



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 6:00-6:45 Tumbling | | 4:30-5:15 LJT 5:15-6:00 Hip hop 6:00-6:45 Combos | |

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| 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/Tumbling | Wednesday | 6:00-7:30 | 6 th +/Int/Adv |
| Pom Turns | Monday | 7:30-8:15 | 8 th +/Advanced |
| Pom Turns | Wednesday | 7:30-8:15 | 8 th +/Advanced |
| Pom Technique | Monday | 8:15-9:00 | 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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