



Centre Stage DANCE STUDIO

2026-2027

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
TINY	4:00 Rehearsal 4:45 Technique		4:00 Rehearsal 4:45 Ballet 5:30 Tumble	
MINI	4:45 Hip hop 5:30 Rehearsal 6:15 Technique 7:00 Tumble		4:00 Ballet 4:45 Turns 5:30 Combos	
YOUTH	5:30 Hip hop 6:15 Tumble 7:00 Rehearsal 7:45 Technique		6:15 Stretch/Strength. OPT 7:00 Turns 7:45 Combos 8:30 Ballet	
JUNIOR		7:00 Rehearsal 7:45 Combos 8:30 Technique		6:15 Turns 7:00 Ballet 7:45 Tumble/Tricks 8:30 Hip hop

Tiny Pom- \$269 | Mini/Youth/Junior Pom \$349 *OPTIONAL CLASSES MAY BE ADDED FOR ADDITIONAL \$40/MONTH/CLASS*

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

All Schedules are Subject to Change



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2025-2026

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

<u>Class</u>	<u>Day</u>	<u>Time</u>	<u>Level</u>
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HIGH SCHOOL DANCERS

<u>Class</u>	<u>Day</u>	<u>Time</u>	<u>Level</u>
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