

buffa's dance studio 2017-2018 class schedule

Children's Classes

Ballet

Jazz

Lyrical/ Contemporary

Dance Movement - Age 3

Wed	5:25-6:00	LM
Thur	3:55-4:30	LM
Sat	11:15-11:50	NG

Adv Dance Movement - Age 4

Tue	5:15	LB
Wed	3:45	LM
Thur	4:30	LM
Sat	9:00	NG

Dance I - Age 5

Mon	6:00	SP
Tue	4:30	LB
Wed	6:00	LM
Sat	9:45	NG

Dance II - Age 6

Mon	6:00	JL
Tue	6:00	LB
Wed	4:30	LM
Thur	6:00	LM
Sat	10:30	NG

Pre-Ballet - Age 7

Tue	6:00	MD
Wed	6:45	LM
Thur	4:30	LB

Tap-Jazz - Age 7

Tue	6:45	NG
Wed	6:00	KW
Thur	5:15	LM

Aerial Silks ⑥

Perform aerial acrobatics while hanging from silks fabric. Climb the suspended fabric and wrap, suspend, fall, swing, and spiral your body into and out of various positions. Increases upper body strength, core stability and flexibility.

Beg/Int

Age 8+	Sat 9:45	JJ
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Int (one year + prior experience)

Age 11+	Sat 11:15	JJ
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Beginning/Int

(8-10)	Tue	4:30	MD
	Wed	6:00	MD
	Thur	6:00	LB
(11+)	Tue	7:30	LB

Int I

(9-11)	Tue	5:15	MD
	Thur	5:15	LB

Int I+

(10-12)	Wed	5:15	MH
	Thur	6:45	LM

Int II/III

(10-12)	Mon	5:15	MH
(13+)	Thur	6:45	LB

Advanced ②

Adv C	Tues	4:30-6	JoB
	Thur	8:15	LB

Adv B	Thur	6-7:30	CP
Adv A ③	Tue	7:30-9	JoB

	Thur	7:30-9	CP
APro ③	Tue	6-7:30	JoB

	Thur	4:30-6	CP
	Sat	12-2	NB*

**Last 30 min is Pointe & Partnering

Ballet Technique ⑥

Taken with additional ballet class to further reinforce ballet posture, correct placement of hands and arms, and to strengthen legs and feet through barre, center and across the floor exercises.

(Levels I, I+, II/III, Adv C)

	Fri	4:15-5:15	NB
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	Sat	9:15-10:15	NB
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Ballet Technique II with Pointe ⑥

Taken with additional ballet class to continue refining skills through practice using harder exercises, balance, control and posture. Pointe portion is last 30-45 minutes of class and builds on proper foot placement and strength.

(Levels Adv Pro, Adv A, Adv B, Adv C)

	Fri	5:15-6:45	NB
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	Sat	10:15-12	NB
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Beginning/Int

(8-10)	Tue	5:15	TA
	Thur	4:30	TA
(11+)	Mon	8:15	AS

Int I

(9-11)	Tue	6:00	TA
	Thur	6:00	TA
(12+)	Mon	7:30	AS

Int I+/II

(10-13)	Wed	4:30	TA
	Thur	7:30	TA

Int III/IV

(10-14)	Tue	6:45	TA
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Int V/VI

(12+)	Tue	7:30	TA
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Advanced ②

C	Wed	8:15	TA
B	Wed	7:30	TA

A	Wed	6:00	TA
Pro	Wed	6:45	TA

Beginning/Int

(7/8)	Mon	6:00	MH
(8-10)	Wed	4:30	MH
(11+)	Tue	8:15	NG

Int I

(8-11)	Wed	5:15	JB
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Int II/III

(10-12)	Wed	4:30	EB
	Thur	6:45	SP

(12+)	Mon	6:45	AS
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Int IV/V

(12+)	Mon	6:45	HT
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Advanced ②

C	Thur	8:15	SP
B	Wed	5:15	EB

A	Tue	6:00	LF
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Pro	Wed	5:30-6:30	LF
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Active Flexibility ⑥

Designed for both the hyper-mobile dancer looking to control their flexibility and the dancer looking to safely gain better splits, bridges/chest stands, and tumbling, this class focuses on increasing the extensibility and the neuromuscular efficiency of muscles through active flexibility and end-range control training.

Ages 10+	Sat 10:30	JJ
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Acro ⑥

Beginning/Intermediate levels work on cartwheels, handstands and back flexibility, etc. and build on strength. Levels I-Advanced progress to more advanced acro movements focusing on control and flexibility.

Beg/Int

(Grades 1-4)	Mon	4:30	NG
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(Grades 5+)	Tue	7:30	NG
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Int

	Mon	5:15	NG
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	Sat	11:15	LaB
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Int/Adv

	Tue	6:00	NG
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	Sat	12:00	LaB
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Adv ②

	Mon	6:45	LaB
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	Sat	10:30	LaB
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**See back for:
Instructors,
notes, and
more classes!**

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Pointe ②⑤

Hip Hop

Performing Groups

Instructors

Pre-Pointe ④⑥

Mon	4:30	MH
Wed	7:30	LM
Thur	7:30	LB

Beginning/Int

(7-9)	Mon	6:00	NG
(10+)	Wed	6:45	KW

Int I

(8-10)	Mon	6:45	SP
(11+)	Mon	6:45	NG

Int II/III

(9-11)	Tue	5:15	NG
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Int IV

(10+)	Thur	6:00	SP
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Int V

(11+)	Tue	7:30	KS
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Beg

Tues	6:45	MD
Thur	5:15	VB

Beg/Int

Tue	6:45	LB
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Int I/II

Wed	6:45	MD
Thur	7:30	VB

Advanced

B	Thur	6:00	VB
A	Thur	6:45	VB
Pro	Tue	7:30	LF

Advanced ②

C	Tue	8:15	KS
B	Tue	5:15	LF
A	Tue	6:45	LF
Pro	Tue	8:15	LF

Company groups with classes in Jazz, Lyrical/Contemporary, Hip Hop and Technique. Performance and Competition opportunities throughout the year.

Rhinestones & Crystals must enroll in at least one other dance class. Diamonds must enroll in at least four other dance classes and Dance Company at least five other dance classes (Diamonds – must include ballet and jazz; Dance Co must include 2 ballet and jazz) and is Director's invitation only. Ensemble – See Class Description page for more information.

More information and yearly schedules available at the front desk or by email.

Rhinestones (Grades K-3rd)

Fri	4:30-5:15	MH
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Crystals (Grades 3rd-8th)

Fri	5:15-6:15	MH
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Diamonds ②⑤ (Grades 6th-12th)

Wed	6:30-7:30	LF
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Dance Company and Dance Company Pro (Grades 8th-12th) ②⑤

Wed	7:30-9:00	LF
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Ensemble ②⑤ (Grades 7th-12th)

Technique Mon 5:30-6:45 EB
Rehearsals TBD w Choreographer

Dance Teacher Training ⑥

This course will teach dancers how to assist classes and be a great role model for younger dancers.

(Grade 7+)	Tue	4:30	NG
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TA	Tom Alexander
NB	Nickolai Balatsenko
JB	Jennifer Baxter
LB	Linda Boyle
EB	Emma Bradley
VB	Virgina Britton
JoB	Joshua Burnham
LaB	LeeAnn Bushar
MD	McKena Driscoll
LF	Laura Fong
NG	Nikki Gambhir
SG	Slyvern Groomes
JJ	Jessica John
MH	Melissa Hargett
JL	Jamee Lyons
LM	Lisa Mitchell
SP	Stephanie Patterson
CP	Carmen Perez
AS	Alli Smith
KS	Katie Storch
HT	Hilary Tone
KW	Karlynn Williams

Musical Theater

(Grades 3-5)	Mon	4:30	SG
(Grades 6-8)	Mon	5:15	SG
(Grades 9-12)	Mon	6:00	SG

Tap

Beginning/Int

(8-10)	Wed	5:15	TA
	Thur	5:15	TA
(11+)	Wed	8:15	KW

Int I

(9-11)	Wed	4:30	JB
	Thur	6:45	TA
(12+)	Wed	7:30	KW

Int II/III

(10-12)	Tue	4:30	TA
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Int IV/V

(11+)	Tue	8:15	TA
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Int VI/VII

(11+)	Thur	8:15	TA
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Advanced ②

A	Mon	8:15	HT
Pro	Mon	7:30	HT

Leaps, Tricks, Turns/Dance Improvisation ⑥

Int/Adv (12+)	Mon	7:30	SP
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Modern

Beg/Int

(8-12)	Mon	7:30	LaB
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Int

(10-14)	Thurs	7:30	SP
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Adv ②

Mon	8:15	SP
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Adv Pro ②

Mon	6:45	EB
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Notes

- ①All classes are 45 min unless otherwise indicated
- ②Director's approval necessary
- ③This ballet level must be taken at least twice a week (or with a Ballet and Pointe Tech class or another ballet class)
- ④Pre-Pointe is a pre-requisite for Pointe and is in addition to a regular ballet class.
- ⑤Students in this class must also take ballet.
- ⑥No Recital

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