



2025-2026

## 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                                   |
|--|--|---------|---|--|
| <b>TINY</b><br>Ages 5-7<br>\$209/mo    | 4:00-4:45 Acro/Tumble<br>4:45-5:30 Rehearsal                   |         |   | 4:00-4:45 Rehearsal<br>4:45-5:30 Technique |
| <b>MINI</b><br>Ages 8-10<br>\$299/mo   | 4:00-4:45 Technique<br>4:45-5:30 Ballet                        |         | 4:00-4:45 Rehearsal<br>4:45-5:30 Hip Hop<br>5:30-6:15 Acro/Tumble<br>6:15-7:00 Combos |  |
| <b>YOUTH</b><br>Ages 10-13<br>\$299/mo | 6:15-7:00 Ballet<br>7:00-7:45 Acro/Tumble<br>7:45-8:30 Hip Hop |         | 6:15-7:00 Technique<br>7:00-7:45 Combos<br>7:45-8:30 Rehearsal                        |  |

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

\*All Schedules are Subject to Change\*