

**PSPA online Zoom classes...stay in shape...see your friends...smile!! June 29 - August 1**

**Summer Session Begins Now!! Please note some changes!!**

**Mondays:**

**NEW!! Fusion and Flow with JoJo** (All Ages, Adults welcome) - 10:30-11:30 – Ms. Joanna

**Ballet I-II** - 3:30-4:30 – Ms. Laura

**Ballet II-III** - 2:00-3:15pm – Ms. Brianna

**Ballet IV** - 3:30-4:30 – Ms. Brianna

**NEW!! Beginning Pointe and center technique** – 4:45-5:45 – Ms. Brianna

**Advanced Ballet & Pointe**– 6-7:15 – Ms. Julia

**Hip Hop 1 & 2** - 4:00-5:00pm – Ms. Joanna

**NEW!! Acro 2-3 & 3** – 4:00-5:00 – Ms. Marie

Minimum Mastered Skills – all Acro 2 skills, handstand hold, handstand/bridge/recover, bridge/kick over, forearm stand hold. No exceptions to minimum skill list.

Must pre-enroll on Danceworks. No more than 8 in a class. Can use class series to pay.

Materials needed – yoga block, mat (yoga mat okay), open wall for handstand work

**Turns & more Turns!!**– 5:15-6:15 – Ms. Marie

**Advanced Contemporary** - 5:15-6:30pm – Ms. Joanna

**Comp Team Technique** 6:45-7:45 – Ms. Marie

(Advanced Competition Skills/ Open to current and interested members)

**Tuesdays:**

**Adult Ballet** – 9:30-10:45am –Ken Walker

**Ballet IV & V with Pointe**– 3:00-4:15 – Ms. Marina

**Pre-jazz and Jazz I** (beginning jazz) - 3:00-4:00pm – Ms. Joanna

**Dance Cardio** (all ages, adults welcome) - 4:30-5:30 – Ms. Joanna

**Beginning Lyrical Jazz** – 4:15-5:15 – Ms. Tatiana

(Ideal for dancers ages 8 & up in Ballet 1-2, 2 or 2-3 and Jazz 1 or 2)

**NEW!! Modern**– 4:30-5:30 – Ms. Lena  
Intermediate to Pre-professional levels

**Intermediate Lyrical Jazz** – 5:30-6:30 – Ms. Tatiana

**New!! Beginning Teen Jazz** – 6:45-7:45 – Ms. Tatiana

**Advanced Ballet** – 6:00-7:15 – Mr. Roberto

**Advanced Lyrical** – 7:30-8:30 – Ms. Marie

### **Wednesdays:**

**Acro I - NEW!!** – 3:15-4:15 – Ms. Marie  
Minimum Mastered Skills- push up to bridge and hold, monkey jump or cartwheel. No exceptions to minimum skill list. Ages 8 and up or previous Acro experience.  
Must pre-enroll on Danceworks. No more than 8 in a class. Can use class series to pay.  
Materials needed – yoga block, mat (yoga mat okay), open wall for handstand work

**Jazz I – NEW!!**– 4:45-5:45 – Ms. Marie

**Ballet II** - 2-3:05pm – Ms. Tita

**Ballet III** – 3:15-4:30pm – Ms. Tita

**Ballet IV with Pointe** - 4:45-6:00 – Ms. Tita

**Advanced Ballet** (Levels V, VI, VII)- 5:15-6:30 – Ms. Vera

**Intermediate Lyrical** – 6:30-7:30 – Ms. Marie

### **Thursdays:**

**New!! Acro 2** – 1:30-2:30 – Ms. Marie  
Minimum Mastered Skills – cartwheel both sides, bridge recover, handstand in center with proper entrance and exit. No exceptions to minimum skill list.  
Must pre-enroll on danceworks. No more than 8 in a class. Can use class series to pay.  
Materials needed – yoga block, mat (yoga mat okay), open wall for handstand work

**Ballet I** – 3:00-4:00 – Ms. Marie

**Ballet II** – 4:30-5:30 – Ms. Marie

**Hip Hop 2 & 3** – 3:00-4:00 – Ms. Joanna

**Beginning Teen Lyrical** – 4:15-5:15 – Ms. Tatiana

**Intermediate Jazz** - 4:15-5:30 – Ms. Joanna

**Advanced Ballet** – 6:00-7:15 – Mr. Roberto

**Advanced Contemporary** – 7:30-8:30 – Ms. Tatiana

**Fridays:**

**NEW!! Urban Soul Line Dance** (All Ages - Adults Welcome)- 10:30-11:30am – Ms. Adrienne

**Ballet II-III** - 2:00-3:15pm – Ms. Brianna

**Beginning Contemporary/Jazz** – 4:00-5:00pm – Ms. Joanna  
(Ideal for dancers ages 8 & up in Ballet 1-2, 2 or 2-3 and Jazz 1 or 2)

**NEW!! Pilates and core conditioning** (Adults welcome)–4:30-5:30pm – Ms. Gaida  
Please have a Yoga mat or towel and a TheraBand. This is a great warm-up before ballet or Jazz

**Ballet III** - 4:30-5:45 – Ms. Tita

**Intermediate Jazz** – 6:00 -7:00pm – Ms. Marie

**Advanced Ballet** - 6:00-7:15 – Ms. Vera

**Advanced Contemporary** – 7:30-8:30 – Ms. Marie

**Saturdays:**

**Pre-ballet/Parent & Me** - 9:00-9:45am (ages 3-5) – Ms. Sharon - please have a parent present  
this will be more of a parent & me style class. And students should have a doll or stuffed animal  
handy for "my dolly never grows" (\$15 per class)

**Primary Ballet** - 10:00-10:45am (ages 5-7) – Ms. Sharon (\$15 per class)

**Ballet I** - 11am - 12pm – Ms. Sharon

**Ballet II-III** – 9:10-10:15 – Ms. Tita

**Ballet IV & Beginning Pointe and pre-pointe**– 9:00-10:15 – Ms. Tracy  
This class is for dancers newly on pointe or who want work to get on pointe.

**Advanced Ballet and Pointe**- 10:30-11:45 – Ms. Marina

**PSPA Dance Company (members only)** – 12:00-2:00 – Ms. Marie, Ms. Joanna, Ms. Tatiana

**Intermediate Character** – 12:00 -1:00pm – Mr. Alexander Kalinin

All classes are \$20 each and will be billed to your PSPA Danceworks Accounts

Thanks everyone,

Ms. Tita

**Reminders:** Please sign in early and we will charge your account for the class. If your family is really affected by the closures and unable to pay, please contact us personally at PSPA and we will remove the charge. We want all our dancers to participate if they want to.

New students need to contact us to register before participating. Parents, we ask that you be responsible to have your dancer in a safe area so there is no chance of slipping or accident. PSPA insurance will not cover you in your house.

If you want to pay for 4 classes in advance it will be \$75, 8 in advance will be \$145, 12 classes will be \$200. To purchase a series, you must have a credit card on file and your card will be charged on the date of purchase. We will notify you when you are almost done with your class series. Please respond with the series you would like to purchase next. If you do not respond and pre-purchase a new series, each class will be billed at the single class rate.

If you wish to go this route, just email us back at [PSPAdance@gmail.com](mailto:PSPAdance@gmail.com) and we will charge you for the block of classes you request.

**Acro Online-** Must pre-enroll on Danceworks. No more than 8 in a class. Can use class series to pre-pay.

Materials needed – yoga block, mat (yoga mat okay), open wall for handstand work.

Acro 1 – ages 8 and up or previous Acro experience. Minimum mastered skills- push up to bridge and hold, monkey jump or cartwheel. No exceptions to minimum skill list.

Acro 2 – Minimum Mastered Skills – cartwheel both sides, bridge recover, handstand in center with proper entrance and exit. No exceptions to the minimum skill list.

Acro 2-3 & 3 – Minimum Mastered Skills – all acro 2 skills, handstand hold, handstand/bridge/recover, bridge/kick over, forearm stand hold. No exceptions to minimum skill list.