Centre Stage DANCE STUDIO

2026-2027

COMPETITIVE POM ALLSTARS

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	4:00-4:45 Rehearsal 4:45-5:30 Hip Hop 5:30-6:15 Combos 6:15-7:00 Tumble		4:00- 4:45 Ballet 4:45-5:30 Turns 5:30-6:15 Technique	
YOUTH	5:30-6:15 Hip hop 6:15-7:00 Tumble 7:00-7:45 Rehearsal 7:45-8:30 Stretch+Strength		4:45-5:30 Ballet 5:30-6:15 Technique 6:15-7:00 Combos 7:00-7:45 Turns	
JUNIOR	7:00-7:45 Improv/Tech 7:45-8:30 Turns 8:30-9:15 Combos ***ALL OPTIONAL***	7:00-7:45 Rehearsal 7:45-8:30 Combos 8:30-9:15 Technique		6:15-7:00 Turns 7:00-7:45 Ballet 7:45-8:30 Tumble/Tricks 8:30-9:15 Hip hop

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