



WEEK 4

Monday July 27th-

***4:15-5:00pm Kids Creative Movement and Acro (KPop Demon Hunters)**

Get ready to dance, move, and save the day! Join us for an action-packed adventure where dancers will explore movement, music, imagination, and beginner acro skills inspired by the exciting world of KPop Demon Hunters. Children are encouraged to dress as their favorite KPop Demon Hunters character or wear their favorite dance outfit as we jump, spin, stretch, balance, and tumble 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 Turns & Tricks Beginning Level**

Spin into stronger technique and greater confidence! This class is designed to help dancers improve balance, control, coordination, and proper turning technique while learning fun tricks that can enhance every style of dance. Dancers will focus on skills such as chaîné turns, piqué turns, various pirouettes, and a variety of tricks 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 Drill Team & Techniques Intermediate/Advanced Level**

Refine your precision, power, and performance in this high-energy drill team class! Designed for dancers with a strong drill team foundation, this class focuses on strengthening technique while improving synchronization, flexibility, endurance, and overall performance quality. Dancers will work on drill downs, kicks and kick lines, arm angles, extensions, choreography combinations, and more to help elevate their skills.

Recommended for dancers approximately ages 9 and up, placement is based more on ability level than age. This class is ideal for experienced drill team dancers looking to sharpen their technique, build confidence, and continue growing in a fun, challenging, and encouraging environment.

***8:00-9:00pm 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.

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

Calling all Contemporary Dancers! Come and explore the artistry, emotion, and versatility of contemporary dance! Designed for dancers with a strong contemporary foundation, this class encourages creativity, expression, and musicality while continuing to challenge and inspire. Dancers will learn engaging contemporary choreography while developing technique, improvisation, movement quality, and 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 contemporary dancers looking to strengthen their artistry, expand their movement vocabulary, and enjoy an inspiring class filled with expressive choreography and creative exploration.

Tuesday July 28th-

***4:15-5:00pm Intro to Cheer/Pom**

Discover the energy and excitement of Cheer & Pom. This class is the perfect introduction for young dancers who are new to the Cheer/pom style and want to learn cool moves, rhythm, and confidence through dance. Dancers will enjoy a fun warm-up, learn beginning cheer technique, practice age-appropriate skills and jumps, and dance exciting Pom 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 Cheer/Pom in a fun, encouraging, and age-appropriate environment.

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

Calling all Jazz Dancers! Get ready to experience the energy, style, and excitement of jazz dance! Designed for dancers who are beginning or continuing their jazz journey, this class is all about building confidence, developing technique, and having fun while dancing. Dancers will learn upbeat jazz choreography while continuing to improve jazz technique, flexibility, turns, leaps, performance quality, and musicality.

Recommended for dancers approximately ages 5 to 13, placement is based more on ability level than age. This class is perfect for dancers looking to strengthen their jazz foundation, grow their skills, and enjoy an energetic class filled with fun choreography and dynamic 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 Turns & Tricks Intermediate Level**

Take your turns and tricks to the next level! This intermediate technique class is designed for dancers who have a strong foundation in basic turning skills and are ready to improve control, consistency, and execution while learning more challenging progressions. Dancers will work on pirouette variations, a la seconde turns, leg hold turns, axel turns, turning combinations, intermediate tricks, and more through targeted drills, progressions, and across-the-floor exercises.

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 turning technique, improve balance and control, and continue progressing toward advanced turns, tricks, and performance quality.

***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: 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.

Wednesday July 29th-

***4:00-5:00pm Technique & Balance Class Beginning Level**

Work on stronger technique, balance and greater confidence with Coach Tesslah! This class is designed to help dancers improve balance, control, coordination, and proper technique that can enhance every style of dance.

Recommended for dancers approximately ages 5 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.

***5:00-6:00pm Style Spotlight: Contemporary Modern Fusion Class**

Discover the beauty of movement through this unique class! Dancers will explore expressive choreography that blends contemporary technique with the creativity and artistry of modern dance. This week, AJ will teach a portion of his award-winning sol he created for the Dance Sterling Scholar competition. With limited modern experience at the time, he challenged himself to think outside the box, dig deep into his artistic roots, & create a meaningful piece that earned him the title of Dance Sterling Scholar at WJHS.

Whether your new to contemporary or have years of experience, this class is a chance to move with purpose, tell a story through dance, and experience the creative process behind an award winning performance.

***6:00-7:00pm Cheer/Pom Class & Techniques**

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 and older, 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 Turns & More Advanced Level**

Take your turns to an advanced level of strength, control, and precision with Coach Dem! This class is designed for experienced dancers who are confident in foundational turning technique and ready to work on advanced progressions, control, and performance quality. Dancers will focus on multiple pirouettes, a la seconde turns, fouetté turns, axel turns, leg hold turns, and more, along with challenging progressions and creative tricks to elevate any style of dance.

Recommended for dancers approximately ages 10 and up, placement is based more on ability level than age. This class is perfect for advanced dancers looking to refine technique, increase balance and control, and push their turns and overall performance to the next level.

***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 30th-

****4:00-4:45pm 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.

***5:00-6:00pm Across The Floor Technique**

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 Ballroom Dance Class**

Step onto the dance floor and experience the elegance, energy, and excitement of ballroom dance! Join Coach Shayla as you explore a variety of Ballroom styles while learning fun partner techniques, musicality, and confidence on the dance floor.

No previous ballroom experience or dance partner is needed - everyone is welcome! Whether you are trying ballroom for the first time or just looking for something new, this class is a fun change of pace that will have you moving, smiling, and discovering a whole new side of dance.

***7:00-8:00pm Hip Hop Dancing (Summer-Ween!) – Intermediate/Advanced Level**

Who says you have to wait until October for Halloween? Celebrate “Summer-Ween” with AJ in this high energy hip hop class full of spooky vibes, fun music, & fierce choreography. Dancers will learn an exciting routine inspired by all things Halloween while challenging themselves with dynamic movement, performance quality, and musicality.

Costumes or Halloween inspired accessories are welcome! Come ready to bring the energy, embrace the spooky season a little early, and have a frightfully fun time on the dance floor!

***8:00-9:00pm Improv & Musicality: Jazz Focus**

Explore creativity, rhythm, and performance expression in this engaging Improv & Musicality class! This class is designed to help dancers develop their ability to connect movement to music, interpret rhythm, and perform with style, confidence, and individuality. Through guided improvisation exercises, musical prompts, and jazz-inspired movement, dancers will build musicality, timing, coordination, and expressive performance quality.

This week will feature a jazz focus, encouraging dancers to explore dynamic movement, style, and texture while strengthening their performance presence. 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: Jazz Funk – Intermediate/Advanced Level**

Calling all Jazz Funk lovers! Get ready to bring the energy, style, and attitude in this exciting Jazz Funk class! Designed for experienced dancers with a strong technical foundation, this class blends the technique of jazz with the groove, texture, and performance style of funk and commercial dance. Dancers will learn dynamic choreography while focusing on musicality, performance quality, strength, control, and style.

Recommended for dancers approximately ages 9 and up, placement is based more on ability level than age. This class is perfect for advanced dancers looking to push their performance presence, expand their versatility, and train in a fun, high-energy, and stylized environment.

Friday July 31st-

***7:30-8:30pm Style Spotlight: Contemporary – Intermediate Level**

Calling all Contemporary Dancers! Come and explore the expressive, creative, and powerful world of contemporary dance! Designed for dancers with a solid contemporary foundation, this class focuses on building technique, control, and movement quality while encouraging artistry, emotion, and creativity. Dancers will learn engaging contemporary choreography while continuing to develop flexibility, strength, musicality, improvisation, and performance skills.

Recommended for dancers approximately ages 8 and up, placement is based more on ability level than age. This class is perfect for intermediate dancers looking to strengthen their contemporary foundation, grow in artistry, and enjoy expressive choreography in a supportive and inspiring environment.

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