



Centre Stage DANCE STUDIO

2023-2024

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		4:30-5:15 Combos 5:15-6:00 Ballet	3:45-4:30 Pom Technique 4:30-5:15 Hip hop/Tumble 5:15-6:00 Rehearsal	
YOUTH Ages 8-11 \$259/mo	3:45-4:30 Rehearsal 4:30-5:15 Ballet 5:15-6:00 Technique		4:30-5:15 LJT 5:15-6:00 Hip hop 6:00-6:45 Combos	

JUNIOR Ages 12+ \$259/mo	6:45-7:30 Pom Technique 7:30-9:00 Rehearsal	5:15-6:00 Stretch/Strength 6:00-6:45 Tumble/Tricks 6:45-7:30 Hip hop		5:15-6:00 Ballet 6:00-6:45 Combos 6:45-7:30 LJT 7:30-8:15 Audition Prep
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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>Grade/Level</i>
Pom Technique	Wednesday	3:45-4:30	K-3rd/Beginning
Stretch/Strength	Wednesday	6:00-6:45	6 th +/Int/Adv
Aerials	Wednesday	6:45-7:30	6 th +/Advanced
Pom Turns	Wednesday	7:30-8:15	8 th +/Advanced
Pom Technique	Wednesday	8:15-9:00	8 th +/Advanced
Legs/Turns/Jumps	Thursday	6:45-7:30	8 th +/Int/Adv
Pom Audition Prep	Thursday	7:30-8:15	8 th +/Int/Adv

Monthly Tuition (based on classes 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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