



WEEK 3

Monday July 20th-

***4:15-5:00pm Kids Creative Movement and Acro (Space Theme)**

3...2...1... Blast off! Join us for an out-of-this-world adventure where dancers will explore movement, music, imagination, and beginner acro skills through our exciting Space Adventure theme. Children are encouraged to dress as an astronaut, an alien, or their favorite space-inspired character as we soar, spin, stretch, balance, and tumble through the galaxy while building coordination, confidence, and creativity. Designed for dancers approximately ages 2-7, this class is the perfect combination of imaginative play, dance, and age-appropriate acro fun!

***5:00-6:00pm Hip Hop & Breakdancing Beginning/Intermediate Level**

Get ready to move, groove, and have a blast! This high-energy class is designed for dancers who are new to hip hop or looking to strengthen and refresh their skills. Dancers will learn and review hip hop fundamentals including waving, popping, break dancing, tricks, freestyle, choreography combinations, and more while building confidence, coordination, musicality, and style.

Designed for dancers approximately ages 5-13, this class is perfect for beginners, newer hip hop dancers, or anyone wanting to sharpen their technique while having fun in an encouraging and energetic environment!

***6:00-7:00pm Technique Jumps & Leaps Beginning Level**

Take your technique to new heights! This class is designed to help dancers build strength, flexibility, and proper technique while focusing on a variety of jumps and leaps used in all styles of dance. Dancers will learn and review skills such as toe touches, split jumps, C jumps, right and left leaps, side leaps, and more through drills, progressions, and across-the-floor exercises.

Recommended for dancers approximately ages 6 and up, placement is based more on ability level than age. This class is perfect for dancers learning these skills for the first time, building a strong technical foundation, or looking to improve and perfect their technique.

***7:00-8:00pm Cheer/Pom Class & Techniques Intermediate/Advanced Level**

Take your cheer and pom skills to the next level! This high-energy class is designed for dancers with a strong cheer foundation who are ready to refine their technique, build strength, and improve performance quality. Dancers will focus on proper arm angles, jumps, kicks, pom combinations, stunting, and more while developing precision, power, confidence, and teamwork.

Recommended for dancers approximately ages 9 and up, placement is based more on ability level than age. This class is ideal for experienced cheer and pom dancers looking to sharpen their skills, increase versatility, and continue growing in a fun, challenging, and encouraging environment.

***8:00-9:00pm Style Spotlight: Contemporary Fusion Intermediate/Advanced Level**

Calling all Contemporary Dancers! Get ready to explore the creative, dynamic, and expressive world of contemporary fusion! Designed for dancers with a strong contemporary foundation, this class blends elements of contemporary, jazz, lyrical, and other movement styles to create unique and powerful choreography. Dancers will be challenged to expand their artistry, musicality, control, and versatility while exploring innovative movement and performance quality.

Recommended for dancers approximately ages 9 and up, placement is based more on ability level than age. This class is perfect for experienced contemporary dancers looking to push their creativity, strengthen their technique, and grow as versatile performers through expressive and stylistically diverse choreography.

***9:00-10:00pm Style Spotlight: Jazz Intermediate/Advanced Level**

Calling all Jazz Dancers! Get ready to experience the energy, style, and precision of jazz dance at a higher level! Designed for dancers with a strong jazz foundation, this class focuses on refining technique while pushing performance quality, style, and versatility. Dancers will learn challenging jazz choreography while continuing to develop turns, leaps, flexibility, strength, musicality, and dynamic performance skills. Recommended for dancers approximately ages 9 and up, placement is based more on ability level than age. This class is perfect for experienced jazz dancers looking to elevate their technique, expand their performance quality, and grow through exciting and expressive choreography in a focused, high-energy environment.

Tuesday July 21st-

***4:15-5:00pm Intro to Hip Hop**

Discover the energy and excitement of hip hop! This class is the perfect introduction for young dancers who are new to the hip hop style and want to learn cool moves, rhythm, and confidence through dance. Dancers will enjoy a fun warm-up, learn beginning hip hop technique, practice age-appropriate skills and grooves, and dance exciting choreography while building coordination, musicality, creativity, and self-confidence. Designed for dancers approximately ages 3–7, this class is a wonderful way to introduce the upbeat and energetic style of hip hop in a fun, encouraging, and age-appropriate environment.

***5:00-6:00pm Style Spotlight: Contemporary Beginning/Intermediate Level**

Calling all Contemporary Dancers! Get ready to explore the expressive, creative, and dynamic world of contemporary dance! Designed for dancers who are beginning or continuing their contemporary journey, this class focuses on building strong foundational technique while encouraging creativity, emotion, and movement quality through choreography and exploration. Dancers will learn engaging contemporary combinations while developing control, flexibility, musicality, improvisation, and performance skills. Recommended for dancers approximately ages 5–13, placement is based more on ability level than age. This class is perfect for dancers looking to strengthen their contemporary foundation, grow in artistry, and enjoy a class that blends technique with expressive and creative movement.

***6:00-7:00pm Flexibility & Control Class (Banana Splits Club!)**

Stretch, strengthen, and level up your dancing in this fun and highly beneficial flexibility class! Designed to help dancers improve overall flexibility, control, and body awareness, this class supports stronger technique in every style of dance. Dancers will safely work through stretching and strengthening exercises focused on splits, extensions, balance, and mobility in a fun and encouraging environment.

Also known as the Banana Splits Club, dancers will be celebrated if they achieve their splits by the end of the month—with a special banana split celebration to reward their hard work and progress! Recommended for dancers approximately ages 5 and up, this class is highly encouraged for any dancer looking to improve their technique, prevent injury, and grow as a stronger, more flexible dancer in all styles.

***7:00-8:00pm Technique Jumps & Leaps Intermediate Level**

Take your technique higher, stronger, and more dynamic! This intermediate-level class is designed to help dancers refine strength, control, and execution while focusing on a variety of jumps and leaps used across all styles of dance. Dancers will work on intermediate skills such as calypsos, stag jumps, firebirds, turning C jumps, switch leaps, and more through targeted drills, progressions, and across-the-floor combinations. Recommended for dancers approximately ages 9 and up, placement is based more on ability level than age. This class is perfect for dancers looking to strengthen their technique foundation, improve execution of intermediate skills, and elevate their performance quality in every style of dance.

***8:00-9:00pm Yoga Fitness**

Stretch, strengthen, and find your calm in this fun and relaxing Yoga Fitness class! Designed to improve flexibility, strength, balance, and body awareness, this class supports dancers in building the physical and mental focus needed for all styles of dance. Through guided movement, breathing, and age-appropriate yoga-inspired exercises, dancers will develop better control, mobility, and overall wellness in a positive and encouraging environment.

This class is open to all levels and is generally recommended for dancers ages 6 and up. Parents are highly encouraged to join in and participate alongside their dancer for a fun opportunity to move, stretch, and connect together!

***9:00-10:00pm Style Spotlight: Lyrical Intermediate/Advanced Level**

Calling all Lyrical Dancers! Get ready to experience the emotional depth, artistry, and expressive beauty of lyrical dance! Designed for dancers with a strong lyrical foundation, this class challenges dancers to refine their technique while deepening their artistry, musicality, and performance quality. Dancers will learn powerful lyrical choreography while continuing to develop control, flexibility, turns, leaps, and expressive movement.

Recommended for dancers approximately ages 9 and up, placement is based more on ability level than age. This class is perfect for experienced lyrical dancers looking to push their artistry, strengthen their technique, and grow through meaningful, expressive choreography in an inspiring environment.

Wednesday July 22nd-

***4:00-5:00pm Acro Level I Beginning/Intermediate**

Build strength, flexibility, and confidence in this foundational Acro class! Designed for dancers who are beginning or continuing their acro journey, this class focuses on safe progressions and proper technique while developing essential acro skills used in dance. Dancers will work on skills such as handstands, cartwheels, kick overs, walkovers, headstands, elbow stands, chin stands, and beginning handspring progressions, along with drills to improve strength, balance, and control.

Recommended for dancers approximately ages 5 and up, placement is based more on ability level than age. This class is perfect for dancers learning new acro skills or refining their basics while building a strong and safe technical foundation.

***5:00-6:00pm Acro Level II Intermediate/Advanced**

Push your strength, control, and technique to the next level in this intermediate-advanced Acro class! Designed for dancers who have a solid acro foundation, this class focuses on building power, flexibility, and precision while working toward more advanced skills and combinations. Dancers will train on skills such as front and back handsprings, tucks, tinsicas, side aerials, front aerials, valdez, and other progressions and variations of these skills through structured drills and safe progressions.

Recommended for dancers approximately ages 8 and up, placement is based more on ability level than age. This class is ideal for experienced acro dancers looking to refine technique, increase strength, and continue safely progressing into higher-level acro skills.

***6:00-7:00pm Drill Team & Techniques Beginning/Intermediate Level**

Build a strong foundation in drill team technique in this fun and high-energy class! Designed for dancers who are new or continuing to develop their drill skills, this class focuses on improving coordination, strength, flexibility, and performance quality while learning the fundamentals of drill team movement. Dancers will work on basic drill downs, kicks, kicklines, arm angles, simple choreography combinations, and introductory extensions.

Recommended for dancers approximately ages 6-13, placement is based more on ability level than age. This class is perfect for dancers who are new to drill team or looking to strengthen their basic technique in a supportive and encouraging environment.

***7:00-8:00pm Technique Jumps & Leaps Advanced Level**

Take your jumps and leaps to the highest level of strength, control, and performance quality! This advanced technique class is designed for experienced dancers who are highly comfortable with foundational skills and ready to focus on advanced progressions, precision, and dynamic execution. Dancers will work on explosive and technical skills such as calypsos, firebirds, stag jumps, switch leaps, switch side leaps, switch tilts, 540s, ninjas, and more through challenging drills, progressions, and across-the-floor combinations.

Recommended for dancers approximately ages 10 and up, placement is based more on ability level than age. This class is ideal for advanced dancers looking to refine technique, increase power and flexibility, and elevate their overall performance quality.

***8:00-9:00pm Zumba Fitness**

Get ready to move, groove, and have a blast in this fun and high-energy Zumba Fitness class! This class combines upbeat music, easy-to-follow choreography, and nonstop energy to create a workout that feels like a dance party. Dancers (and parents!) will improve coordination, endurance, rhythm, and overall fitness while having an amazing time moving together.

This class is open to all levels and all ages, but is generally recommended for ages 6 and up. No dance experience necessary! Parents are highly encouraged to join in and participate alongside their dancer for a fun, energetic, and memorable fitness experience!

Thursday July 23rd-

***1:45-2:30pm Intro to Acro**

Discover the fun and excitement of acro! This class is the perfect introduction for young dancers who are new to acro and want to build strength, flexibility, coordination, and confidence in a safe and encouraging environment. Dancers will enjoy a fun warm-up, learn beginning acro skills, practice basic balance and flexibility exercises, and explore age-appropriate tricks while developing body awareness and control.

Designed for dancers approximately ages 2–7, this class is a wonderful way to introduce the exciting world of acro through fun, engaging activities and beginner-friendly skill progressions.

***4:00-5:00pm Stretch, Endurance, Flexibility Class**

Don't Miss This! Build the foundation every strong dancer needs in this full-body training class! Designed to improve strength, stamina, flexibility, and overall control, this class helps dancers level up in every style of dance. Through targeted conditioning, stretching, and endurance-based exercises, dancers will develop better technique, improved performance quality, and increased confidence in their movement.

0620 This class is recommended for dancers approximately ages 7 and up and is beneficial for all levels and all dance styles. It is perfect for any dancer looking to improve their overall technique, prevent injury, and become a stronger, more well-rounded performer.

***5:00-6:00pm Across The Floor Technique – Beginning/Intermediate Level**

Move, travel, and grow your technique in this dynamic across-the-floor class! Designed for dancers who are building their foundation and ready to develop stronger skills, this class focuses on improving coordination, control, and performance quality through a variety of traveling combinations. Dancers will work on turns, leaps, kicks, jumps, tricks, floor work, and more while exploring different styles and technical approaches across multiple genres of dance.

Recommended for dancers approximately ages 7 and up, placement is based more on ability level than age. This class is perfect for dancers establishing strong fundamentals and building confidence as they progress toward more advanced technique.

***6:00-7:00pm Across The Floor Technique – Intermediate/Advanced Level**

Push your technique, speed, and performance quality in this advanced across-the-floor class! Designed for experienced dancers who are ready to be challenged, this class focuses on refining strength, control, and execution through complex traveling combinations. Dancers will work on turns, leaps, kicks, jumps, tricks, floor work, and more while exploring a variety of styles and technical progressions to elevate overall performance quality.

Recommended for dancers approximately ages 10 and up, placement is based more on ability level than age. This class is ideal for dancers looking to challenge themselves, refine their technique, and continue growing into strong, versatile performers.

***7:00-8:00pm Hip Hop & Techniques/Break Dancing – Intermediate/Advanced Level**

Level up your style, power, and performance in this high-energy hip hop and break dancing class! Designed for experienced dancers who have a strong foundation in hip hop technique, this class focuses on refining musicality, control, freestyle, and execution while pushing more advanced movement and combinations. Dancers will work on hip hop choreography, waving, popping, break dancing skills, tricks, freestyle concepts, and more to elevate their overall performance quality and versatility.

Recommended for dancers approximately ages 9 and up, placement is based more on ability level than age. This class is ideal for dancers ready to be challenged, expand their skill set, and take their hip hop technique to the next level in a fun and high-energy environment.

***8:00-9:00pm Improv & Musicality: Hip Hop Focus**

Explore creativity, rhythm, and personal style in this high-energy Improv & Musicality class! This class is designed to help dancers develop their ability to listen to music, find rhythm and groove, and move with confidence and individuality. Through guided improvisation exercises, freestyle prompts, and hip hop-inspired movement, dancers will build musicality, self-expression, and performance presence.

This week will feature a hip hop focus, encouraging dancers to explore groove, texture, and style while developing their own unique movement voice. Open to dancers approximately ages 9 and up, this class is great for all levels and perfect for anyone looking to grow as a more confident, musical, and expressive performer.

***9:00-10:00pm Style Spotlight: Contemporary – Intermediate/Advanced Level**

Calling all Acro Dance lovers! Get ready to take your acro skills to the next level! This fun and dynamic class is designed for experienced dancers with a strong acro foundation who are ready to combine strength, flexibility, and technique with dance performance. Dancers will work on advanced acro skills, transitions, tricks, and choreography that blends acro seamlessly with dance style, control, and musicality.

Recommended for dancers approximately ages 9 and up, placement is based more on ability level than age. This class is perfect for advanced acro dancers looking to refine technique, improve execution, and enjoy a high-energy class that challenges both skill and performance quality.

Dance Image Academy

WELCOME SUMMER

PRICING

45 MINUTE CLASS: \$10 EACH

1 HOUR CLASS: \$15 EACH

SUMMER PASSES
(FOR 1 HOUR CLASSES ONLY, MAKES EACH CLASS ONLY \$13 EACH!)

- 5 CLASSES — \$65
- 10 CLASSES — \$130
- 15 CLASSES — \$182
(1 FREE CLASS!)
- 20 CLASSES — \$240
(1½ FREE CLASSES!)

PASSES CAN BE SHARED BETWEEN DANCERS, SIBLINGS & PARENTS!

SIGN UP AT:
WWW.DANCEIMAGEACADEMY.COM

CREATE A PROFILE, THEN CLICK REGISTER FOR SUMMER 2026
YOU CAN BE BILLED THROUGH THE PORTAL OR VENMO:
@COACHDODIA (DANNIELLE MANUS)