

Snshine Dance and Fitness

**** 2005 W. Hwy 76 ste 103 * Branson, Mo. 65616 ****

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Welcome to Sunshine Dance and Fitness!

We are glad you have chosen to join us for our very first season.

DANCE CLASSES OFFERED 2010 - 2011

<u>BEG 2 - 3 year olds</u> - Mommy & Me	THURS 3:00 - 3:50 PM
<u>BEG 3 - 4 - 5 year olds</u>	MON 6:00 - 6:50 PM WED 3:00 - 3:50 PM Ballet - Tap - Creative Movement and Tumbling
<u>BEG 5 - 8 years olds</u>	TUES 4:30 - 6:00 PM Ballet - Jazz/Tumbling - Tap
<u>BEG 9 yrs of age - up</u>	(See Miss Kathie)
<u>PRE-SCHOOL 1</u>	THURS 4:30 - 5:30 PM Ages 4 - 5 years old and have had 1 or 2 years of dance Ballet - Tap - Creative Movement - Tumbling
<u>COMBO I</u>	THURS 4:30 - 5:30 PM Ages 5 - 6 years old and have had 2 or 3 years of dance Ballet - Tap - Creative Movement - Tumbling
<u>COMBO II</u>	TUES 6:00 - 7:30 PM Ages 6 - 8 years old and have had 2 or more years of dance Ballet - Tap - Jazz - Tumbling
<u>COMBO III</u>	MON 4:30 - 6:00 PM Ages 7 - 9 years old and have had 3 or more years of dance Ballet - Tap - Jazz - Tumbling
<u>COMBO IV</u>	(Call for Time) Ages 10 - 14 years old and have had 4 or more years of dance Ballet - Tap - Jazz
<u>HIP HOP</u>	Ages 9 - 12 MON 6:15 - 7:00 PM Ages 13 & Up MON 7:00 - 7:45 PM
<u>LYRICAL</u>	Ages 9 and Up SAT 11:00 - 12:00 PM

BY SIGN UP ONLY

Cont.

STRETCH & STRENGTHENING

Ages 9 and Up MON 7:45 - 8:30 PM
Sign up ONLY class SAT 9:00 - 10:00 AM

INTERMEDIATE DANCE CLASSES

Ages 10 and up and have had 5 or more years of dance
BALLET WED 4:15 - 5:30 PM
TAP WED 5:30 - 6:15 PM
JAZZ WED 6:15 - 7:15 PM

ADVANCED DANCE CLASSES OFFERED

For ages 12 and up and have had 7 or more years of dance
TAP THURS 7:00 - 7:30 PM
JAZZ THURS 7:30 - 8:30 PM
BALLET THURS 8:30 - 9:45 PM

ADULT DANCE CLASSES OFFERED

BEGINNING - BALLET MON 7:00 - 7:45 PM
BEGINNING - TAP OR JAZZ MON 7:45 - 8:30 PM
BEGINNING - POINTE MON 8:30 - 9:30 PM

INTERMEDIATE - TAP MON 9:30 - 10:15 PM

INTERMEDIATE / ADVANCED JAZZ WED 6:15 - 7:15 PM
INTERMEDIATE / ADVANCED BALLET WED 7:15 - 8:30 PM
INTERMEDIATE / ADVANCED TAP WED 8:30 - 9:15 PM

PROFESSIONAL CLASS

Particularly for Singers and Actors who need dance skills.
Basic Jazz and Ballet technique

**WEDNESDAY 9:45 - 11:00 PM UNTIL MARCH
10:30 - 11:45 PM ONCE SHOW SEASON BEGINS**

**BALLROOM OR SOCIAL DANCING
FOR COUPLES**

BEGINNING TUES 8:10 - 9:15 PM
INTERMEDIATE FRI 6:00 - 7:00 PM
ADVANCED THURS 5:30 - 6:45 PM

**WE OFFER PRIVATE LESSONS IN ALL
FORMS OF DANCE AND FITNESS**