


Core Centre Zone Dance & Fitness SPRING SESSION 2022

Time	Age Group	Monday	Tuesday	Wednesday	Thursday
4:30-5:15pm	3-5 years		Pre School Acrodance		
6:30-7:15pm	Mommy/Daddy & Me Tumble (2-5 years)		Mom/Dad & Me Tumble		
Time	Age Group	Monday	Tuesday	Wednesday	Thursday
4:30-5:30pm	6-7 Years	Ballet			
4:30-5:45pm	8-Teen				Introduction Tumble & Hip Hop
5:30-6:45pm	8-12 Years	Ballet/Jazz	Acrodance (Age 8-Teen)		Elite Hip Hop (Audition required)
7:00-8:30pm	Teen- Adult	Ballet/Jazz/ Modern			
6:30-7:30pm	Teen- Adult				Tap'N Groove
6:30-7:30pm	Teen- Adult			GROOV3 Hip Hop	Zumba- Latin

Class Attire:

Family & Friend Class Observation Week at the Zone
April 25-28, 2022 during class time

Ballet/Jazz & Modern	Acrodance Tumble & Hip Hop	GROOV3 & Zumba	Class Expectations
Girls:	Girls & Boys	Workout Gear	*Students must arrive on time (10 min before class time)
Black leotard	Fitted Tshirt	Clean gym shoes	*Parents ask for BAND class link from instructor
Pink tights	Fitted Shorts- Blk	Tap'N Groove	*No observation during class time
Pink Ballet Shoes	No shoes	Tap Shoes	*Dancer must be rested, fed and a water bottle
Boys:	 <p>CORE CENTRE The Zone Dance & Fitness www.thezonecomplex.org</p>	Fitted tshirt	*No Jewelry, girls hair up tight- no hair in face,
White tshirt		Leggings/Modest Shorts	*Dance attire- clean, no tears or holes
Black Shorts			* Parents do not tumble in the Mommy/Daddy & Me class
Adults (18+)			
Fitted Solid Color Tshirt			
Leggings- Solid drk Color			
Pink Ballet Shoes			

Core Centre Dance & Fitness

Spring Session:
April 4-28, 2022

Back to Dance School
Registration:
August 18, 2023
6:30-8:00pm

Fall Session:
September 6, 2022-
March 11, 2023

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WWW.THESPORTSCOMPLEX.ORG