

Summer 2026 Dance Schedule

Please reach out to us via synergydanceschool@gmail.com if you would like an invoice, or have any questions about pricing, policies, or classes.

Each class must have a minimum of 3 students in order to run.

Classes begin in July!

July/August Mini Session:

Mondays (July 6, 13, 20, 27)

★ **Basic Ballet (4:00-5:00) Ms Sam**

~Ages 5-6

Perfect for young beginners! Students will be introduced to ballet basics and explore the graceful movement of ballet.

○ 45 min class, 4 weeks, **\$54**

★ **Open Ballet (5:10-6:10pm) Ms Sam**

~Ages 10+ (or with permission)

For beginner and beginner-intermediate tweens and teens. Students will expand on ballet basics and work on posture, strength and flexibility.

(Open to anyone who has done Ballet 1 Intermediate, Ballet 2, and Ballet 3).

○ 60 min class, 4 weeks, **\$60**

★ **Beginner Adult Tap (6:15-7:15)**

~Ages 16+

For ages 16+. This is not a true beginner class, so some experience is necessary (reach out if you are a true beginner interested in giving tap a try, we can explore your options).

This low impact class is a great way to explore your musicality, challenge your brain/body coordination, and work on your balance!

○ 60 min class, 4 weeks, **\$60**

Mondays (August 3, 10, 17, 24)

★ **Ballet 1 (5:00-6:00pm) Ms Sam**

~Ages 7-10 (or with permission)

Perfect for young beginners! Students will learn ballet basics and explore the graceful movement of ballet.

○ 60 min class, 4 weeks, **\$60**

★ **Beginner Adult Ballet (6:15-7:15pm) Ms Sam**

Five week session with Additional class Drop-in class on August 31st.

~Ages 16+

For ages 16+. No experience necessary. Come explore your alignment, improve your posture, strengthen your limbs, and improve your flexibility and balance. Most of this class will be focused around the barre with some focus on center work.

○ 60min class, 6 weeks, **\$60 for 4 Weeks, +\$15 for the 5th week**

Monday Workshop (August 30)

★ **Intro to Tap 3 Workshop (5:00-6:00pm)**

~Ages 10+

For Pre-teens and teens looking to dip their toe into tap and/or would like to join Tap 3 in the fall. Ms Sam will break down the basic steps and show you all the warm ups you can expect when class starts in the fall. That way you can start the session with confidence.

○ 60min class, 1 week, **\$15**

Tuesdays (July 7, 14, 21, 28)

★ **Pre-Dance (4:00-4:45) Ms Caitlin**

~Ages 3-4

Is your little dancer interested in trying Ballet and Tap? Sign up for Pre-Dance and get a sampling of both! Your tiny dancer will learn basic stretches, Ballet and Tap terminology and small dance combinations as well as classroom skills such as waiting to take turns, listening and following along to directions, working as a group, and making new friends! Class will begin with Ballet and switch into Tap shoes half way through class.

○ 45min class, 4 weeks, **\$50**

★ **Jazz/Tap 1 (4:50-5:50pm) Ms Caitlin**

~Ages 5-6

This combo class is for beginners. It will expand on Jazz and Tap basics and explore new techniques in both styles of dance.

○ 60min class, 4 weeks, **\$60**

★ **Jazz/Tap 2 (5:50-6:50pm) Ms Caitlin**

~Ages 7-9

This combo class is to continue working on a dancer's jazz/tap skills. It will continue to expand on Jazz and Tap basics and explore new techniques in both styles of dance. Rhythms and syncopation will be a part of this fun class!

○ 60min class, 4 weeks, **\$60**

Tuesdays (July 28, August 4, 11, 18, 25, September 1)

★ Dance Intensive (5:30 - 7:00pm) Ms Sam

~Age 12+ with experience, or Ask for placement

Ballet Barre, Lyrical, & Jazz Combo Class for more intermediate to advanced dancers (with experience in Ballet, Jazz, Lyrical, Modern, etc) looking to retain their strength and flexibility through the summer. There will also be an optional 30min tap class after (7:10-7:40pm).

- 90min class, 4 weeks, **\$88 Add Tap \$95, OR 6 weeks, \$125 Add Tap \$132**

Wednesdays: (July 8, 15, 22, 29)

★ ~~Pre Dance (3:15-4:00pm) Ms Caitlin~~

~~~Ages 3-4~~

~~Is your little dancer interested in trying Ballet and Tap? Sign up for Pre-Dance and get a sampling of both! Your tiny dancer will learn basic stretches, Ballet and Tap terminology and small dance combinations as well as classroom skills such as waiting to take turns, listening and following along to directions, working as a group, and making new friends! Class will begin with Ballet and switch into Tap shoes half way through class.~~

- ~~○ 45min class, 4 weeks, \$60~~

### ★ ~~Hip Hop 1 (4-5pm) Ms Caitlin~~

~~~Ages 6-9~~

~~This beginner Hip Hop class is upbeat and high energy. Dancers will work on different rhythms and fast paced combinations.~~

- ~~○ 60min class, 4 weeks, \$60~~

★ ~~Intro to Lyrical (5:05-6:05pm) Ms Caitlin~~

~~Age 10-12 (MUST have prior Ballet experience)~~

~~This Intro to Lyrical class is for dancers who have been taking Ballet for a few years, and are interested in dipping their toe in Lyrical. Lyrical is the best of Ballet and Jazz combined, and teaches dancers how to flow with the music, release tension in their bodies and move freely, and transition from floor work to standing work. This is a wonderful time to begin Lyrical if you're planning to join in the fall!~~

- ~~○ 60min class, 4 weeks, \$60~~

Wednesdays: (August 5, 12, 19, 26)

★ Pointe Prep (4:30-5:50pm) Ms Maya

~Invitation ONLY

Ballet conditioning class for our Ballet 4-5 students preparing for fall pointe.

- 80 min class, 4 weeks, **\$66**

****Ballet Placement will be held Friday, August 28th with Ms Sam and Ms Maya. One at 4pm and one at 5pm. This is for ages 9+ who are new to the program and for students wishing to advance to the next level.****

Please RSVP if you plan to attend.

Fall Classes will begin September 14th. Open House August 28th and September 9th.

Dress Code

Dancers will be expected to dress appropriately for their respective dance classes. Proper dance attire will allow dancers to have free movement and give instructors the ability to see if their students are properly aligned and moving correctly. Below is a basic dress code for each style. Feel free to check out our “Take It or Leave It Box” to see if we have a student’s size in shoes or leotard. Shoes are required for all classes except Modern, but please keep socks in your dance bag in case shoes are lost or forgotten.

Ballet: Ladies - Tights, Leotard, Pink Ballet Shoes, and a Bun. Optional sheer skirt. Gentlemen - Black pants or Black Tights, White T-Shirt, and Black Ballet Shoes.

Tap: Black Tap Shoes (preferably with adjustable strap) and preferably Leotard with Fitted Leggings/tights and hair up off of the face. A T-shirt top is acceptable.

Jazz: Black Jazz shoes and preferably Leotard with Fitted Leggings/Tights and Hair up out of the face. A fitted T-shirt top and ballet shoes are acceptable for class.

Modern: Bare feet or “Foot Undies”. Footless Tights with Black Fitted Dance Shorts and a Leotard.

Hip Hop: Leggings or sweatpants, No Jeans. Fitted T-shirt and Sneakers they can move in (MUST BE CLEAN SHOES designated only for dance class). Dirty shoes worn directly from the outside will not be acceptable on the dance floor.

Theater: Free moving clothing and no outdoor shoes, please.

Ballroom: Ideally leather soled shoes but any clean shoes you can move in are acceptable.

Dancer Code of Conduct

Synergy Dance School is an all-inclusive dance program where everyone is welcome and each student should feel that they belong. In order for our program to continue with its positive community feel, we have some expectations that each student is asked to follow.

- >Students come to class with a positive attitude and ready to work hard.
- >Students show respect to their classmates and their teachers.
- >Students come to dance dressed appropriately with hair up and out of face (see Dress Code).
- >Students thrive to be the best they can be and push themselves, trying new challenges.
- >Students will respect the space they are using, both in and around the studio.

We know that each student in our Synergy Dance School family wants to have the very best experience possible, and following the code of conduct will ensure that each student is armed for success!