



Centre Stage DANCE STUDIO

2022-2023

COMPETITIVE POM PROGRAM

POM is a highly athletic form of dance that can be seen at high school, college, professional sporting events, 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 known for helping dancers make their high school or college dance programs, as well as expand training for current Pommies. If you are looking to learn or expand your pom skills, or make a high school pom team...this is the studio for you!

PLUS...why wait until you are in high school? Our competitive pom program will get you turning, jumping and dancing NOW!

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
MINI Ages 6-8 \$199/mo		4-5 Rehearsal (SK) 5-6 Leaps/Turns/Jumps (BB)		4-5 Rehearsal (SK) 5-6 Pom Technique (SK)
YOUTH Ages 8-11 \$259/mo		4-5 Leaps/Turns/Jumps (BB) 5-6 Rehearsal (SK)	5-6 Technique (SM) 6-7 Tumbling (CB)	5-6 Tricks/Technique (JS) 6-7 Rehearsal (SK)
JUNIOR Ages 12+ \$259/mo		7-8 Aerials/Tumbling (CB) 8-9 ADV Pom Technique (SK)	5-6 Pom Progressions (LL) 6-7 ADV Leaps/Turns/ Jumps (SK)	7-8 Rehearsal (SK) 8-9 Rehearsal (SK)



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Looking for classes to sharpen up on your pom skills or to get ready for an audition? Drop in or enroll in our non-competitive pom classes to give yourself the confidence and skills you need!

<i>Class</i>	<i>Day</i>	<i>Time</i>	<i>Age/Level</i>
Pom Technique	Tuesday	8-9pm	Advanced
Pom Technique	Wednesday	4-5pm	Intermediate
Pom Technique	Wednesday	5-6pm	Advanced
Pom Tricks/Technique	Thursday	5-6pm	Beg/Int
Aerials	Tuesday	7-8pm	Int/Adv
Leaps/Turns/Jumps	Tuesday	4-5pm	Beginner
Leaps/Turns/Jumps	Tuesday	5-6pm	Beg/Int
Leaps/Turns/Jumps	Wednesday	6-7pm	Advanced

Monthly Tuition (based on hours per week) 1=\$79, 2=\$129 3=\$159, 4=\$199, 5=\$229, 6=\$259, 7=\$289, 8=\$319, 9+\$350 (unlimited)

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