

LAKESHORE DANCE & GYMNASTICS

701 Beta Dr. Unit 25, Mayfield Village, Ohio 44143 440-461-0015 sally@lakeshoregym.com

Our Goal of The Company is to provide students with a well rounded dance education and experience.

ATTIRE: All Girls in Ballet, must wear pink tights, pink ballet slippers, black leotard. All boys wear white t-shirt/ shorts, black ballet slippers.

Proper dance attire and proper shoes must be worn for all classes. Please wear proper Hip Hop Shoes

Closed Viewing

*We are having closed practices for Company and Rhythmic classes.
For any questions or concerns please email Sally@Lakeshoregym.com*

RHYTHMIC GYMNASTICS

Level -3 -4 Level -5

	Monday	Wednesday	Friday	Saturday
Level 3-4	5:00-6:30 Rhythmic Skills	5:00-6:00 Ballet 1-2	4:00-6:30 Skills /Group Routines	
	6:30-7:30 Ballet 1-2	6:00-7:30 Rhythmic Skills		
Level 5	5:00-7:30 Skills	4:00-6:00 Skills	4:00-6:30 Skills/Group Routines	9:00-11:00 Skills Routines
	7:30-8:45 Ballet 2-3	6:00-7:30 Ballet 7:30-8:00 Leaps & Turns		

HIP HOP PERFORMANCE COMPANY

HB would like to include tumbling in the routine this year and needs the students to take tumbling 2x a wk.

Tuesday	Wednesday	Saturday
	5:00-6:00 Tumbling	1:15-2:15 Contemporary Jazz
5:45-7:00 Hip Hop	6:00-7:30 Ballet lvl 2-3	2:15-3:00 Tumbling
	7:30- 8:00 Leaps and Turns	3:00-4:15 Hip Hop

GOLD Company

Price includes 3 ballets and 1.5 tumbling class -choose your tumbling on either Tues. or Wed. Let the office know if you would like both. If Sat. Hip Hop doesn't work choose another one during the week, see Sally for info.

Monday	Tuesday	Wednesday	Saturday
6:45-7:30 Tap int 10-14 yrs.	5:15-6:30 Ballet 3-4 <i>Invitation only</i>	5:00-6:00 Tumbling	11:00-12:00 Hip Hop 10-14 yrs.
7:30-8:45 Ballet 2-3	6:30-7:30 Tumbling	6:00-7:00 Ballet 2- 3	12:00-1:00 Ballet 2-3
		7:00-7:15 Leaps and Turns	1:15-2:15 Contemporary 2:15- 2:45 Line drills in tumbling
			2:45-3:15 Ballet stretch

PLATINUM Company

Tuesday	Wednesday	Thursday	Saturday
	5:00-6:00 Tumbling		12:00-1:15 Contemporary adv
5:15-6:30 Ballet 3-4	6:05-7:10 Tap Adv.	7:00-8:30 Lvl 4 Ballet	1:15-1:45 / Barre
6:30-7:00 Pointe	7:15-8:30 Ballet 4	8:30-9:00 Pointe	1:45-2:45 Pointe Ballet 4
7:00-8:00 Hip Hop	8:30-9:00 Leaps & Turns		2:45-3:15 Stretch