

BETH FOWLER SCHOOL OF DANCE

2400 E. Main St. Suite 107b St. Charles, IL 60174

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STUDIO #1

MONDAY	TUESDAY	THURSDAY	FRIDAY	SATURDAY
Inter. Jazz 4:30-5:30 (Ted)	Beg. Hip Hop 4:30-5:30 (Robert)	Int. I & II Tap 4:00-5:00 (Ashleigh)	Beg. Tap 4:30-5:00 (Ashleigh)	Adv. II Warm-up/Progressions 10:30-11:30 (Corey)
Inter. Jazz Rehearsal 5:30-6:30 (Ted)	Adv. Hip Hop 5:30-6:30 (Robert)	Adv. Tap 5:00-6:00 (Ashleigh)	Beg. Ballet 5:00-6:00 (Beth)	Adv. II Jazz 11:30-12:30 (Corey)
Adv. Jazz 7:00-8:30 (Ted)	Adv. II Ballet/Pointe 6:30-8:30 (Sam)	Adv. I Ballet 6:00-7:30 (Miranda)	Dinner Break 6:00-6:15	Adv. II Lyrical / Contemporary 12:30-2:00 (Corey)
Adv. Lyrical 8:30-9:30 (Ted)	Adv. Modern 8:30-9:30 (Sam)	Adv. II Ballet/Pointe 7:30-9:30 (Beth & Miranda)	Beg. Jazz 6:15-7:15 (Brooke & Beth)	Adv. II Ballet 2:00-3:30 (Beth)

STUDIO #2

MONDAY	TUESDAY	THURSDAY	FRIDAY	SATURDAY
	Inter. I Lyrical 4:30-5:00 (Sam)	Creative Dance 3/4 yr. olds 4:00-5:00 (Beth)	Boys Dance 5:00-6:00 (Ashleigh)	Creative Dance 3-6 yr. olds 11:00-12:00 (Beth)
	Inter. I & II Ballet 5:00-6:30 (Sam)	Creative Dance 5/6 yr. olds 5:00-6:00 (Beth)	Creative Dance 5/6yr. Olds 6:00-7:00	Inter. II & Adv. I Ballet Pointe/Pre Pointe 12:00-2:00 (Beth)
	Inter. I & II Hip Hop 6:30-7:30 (Robert)	Inter. I & II Ballet 6:00-7:30 (Beth)		Snack Break 2:00-2:15
	Adv. I Ballet 7:30-9:00 (Beth)	Dinner Break 7:30-7:45		Inter. II & Adv. I Jazz 2:15-3:15 (Sam)
	Adv. I Lyrical 9:00-9:30 (Beth)	Inter I Jazz 7:45-8:45 (Beth)		Inter. II Lyrical 3:15-3:45 (Sam)

DANCE SCHOOL PROGRAMS

Programs	Ages	Weekly Schedule	Adult Dance Workout Class
Creative Dance I- (1 Class per week)	3 & 4 yr. olds	Thursday 4:00-5:00 OR Saturday 11:00-12:00	Adult Dance Workout Class Turbo Kickboxing Saturday 10:00-11:00 (Sam)
Creative Dance II- (1 Class per week)	5 & 6 yr. olds	Thursday 5-6 OR Friday 6-7 OR Saturday 11-12	
Beginning Program (1 day per week)	7-9 yrs. Old (average age)	Tues: Hip Hop 4:30-5:30 Fri: Tap 4:30-5:00 Ballet 5:00-6:00 Dinner Break 6:00-6:15 Jazz 6:15-7:15	
Intermediate I Program (2 days per week)	9-11 yrs. Old (average age)	Tues: Lyrical 4:30-5:00 Ballet 5:00-6:30 Hip Hop 6:30-7:30 Thurs: Tap 4:00-5:00 Dinner Break 5:00-6:00 Ballet 6:00-7:30 Jazz 7:45-8:45	
Intermediate II Program (3 days per week)	11-13 yrs. Old (average age)	Tues: Ballet 5:00-6:30 Hip Hop 6:30-7:30 Thurs: Tap 4:00-5:00 Dinner Break 5:00-6:00 Ballet 6:00-7:30 Sat: Ballet 12:00-2:00 Jazz 2:15-3:15 Lyrical 3:15-3:45	
Advanced I Program (3 days per week)	11 yrs. Old & up (average age)	Tues: Adv. Hip Hop 5:30-6:30 OR Inter. Hip Hop 6:30-7:30 Ballet 7:30-9:00 Lyrical 9:00-9:30 Thurs: Inter. Tap 4:00-5:00 OR Adv. Tap 5:00-6:00 Ballet 6:00-7:30 Sat: Ballet 12:00-2:00 Snack Break 2:00-2:15 Jazz 2:15-3:15 Lyrical 3:15-3:45 (Option 2- if Tues. doesn't work)	
Advanced II Program (3 days per week)	13 yrs. Old & up (average age)	Tues: Hip Hop 5:30-6:30 Ballet 6:30-8:30 Modern 8:30-9:30 Thurs: Tap 5:00-6:00 Ballet 7:30-9:30 Sat: Warm-up/Progressions 10:30-11:30 Jazz 11:30-12:30 Contemporary Lyrical 12:30-1:20 Lunch Break 1:30-2:00 Ballet 2:00-3:30	

****CLASS SUBSTITUTION**

If you have found a scheduling problem, it is very possible that you can substitute a class in your program for another. Please ask Beth for an appropriate substitute class.

**** WHILE MULTIPLE CLASSES ARE RECOMMENDED, SINGLE CLASSES ARE OFFERED****

ATTIRE

- Creative Dancelight pink ballet slippers, tights & leotard without attached skirt.
- Ballet & Jazz & Tap.....light pink tights, black leotard, pink ballet slippers, black jazz shoes, black tap shoes.
- Boys Classes.....white T-shirt, black dance shoes and pants (stretch pants or tights)
- Hip Hop.....black hip hop shoes, black jazz pants, form fitting shirt preferred

NO OVER CLOTHING ALLOWED IN CLASS

HAIR

Hair should be fastened securely off the face and neck so that it does not move with the dancer's movement. Hair buns are preferred if hair is long enough. Short hair can be secured with a French braid.