



# Centre Stage DANCE STUDIO



## 2017-2018 XTREME NRG PERFORMING TEAMS

*If you like to perform, learn new dances all the time and strut your stuff...this is where you need to be! XTREME NRG performing teams are for beginning to intermediate dancers looking for fun, upbeat and challenging classes, new choreography and the chance to get out and show off all your hard work at local charity events, school carnivals, Desert Ridge, the Harlem Globetrotters, Phoenix Suns half time shows, Disneyland and much more! The best part is, you are part of a team where friendships are golden and self-esteem is built to put you...CENTER STAGE!*

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>MICRO NRG (4-6)</b>	4-5 Hip Hop/Tumble (Optional) 5-6 Ballet/Technique (Optional)	4-5 Performing Class 5-6 Hip Hop Tumble (Optional) 5-6pm Tumbling (Optional)		4-5 Performing Class 5-6 Tumbling/Flexibility (Optional)
<b>SMALL NRG (7-9)</b>	4-5 Jazz/Musical Theatre (Optional) 5-6 Jazz/Technique (Optional)	5-6 Tumbling (Optional) 5-6 Ballet (Optional) 5-6 Tap (Optional)	4-5 Tricks/Tumbling 5-6 Performing Class	4-5 Hip Hop (Optional) 5-6 Combos (Optional)
<b>JUNIOR XTREME (9-11)</b>	4-5 Jazz/Musical Theatre (Optional) 5-6 Performing Class 6-7 Flexibility/Technique	5-6 Tumbling/tricks (Optional) 6-7 Ballet (Optional) 7-8 Hip Hop (Optional)	5-6 Tricks/Tumbling 6-7 Performing Class	5-6 Progressions (Optional) 6-7 Tumbling/tricks/flex (Optional)
<b>TEEN XTREME (12+)</b>	6-7 Flexibility/Technique 7-8 Performing Class 8-9 Lyrical/Contemporary (Optional)	6-7 Tumbling/tricks (Optional) 7-8 Ballet (Optional) 8-9 Hip Hop (Optional)	6-7 Tricks/Tumbling 7-8 Performing Class	6-7 Ballet (Optional) 6-7 Combos (Optional)

2 hours/week- \$140, 3 hours/week- \$190, 4 hours/week- \$230, 5 hours/week- \$265, 6 hours/week- \$290, 7 hours/week- \$325, 8 hours/week= unlimited- \$350