

# Academy Schedule



## MONDAY

30 Min Private Vocal Lessons	Upon request
Wee Dance	4-5pm
Level 2 Hip Hop	5-6pm
Level 2 Tap	5-6pm
Wee Tumble	5-6pm
Danceabilities	6-6:45pm
Level 2 Combo: Tap/Contemp.	6-7:30pm
Level 1 Hip Hop	6:30-7:30pm
Actabilities	6:45-7:30pm
Level 3 Hip Hop	7:30-9pm



## TUESDAY

Level 1 Combo: Ballet/ Tap /Jazz	4-5pm
Jr. Progressions & Flexibility	5-6pm
Tiny's Combo: Tap/Ballet	6-7pm
Level 2 Hip Hop	7-8pm
Sr. Progressions & Flexibility	8-9pm

## WEDNESDAY

Closed for makeup lessons & private lessons



## THURSDAY

Level 1 Acting	4-5pm
Level 3 Tap	4-5pm
Tiny's Combo: Tap/Ballet	4-5pm
Level 1 Hip Hop	5-6pm
Level 1 Tumbling & Acro	5-6pm
Level 2 Jazz	5-6pm
Level 2 Theatre Jazz	5-6pm
Level 1 Combo Ballet/tap/jazz	6-7pm
Level 2 Tumbling & Acro	6-7pm
Level 3 Jazz	6-7:30pm
Level 3 Theatre Jazz	6-7pm
Level 2 Contemporary	7-8pm
Level 2 Acting	7-8pm
Level 3 Contemporary	7:30-8:30pm
Adult Hip Hop	8-9pm
Level 3 Acting	8:30-9:30pm



## FRIDAY

Tiny Tumbling	4-5pm
Level 2 Ballet	4:15-5:15PM
Level 1 Contemporary	5-6PM
Level 3 Tumbling & Acro	5-6PM
Junior Strength / Conditioning	5:15-6:15PM
Level 3 Ballet	6:15-7:15PM
Pre-pointe and Pointe	7:15-8PM
Senior Strength/ Conditioning	8-9PM



Wee: Ages 2&3 \* Tiny: Ages Older 3-5 \* Level 1: Ages 6-8 \*  
Level 2: Ages 9-12 \* Level 3: Ages 13-18 \* Adult: Ages 18+



# Academy Descriptions

## **VOCAL**

Vocal lessons are 30-minute private lessons and cannot be booked online. Students will rehearse on our main theater stage to really get the feel of a live vocal performance. Breathing and vocal technique is our focus.

## **WEE**

Parent Participation classes for 2 & 3 year olds. Choose from Dance and/or Tumbling. Classes are themed and we use props and games to introduce skills to wee little ones. Come try this "mommy & me" style class today.

## **TAP & JAZZ**

Tap is a high-energy and teaches rhythm and coordination. Jazz is an expressive and lively discipline combining contemporary moves and current music trends. Theater Jazz is a classic, showmanship "Fosse" style class. Dancers can develop coordination, musicality, flexibility and strength.

## **TUMBLING & ACRO**

It's no secret that tumbling skills enhance any dance routine. We've added a tumbling program that will focus on adding these exciting skills to our performances. You can also just take a tumbling class if that's what you prefer. All ages.

## **HIP HOP**

A high-energy dance that involves improvement in coordination, rhythm and movement as well as learning muscle memory and control. Students will be able to expand their skills into other areas such as break dancing, locking, popping, gliding, and so much more.

## **ABILITIES**

All needs and ages welcome. Serenity believes the arts are for everyone no matter your physical ability. Class is geared towards increasing cognitive, social and physical skills through dance. Doctor's permission is required. A parent or caretaker must participate in class with student. Choose from Dance and/or Acting.

## **CONTEMPORARY**

Connect the mind and body through fluid movements. Stresses the versatility and improvisation, unlike the strict, structured nature of ballet. Dancers focus on floor work, using gravity to pull them down to the floor. This genre is introduced at LEVEL 2 in combination with BALLET.

## **BALLET**

Serenity Ballet Classes utilize a combination of the French Method, Royal Academy of Dance Method, the Vaganova Method, and the Balanchine Method. This allows our teachers to train and educate the student as a whole.

## **ACTING & THEATER**

Acting is the art of performing in plays, movies, or television productions. Students begin with learning the differences between each & how to navigate on stage directions & camera directions. Serenity emphasizes proper breathing & speaking technique, as well as emotional presentation. Students are encouraged to participate in a vocal & dance class

## **AWARD WINNING SERENITY PROJECT COMPETITION TEAM**

The Serenity Project is our competitive program. Performer who also enjoy competing for awards and scholarships will love being a part of this team. Auditions are every summer. This is a commitment and will require additional classes, travel and additional fees.

*Serenity Academy of Performing Arts & Event Center*

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