






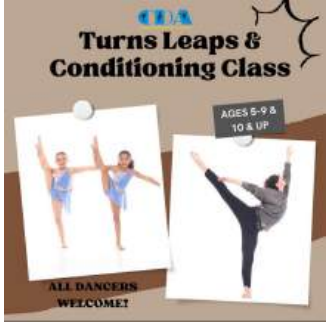





2025 Spring Class Descriptions | April 21st - June 19th

www.DancingCDA.com for class information & online enrollment or call 704-847-7138

1898- B Windsor Square Drive Matthews, North Carolina 28105

	Class Name and Description	Age/Time/Day	Attire
	<p>Magic Kingdom Princess & Prince</p> <ul style="list-style-type: none"> Step into a fairytale with our Magic Kingdom Princess & Prince Dance Class! This class brings the magic of beloved princes/princesses to life through graceful movements, storytelling, and music. 	<p>Mon 4 - 4:45 pm</p>	<p>Come dressed as your favorite princess with ballet shoes or sneakers</p> <p>Bring a water bottle!</p>
	<p>Lyrical</p> <ul style="list-style-type: none"> Immerse yourself in the beauty of movement with our Lyrical Dance class! Blend ballet, jazz, and contemporary dance to tell a story through movement. Dancers will refine technique, musicality, and expression through dynamic choreography. 	<p><u>Ages 6-10</u> Tues 6:30 - 7:15 pm</p> <p><u>Ages 11 & up</u> Tues 7:15 - 8 pm</p>	<p>Normal dance attire</p> <p>Bare feet or foot paws</p> <p>Bring a water bottle!</p>
	<p>My Adult Buddy and Me</p> <ul style="list-style-type: none"> Join our My Adult Buddy & Me Dance Class for a fun, movement-filled experience! Young dancers and their favorite grown-up—parent, grandparent, aunt, uncle, or friend Explore rhythm, creativity, and bonding in a joyful setting. 	<p>Wed 4:30 - 5:15 pm</p>	<p>Either pants and a t-shirt with sneakers or dress up/ballet clothes</p> <p>Bring a water bottle!</p>
	<p>Jumpin' Gymnastics</p> <ul style="list-style-type: none"> Get ready to flip, tumble, and soar in our Jumpin' Gymnastics Class! Designed for energetic movers, this class focuses on building strength, flexibility, coordination, and confidence through fun and engaging gymnastics activities. 	<p><u>Fun Gym (age 2-5)</u></p> <p>Tues 4:15 - 5 pm</p> <hr/> <p>Thurs 4:15 - 5 pm</p>	<p>Ladies- Leotard or tight fitting attire (no loose-fitting clothes)</p> <p>Men- T-Shirt & shorts (no loose-fitting clothes)</p> <p>Bring a water bottle!</p>
	<p>Beginner Teen & Adult Ballet</p> <ul style="list-style-type: none"> Discover the grace of ballet in our Beginner Teen & Adult Ballet class! Ideal for beginners or returning dancers, this class teaches ballet fundamentals while improving strength, flexibility, and posture in a supportive, welcoming environment. 	<p>Thurs 6:45 - 7:30 pm</p>	<p>Fitted dance wear & Ballet shoes</p> <p>Bring a water bottle!</p>

 <p>Turns Leaps & Conditioning Class AGES 5-9 & 10 & UP ALL DANCERS WELCOME!</p>	<p>Turns, Leaps, & Conditioning (TLC)</p> <ul style="list-style-type: none"> • Take your dance technique to the next level with TLC: Turns, Leaps, & Conditioning! • This specialized class focuses on improving strength, flexibility, and control while mastering powerful leaps and precise turns. • Dancers will build endurance and refine their skills through targeted exercises and drills. 	<p><u>Ages 5-9</u> Tues 5 - 5:45 pm</p> <p><u>Ages 10 & up</u> Tues 5:45 - 6:30 pm</p>	<p>Dance attire, Jazz Shoes, Twyla's or Turners</p> <p>Bring a water bottle!</p>
	<p>Contemporary</p> <ul style="list-style-type: none"> • Experience the freedom of movement in our Contemporary Dance Class! • Blending elements of ballet, modern, and jazz, this expressive style emphasizes emotion, and musicality. • Dancers will explore movement, floor work, and improvisation while building strength and artistry. 	<p><u>Ages 6-10</u> Tues 5:45 - 6:30 pm</p> <p><u>Ages 11 & up</u> Adults welcomed! Tues 5 - 5:45 pm</p>	<p>Normal dance attire</p> <p>Bare feet or foot paws</p> <p>Bring a water bottle!</p>
	<p>Hip Hop Dance Class</p> <ul style="list-style-type: none"> • Get ready to move and express yourself! • This high-energy class teaches hip-hop fundamentals, including footwork, rhythm, and freestyle, in a fun and supportive environment. • Open to all levels! come dance, build confidence, and bring the vibes! 	<p><u>Younger</u> Thurs 4:30 - 5:15 pm</p> <p><u>Older</u> Thurs 5:15 - 6 pm</p>	<p>Loose fitting pants or leggings</p> <p>Loose fitting t shirt</p> <p>Sneakers</p> <p>Bring a water bottle!</p>
	<p>Competition Interest Class</p> <ul style="list-style-type: none"> • Our Competition Interest Class is the perfect opportunity to explore what it takes to be a competitive dancer! • This class will introduce dancers to the techniques, styles, and expectations of competition-level training in a supportive and motivating environment. 	<p>May 17th - 9 am</p>	<p>Register Online -</p> <p>Competition Programs are offered ages 5 yrs & up</p>

- **Single Dance Class** – \$99/month
- **Single Gymnastics Class** (no dance class) – \$99/month
- **Each additional dance class** – +\$19/month (1 additional - \$118/month) (2 additional - \$137/month)
- **Add a Gymnastics Class to a Dance Class** – +\$49 (1 dance class + gym class - \$148/month)