

ABL DanceSport Center

2016 – 2017 CLASS SCHEDULE for KIDS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	Recreational Programs:
GYMNASTICS	Introductory program for boys and girls designed to develop fundamental gymnastics skills and expose to volt, bars, balance beam and tumbling of artistic gymnastics, as well as the use of rhythmic gymnastics apparatuses: ribbons, balls, hoops and ropes in fun and spectacular ways. It enables every child to work at his or her own level developing body awareness, flexibility, strength and confidence.						10 monthly Payments Due on 1st Day of Month:
(Age 3 - 6)		4:00 – 4:45pm		4:15 – 5:00pm		9:15 – 10:00am	Hours Weekly
TUMBLING/ ACRO	The objective for this program is for the students to learn technically correct tumbling skills, flexibility, and strength. Participants are taught tumbling skills with technique that may be transferred to the practice field, the basketball court or competition arena.						Monthly Payment
(Age 7 - 12)		4:45 – 5:45pm		4:15 – 5:15pm			.75 \$49.00 1.00 \$52.00 1.25 \$61.00 1.50 \$74.00 1.75 \$86.00 2.00 \$97.00 2.25 \$104.00 2.50 \$110.00 2.75 \$115.00 3.00 \$120.00 3.25 \$128.00 3.50 \$135.00 3.75 \$140.00 4.00 \$145.00
GYM + DANCE (Rock-n-roll)	Great COMBO class for those who like dance and gymnastics challenges! Beginner level class for boys and girls! Combines the beauty of the dance with consistent physical activities in the dynamic rhythm of contemporary Rock-n-Roll music, gymnastics/tumbling skills & moderate partner tricks. Two Performances per year (12/18/16 & 06/17/2017).						
<u>BOYS & GIRLS</u> (Age 5-7)			4:30 – 5:30pm	5:00 – 6:00pm		10:00 – 11:00am	
<u>BOYS & GIRLS</u> (Age 7 & up)				5:00 – 6:00pm		11:00 – 12:00pm	
HIP HOP	Set to the music of today, hip hop is offshoot of jazz dance combined with street dance is fun and upbeat! Loosen up and dance! Includes basics of dance, stretching and strengthening, choreographed routines. Two Performances per year (12/18/16 & 06/18/2017).						
<u>BOYS & GIRLS</u> (Age 6 & up)			5:30 – 6:30pm				
ACROBATIC ROCK-N-ROLL COMPETITIVE TEAM GIRLS ONLY! Group + DUOs	<i>*Minimum Skill Requirements for Acceptance into this Class. Head Coach Approval Required*</i> Fun and energetic Rock-n-Roll dance program for girls only (no partner is needed!) - combines modern R-n-R choreography, moderate acrobatics, contemporary music and team work. Group/Formation programs + Duo routines. Participation in shows, performances & Dance Competitions – minimum of 2 performances per year (12/18/16 & 06/17/2017).						Competitive Team: 5 Payments Due on: 09/12/16 11/07/16 01/03/17 02/28/17 04/25/17
<u>GIRLS</u> (Age 8 & up)			6:30 – 8:00pm		6:45 – 8:15pm		
ACROBATIC ROCK-N-ROLL COMPETITIVE TEAM Couples & DUOs	<i>*Minimum Skill Requirements for Acceptance into this Class. Head Coach Approval Required*</i> Children with experience in sports and/or dance, as well as those who show high potential in Pre-Team, Tumbling & Gymnastics programs may be selected to join our Acrobatic Rock-n-Roll "Team". This category designed to move FAST and is for advanced students with relevant background including jazz, tap, modern, hip-hop, ballroom, acrobatic Rock-n-Roll, gymnastics, cheerleading, acrobatics, circus arts. Competitive style of acrobatic Rock-n-Roll. Shows, performances and competitions – minimum 12/18/16 & 06/18/2017.						Hours Weekly
<u>BOYS & GIRLS</u> (Mixed ages- skill based)		5:45 – 7:45pm		6:00 – 8:00pm	5:15 – 6:45pm	12:00 -1:30pm	Payment 3.00 \$240 3.50 \$270 4.00 \$290 5.00 \$320 5.50 \$330 7.00 \$374

Non-refundable annual registration fee is \$25.00 per child or \$30.00 per family (through August 31, 2017)

Policy (for the full disclosure please visit our website: ABLdance.com)

Tuition: based on an annual fee and is budgeted from September through June into 10 monthly payments for Recreational Program; or 5 payments for Competitive Team, and due by first day of the month. Payment determined by the number of hours of class taken each week. The fee cannot be adjusted due to absences, cancellations, holidays, shorter/longer months. Tuition is for your child's entire academic year in 10 or 5 installments, not for the month itself. A \$10.00 Late Fee will be applied to accounts that are 10 days past due. If tuition is passed due, the student will not be allowed to participate in class. Withdrawal from ABL must be submitted in writing.

Missed Lessons: No refunds or credits for dropped or missed lessons. However, classes may be made up during the regular season (September-June) by the coach's approval. Snow days may be made up during designated classes per the discretion of the coach.

Birthday Parties!

with **ABL DanceSport Center!**

Our enthusiastic instructors with many years of experience will make your child feel special, provide dynamic exciting program, and let your child have a lot of fun with his/her best friends!

Birthday Party Package #1 "Party & Play" – \$180

2 hours of activities including the cake time
Up to 10 children
Each additional guest \$10
Share use of indoor play space
Party Host
Party table cloths, Set up and clean up
Invitations

Birthday Party Package #3 "Ultimate Fun" – \$229

2 hours of activities including the cake time
The indoor playground, structured fun gymnastics/dance lesson for all guests
Up to 12 children
Each additional guest \$10
Party Host
Party table cloths, Set up and clean up
Invitations

Birthday Party Package #2 "Gym & Dance" – \$190

1,5 hours of activities including the cake time
Structured fun gymnastics/dance lesson for all guests
Up to 12 children
Each additional guest \$10
Party Host
Party table cloths, Set up and clean up
Complimentary coffee for adults
Invitations

Birthday Party Package #4 "VIP" – \$290

2 hours of activities including the cake time
Up to 15 children
Each additional guest \$10
Private use of indoor play space
Party Host
Set up and clean up
Invitations

ABL INDOOR PLAYGROUND

2 stories of SkyTubes and tunnels for climbing and exploring, a slide, ball pit, trampoline, 2 stories playhouse, swings, basketball arcade, climbing dome a 8' high traverse climbing rockwall; play-kitchen, train table with trains & cars, and a safe toddler area.

ALL DAY Admission is just \$11/p child for ages 1y.o.+

Birthday Parties, Play Dates, Parents Night Out! Clean & Safe!
Air conditioned in the heat; Heated in the cold; Dry in the rain!
Have Fun all Day!

Call: (508) 925-4537 www.ABLindoorPlayground.com

ABL DANCE SPORT CENTER



2016 – 2017 Season Dance & Gymnastics Programs for Kids

Acrobatic Rock-n-Roll Partner Dancing



Girls Formation Dance Team



Gymnastics/Tumbling



Hip Hop



CHECK OUR WEBSITE FOR DETAILS

ABL DANCESPORT CENTER INDOOR PLAYGROUND

508-925-4537

184 West Boylston St., West Boylston, Ma

www.ABLdance.Com

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