



## The Academy Program Weekly Class Requirements

30 min.	<b>Stage Mini</b> 3.5 hours
1 hour	<b>Choreography</b>
1 hour	<b>Ballet</b>
1 hour	<b>Jazz</b>
1 hour	<b>Tap, Contemporary, Lyrical, Theatre or Acrobats</b>
30 min.	<b>Street Mini</b> 3.5 hours
1 hour	<b>Choreography</b>
1 hour	<b>Hip Hop</b>
1 hour	<b>Ballet</b>
1 hour	<b>Tap or Acrobats</b>

30 min.	<b>Stage Juniors</b> 5+ hours
1 hour	<b>Choreography</b>
1 hour	<b>Ballet</b>
1 hour	<b>Jazz</b>
1 hour	<b>Tap</b>
2 hour	<b>Contemporary, Lyrical, Theatre or Acrobats</b>
30 min.	<b>Street Juniors</b> 5+ hours
2 hour	<b>Choreography</b>
1 hour	<b>Hip Hop</b>
1 hour	<b>Ballet</b>
1 hour	<b>Tap</b>
1 hour	<b>Jazz, Contemporary, or Acrobats</b>

45 min.	<b>Stage Seniors/Elite</b> 8+ hours
2 hour	<b>Choreography</b>
1 hour	<b>Ballet</b>
1 hour	<b>Technique</b>
1 hour	<b>Jazz or Contemporary</b>
1 hour	<b>Tap</b>
1 hour	<b>Musical Theatre</b>
30 mins	<b>Stage Skills</b>
1 hour	<b>Conditioning</b>
45 min.	<b>Street Seniors/Elite</b> 8+ hours
2 hour	<b>Choreography</b>
1 hour	<b>Hip Hop</b>
1 hour	<b>Ballet</b>
1 hour	<b>Acrobats</b>
1 hour	<b>Tap</b>
1 hour	<b>Musical Theatre</b>
30 mins	<b>Stage Skills</b>
1 hour	<b>Conditioning</b>

1.5 hours	<b>Cross-Training Program</b> Stage & Street 10+ hours
2 hour	<b>Choreography</b>
1 hour	<b>Ballet</b>
1 hour	<b>Jazz, Contemporary, Lyrical, or Modern</b>
1 hour	<b>Hip Hop</b>
1 hour	<b>Technique</b>
1 hour	<b>Tap</b>
1 hour	<b>Acrobats</b>
1 hour	<b>Musical Theatre</b>
30 mins	<b>Stage Skills</b>
1 hour	<b>Conditioning</b>

**Love All Dance All**  
- **LADA**

