

| | Monday | | | Tuesday | | | Wednesday | | | Thursday | | | Friday | | | Saturday | | | | | | | | | | | | | | | | | | | | |
|----------|---|----------------------|----------|----------------------------------|---------------------|------------------------|--|----------------------|--------------------|----------------------|----------------------|--------------------------|------------------------|-------------------------|----------|--------------------------|-------------------------|-----------------------------------|-----------------------|--------------------|------|-----------------------|-------------------------|-----------------------|-----------------------|---------------------|------------------------------|----------------------|-----------------------|---------------------------|----------------------|------------------------|--|--|--|--|
| | Studio A | Studio B | Studio C | Studio A | Studio B | Studio C | Studio A | Studio B | Studio C | Studio A | Studio B | Studio C | Studio A | Studio B | Studio C | Studio A | Studio B | Studio C | | | | | | | | | | | | | | | | | | |
| 9am | <p><i>SADA's 29th Season of Excellent Dance Training Begins Monday, August 6, 2018!</i></p> | | | | | | | | | | | | | | | Kinder Ballet 9:30-10:15 | Pre-K Ballet 9:15-10:00 | | | | | | | | | | | | | | | | | | | |
| 10am | | | | | | | | | | | | | | | | Pre-Ballet 10:15-11:00 | Mex Folk II 10:00-11:00 | Kinder Tap 10:15-11:00 | | | | | | | | | | | | | | | | | | |
| 11am | | | | | | | | | | | | | | | | Jazz I B 11:00-12:00 | Mex Folk I 11:00-11:45 | | | | | | | | | | | | | | | | | | | |
| 12pm | <p>SADA's 29th Annual Recital June 14-15, 2019 Lila Cockrell Theatre</p> | | | | | | <p>Important Dates! SADA will be closed on the following dates:</p> <p>SADA Fall Holidays Monday, September 3 Labor Day Wednesday, October 31 Halloween November 19-24 Thanksgiving Dec. 22, 2018-Jan 3, 2019 *Winter Break *Studio Opens on Friday, Jan. 4, 2019</p> <p>SADA Spring Holidays March 11-16 Spring Break Friday, April 19 Good Friday Monday, May 27 Memorial Day</p> | | | | | | | | | Ballet I A 12:00-1:00 | Mex Folk IV 12:00-1:00 | East Coast Swing Teens 12:00-1:00 | | | | | | | | | | | | | | | | | | |
| 1pm | | | | | | | | | | | | | | | | Ballet III 1:00-2:30 | Mex Folk III 1:00-2:00 | East Coast Swing Kids 1:00-2:00 | | | | | | | | | | | | | | | | | | |
| 2pm | <p>KEY:</p> <table border="1" style="margin: auto;"> <tr> <td>BALLET</td> <td>MEX FOLK</td> </tr> <tr> <td>JAZZ</td> <td>FLAMENCO</td> </tr> <tr> <td>Mod/Cont</td> <td>HIP HOP</td> </tr> <tr> <td>TAP</td> <td>LYRICAL</td> </tr> <tr> <td>BALLROOM</td> <td></td> </tr> </table> <p>All Class Times and Days subject to change without notice</p> | | | | | | | | | | | | | | | | | | BALLET | MEX FOLK | JAZZ | FLAMENCO | Mod/Cont | HIP HOP | TAP | LYRICAL | BALLROOM | | | | | | | | | |
| BALLET | | | | | | | | | | | | | | | | | | | MEX FOLK | | | | | | | | | | | | | | | | | |
| JAZZ | | | | | | | | | | | | | | | | | | | FLAMENCO | | | | | | | | | | | | | | | | | |
| Mod/Cont | | | | | | | | | | | | | | | | | | | HIP HOP | | | | | | | | | | | | | | | | | |
| TAP | | | | | | | | | | | | | | | | | | | LYRICAL | | | | | | | | | | | | | | | | | |
| BALLROOM | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3pm | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 4pm | | | | | | | | | | | | | | | | | | | | | | | | | | | Pre-K Ballet 3:45-4:30 | Pre-Ballet 3:45-4:30 | | | | | | | | |
| 5pm | | | | | | | | | | | | | | | | | | | Ballet II A 4:45-6:00 | Jazz I A 5:00-6:00 | | Ballet II A 4:45-6:00 | Kinder Ballet 4:30-5:15 | | Ballet I A 4:30-5:30 | Int. Tap 4:30-5:30 | Flamenco I 4:30-5:30 | Ballet I B 4:30-5:30 | Jazz II A 4:30-5:30 | Mex Folk I 4:30-5:15 | Ballet I B 5:00-6:00 | Beginner Tap 5:00-6:00 | | | | |
| 6pm | | | | | | | | | | | | | | | | | | | Ballet V 6:00-7:30 | Jazz I B 6:00-7:00 | | Jazz II A 6:00-7:00 | Hip Hop II 6:00-7:00 | Flamenco II 6:00-7:00 | Ballet II B 5:30-6:45 | Modern II 5:30-6:30 | Beg. Teen Flamenco 5:30-6:30 | Lyrical I 5:30-6:30 | Mex Folk II 5:30-6:30 | Intro to Modern 5:30-6:30 | Ballet III 6:00-7:30 | Jazz I A 6:00-7:00 | | | | |
| 7pm | Pointe II 7:30-8:30 | Jazz III 7:00-8:00 | | Ballet IV 7:00-8:30 | Hip-Hop I 7:00-8:00 | Flamenco III 7:00-8:00 | Ballet IV 6:45-8:15 | Ballet V 6:30-8:00 | Modern I 6:45-7:45 | Jazz II B 6:30-7:30 | Mex Folk V 6:30-7:30 | Teen/Adult Tap 6:30-7:30 | Pre-Pointe 7:30-8:00 * | Fast/Int. Tap 7:00-8:00 | | | | | | | | | | | | | | | | | | | | | | |
| 8pm | | Lyrical II 8:00-9:00 | | Teen Jazz/Ballet Combo 8:00-9:15 | | | Pointe I 8:15-9:00 | Variations 8:00-9:00 | | Cont. Jazz 7:30-9:00 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 9pm | <p>* Starts January 2019</p> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

TECHNIQUE CLASSES

"Elective Classes"

TAP

Tap Technique teaches toe, heel, and foot repetitions to strengthen and quicken movement emphasizing rhythm and musicality. Center exercises and combinations, turns, time-steps wings, and pullbacks. Ages 7 & up.

FLAMENCO

Flamenco Technique includes Zapateado, muñecas, palmas, shawl, fan and castanet work. We recommend ballet classes in conjunction with flamenco. Ages 5 & up.

MEXICAN FOLKLORIC

Mexican Folkloric Technique incorporates fast footwork and varied skirt technique from the different regions of Mexico. Ages 4 & up.

BALLET

Ballet Technique includes barre, center, variations, turns, jumps, allegro, adagio, and choreography. Levels III - V emphasize speed and strengthening feet, legs, back, and proper technique. Ages 7 & up.

JAZZ

Jazz Technique includes barre, floor barre and center exercises set to popular music. Work is on technique, rhythm, coordination, flexibility, turns, jumps and learning choreography. Combinations include Street Jazz, Hip-Hop, funk, and lyrical jazz. Ages 7 & up.

MODERN

Modern Technique includes floor work and center exercises based on natural body-movements of fall-and-recovery, release, control, and anti-control. Movements can be percussive or without rhythm, powerful, edgy, fluid, inverted, or unexpected. Strong Technique in ballet and jazz is recommended.

Pointe (Ballet IV & Up)

Elective technique class focusing on the strengthening of the feet and ankles for proper work en pointe. Includes barre, center, turns, jumps, allegro, adagio. Teacher recommendation required, in addition to 2 Ballet Technique classes per week.

Pre-Pointe (Ballet III-IV)

Student will follow their ballet class with special thera-band exercises to strengthen the feet, ankles, and calves. Barre-work includes exercise to ready the feet and legs to rise up on all toes in Pointe I. Teacher recommendation required.

Lyrical

Choreography class focuses on fluidity of movement and strong sense of musicality. Strong technique in both classical ballet and jazz required. Teacher recommendation required.

Hip-Hop (Jazz II & Up)

Choreography class teaches the latest styles of Hip-Hop and Funk. Fast, hard-hitting movement that can include popping, locking, krumping, breaking and tricks. Jazz technique class required. Ages 10 & up.

Notice: Elective classes are by recommendation and teacher approval only and may only be taken in conjunction with required technique classes.

Children's Program

Pre-K and Kinder Ballet (ages 3 - 6)

Introduces Classical Ballet with proper placement of feet and arms, taught with movement and singing, progressing to beginning ballet barre exercises, turn and jump combinations, and body alignment.

Kinder Tap (ages 5 - 6)

Introduces basic tap steps and rhythms at the barre and centre, taught with movement and singing.

Mexican Folkloric I (ages 4 and up)

Incorporates footwork and skirt technique from the different regions of Mexico. Slow paced and thorough.

Flamenco I (ages 5 and up)

Introduces Zapateado and muñecas work. Slow paced and thorough. It is Highly recommended that students take one year of Mex. Folk. prior to enrolling in Flamenco.

Intro to Modern Movement (ages 6-10)

Introduces movement, using natural body movements, improvisation and floor work, for the beginner student. Discover the concepts of contraction and spiraling through the dancer's movement.

REQUIRED ATTIRE:
LABEL NAME ON EVERYTHING!

Pre-Kinder Ballet /Kinder Ballet/Pre-Ballet

- Pink leotard
- Pink Capezio ultra soft tights
- Pink ballet shoes
- Hair secured back in a ponytail or classical bun
- Pre-Kinder Tutu (purchased from SADA)
- Kinder Ballet Skirt (purchased from SADA)

Kinder Tap

- Black leotard
- Black skirt
- Black footed tights
- Black patent leather tap shoes with ties
- Hair secured back in a ponytail

BALLET

- Black leotard
- Pink Capezio ultra soft tights
- Pink ballet shoes
- Hair secured in a classical bun
- Ballet skirt (optional) - No Shorts

JAZZ / TAP / MODERN / LYRICAL / CONTEMPORARY

- Any leotard or SADA shirt (not oversized)
- Jazz pants or crop pants
- Hair secured in a ponytail
- Tan flat jazz shoes (Jazz)
- Black oxford tap shoes (Tap)
- Bare feet (Modern/Contemporary)
- Bare feet or foot-undeez (Lyrical)

HIP-HOP

- Comfortable clothes (no jeans)
- Sneakers
- No bare-legs with shorts
- Hair secured off face

FLAMENCO

- Black long sleeve leotard
- Black or tan tights
- Flamenco skirt
- Black flamenco shoes
- Hair secured in a bun or ponytail

MEXICAN FOLKLORIC

- Black short sleeve leotard
- Black or tan tights
- Red folkloric practice skirt
- Black folkloric shoes
- Hair secured in a bun or ponytail.