



Centre Stage DANCE STUDIO

2024-2025

BREAKOUT COMPETITIVE POM

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 breakout competitive pom program will get new dancers turning, jumping and dancing NOW!

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
MINI Ages 6-8 \$289/mo	3:45-4:30 Ballet 4:30-5:15 Tumble 5:15-6:00 Combos 6:00-6:45 Rehearsal		3:45-4:30 Pom Technique 4:30-5:15 Hip Hop	
YOUTH Ages 8-12 \$289/mo	6:00-6:45 Ballet 6:45-7:30 Tumble 7:30-8:15 Hip Hop		6:00-6:45 Technique 6:45-7:30 Rehearsal 7:30-8:15 Combos	

Breakout Competitive Pom teams will perform at all Centrestage Performances and compete in four local competitions!



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POM TRAINING PROGRAM

Open to all Middle School & High School Dancers

Looking for classes to sharpen up on your pom skills or to prepare for high school & college dance teams? Drop in or enroll in our pom training classes to give yourself the confidence and skills you need!

MIDDLE SCHOOL DANCERS

<i>Class</i>	<i>Day</i>	<i>Time</i>	<i>Level</i>
Audition Prep	Monday	6:45-7:30	Int/Adv
Extreme Flex	Monday	7:30-8:15	Int/Adv
Leaps/Turns/Jumps	Monday	8:15-9:00	Int/Adv
Pom Combos	Tuesday	7:30-8:15	Int/Adv
Pom Technique	Tuesday	8:15-9:00	Int/Adv
Technique	Thursday	7:30-8:15	Int/Adv
Combos	Thursday	8:15-9:00	Int/Adv

HIGH SCHOOL DANCERS

<i>Class</i>	<i>Day</i>	<i>Time</i>	<i>Level</i>
Audition Prep	Monday	6:45-7:30	Int/Adv
Leaps/Turns/Jumps	Monday	7:30-8:15	Int/Adv
Extreme Flex	Monday	8:15-9:00	Int/Adv
Pom Technique	Tuesday	7:30-8:15	Adv
Pom Combos	Tuesday	8:15-9:00	Adv
Combos	Wednesday	7:30-9:00	Adv
Technique	Thursday	7:30-8:15	Int/Adv
Combos	Thursday	8:15-9:00	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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