



Centre Stage DANCE STUDIO

POM PROGRAM

POM is a highly athletic form of dance that can be seen at high school and college and professional sporting event half times, games and competitions. Pommies are known for their school spirit, dance ability, and teamwork. Some may think of Pommies as cheerleaders, however the difference is cheerleaders tumble and stunt and Pommies kick, turn and dance. Our pom program is a highly sought after competitive program in which we are known for helping dancers make their high school or college dance programs, as well as expand training for current Pommies. We offer classes, training programs, competitive experiences and private lessons. If you are looking to learn or expand your pom skills, or make a high school pom team...this is the studio for you!

The classes listed below are mandatory to be in the competitive POM Program. Pom may be done in alone, or in conjunction with performing teams, Passion company/pre-company and open classes.

MINI (Ages 5-8) *Cannot turn 9 after Jan. 1st 2019

Monday	Tuesday	Wednesday	Thursday
5-6 Ballet			5-6 Rehearsal 6-7 Tumble/Flex

YOUTH (Ages 8-11) *Cannot turn 12 after Jan. 1st 2019

Monday	Tuesday	Wednesday	Thursday
6-7 Ballet (Ages 8-10)	4-5 POM 6-7 Aerials/Turns/Flex		4-5 Ballet 5-6 Tumble/Flex 6-7 Jazz/Combos

JUNIOR (Ages 11-15) *Cannot turn 16 after Jan. 1st 2019

Monday	Tuesday	Wednesday	Thursday
6-7 Ballet* (Int) 8-9 Ballet* (Adv)	6-7 Ballet*	5:30-7 Adv. POM 7-8 Jazz/Combos	5-6 Tumble/Flex 6-7 Aerials/Turns/Flex 7-8 Ballet*

*Junior Pom must pick 3 (out of the 4 offered) ballet classes from above schedule

Monthly Tuition: Mini \$190/month Youth \$330/month Junior \$350/month

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