing group, auditions are held during the Summer Session. Your child must be enrolled for summer lessons to be eligible to audition. Please leave your child's name, age, phone number and tumbling level in the TDR front office.

### TDR ALL BOYS GLADIATORS PROGRAM:

An exciting boys only program that fuses Gymnastics, Hip Hop and Breakdancing while focusing on strength, coordination, flexibility, and total body conditioning. Students are required to take the Gladiator Training Obstacle Course which challenges the student's agility, endurance and stamina via running, jumping, climbing and other plyometric exercises. As an elective students must choose either a Boys Only Hip Hop or Tumbling class along with the Gladiator class. We also offer the SPARTAN package, which allows students to take BOTH Hip Hop and Tumbling with their Gladiator class. See "Suggested Class Pairings" page (pg. 5) for more information)

### EVALUATIONS:

Evaluations are required for students age 4 and older participating in tumbling/gymnastics. Starting June 18th evaluations are offered Monday through Thursday 7:30 - 9:00 p.m. There is no fee for an evaluation and no appointments are necessary.

**FRIDAY OPEN GYM:** Friday Open Gym does not meet during the Summer Session. Friday Open Gym will resume in September.

# Weekly Schedule of Gymnastics Classes

# Tumble Buddies through Twisters

	MONDAY			TUESDAY		WEDNESDAY			THURSDAY		FRIDAY		
	Gym 1			Gym 1		Gym 1			Gym 1		Gym 1		
11:00 AM						Tumble Buddies 11 - 11:30							
11:30 AM						Tumble Tots 11:30 - 12:15							
11:45 AM						Kinder Tots 12:15 - 1:00							
12:00 PM													
12:15 PM													
12:30 PM													
1:00 PM													
	MONDAY			TUESDAY		WEDNESDAY			THURSDAY		FRIDAY		
	Gym 1	Gym 2	Gym 3	Gym 2	Gym 3	Gym 1	Gym 2	Gym 3	Gym 2	Gym 3	Gym 2	Gym 3	
4:30 PM													
5:00 PM		Beginner 2 5:00 - 6:00		Beginner 1 5:00 - 6:00					Elite/ Twisters 4:30 - 6:00	Beginner 1 5:00-6:00	Beginner 2 5:00 - 6:00	Elite/ Twisters 4:30 - 6:00	
5:15 PM													
5:30 PM						Tumble Tots 6:00 - 6:30							
5:45 PM													
6:00 PM		Kinder Tots 6:00 - 6:45		Beginner 2 6:00 - 7:00					Kinder Tots 6:00 - 6:45	Int. Gymnastics 6:00-7:30		Int. Tumble/ Advanced 6:00 - 7:30	
6:15 PM													
6:30 PM						Kinder Tots 6:30 - 7:15	Tumble Tots 6:30-7:00						
6:45 PM		Tumble Tots 6:45 - 7:30		Int. Tumbling 7:00-8:00					Tumble Tots 6:45 - 7:30				
7:00 PM													
7:15 PM	Int. Tumble/ Advanced 7:00 - 8:00						Kinder Tots 7:00 - 7:45						Beginner 1 and 2 7:00 - 8:00
7:30 PM		Beginner 1 7:30-8:30	Int. Gymnastics 7:30-9:00		Beginner 2 7:30-8:30				Beginner 2 7:30-8:30	Beg/Int Tumble For Cheer 7:30 - 8:30			
7:45 PM													
8:00 PM	Int/Adv Tumble For Cheer 8:00 - 9:00												Advanced/ Elite 8:00-9:30
8:15 PM													
8:30 PM													
9:00 PM													
9:30 PM													