



**For more information,
contact Trish Talty at
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Unlimited Classes with Club USA Membership \$65/month - 1st Child - \$60 ea. additional sibling (3 mo. minimum commitment) \$25 Enrollment Fee


Non-Club USA Members (Dance Only Membership) \$85/month - Must sign up with a Club USA Membership Representative (3 mo. minimum commitment) \$25 Enrollment Fee

- ★ Annual Performance Attire, Optional (approx. \$50) Seasonal Performances: December, May & Summer
- ★ **Advanced Dance/ Advanced Tumbling** Additional \$20 per category, Drop-in class fee \$20 per visit
- ★ **Performance Teams** Additional \$15 monthly for each category, additional uniform fees will apply
- ★ **Moms Pops & Tots** \$35/month, \$55 Non-Members 1-class weekly \$25 Enrollment Fee




May 8, 2020 Columbine H.S. Show: "Leap Year 2020"

Ages 3-5 **AM MEMBERSHIP** 1-class daily

- ★ **Dance:** Class styles will vary progressing in technique; Hip-hop Kidz (Hip-Hop); Twinkle Toes (Ballet) Pom Dance (w/pom-poms) All classes will cover technique of ballet and basic tumbling
- ★ **Tumbling:** Gymnastics Kids Vault Bars Beam & Floor exercise tumbling progressions; Cheer Tumble All tumbling skills plus Cheer formations, Jumps and mini pyramids
- ★ **Combination Classes:** Combine the above listed dance or tumbling styles with Fitness Games & obstacle courses.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:30 - 11:15 am Musical Theatre / Gymnastics <i>Maria / Trish</i> 	9:30-10:15 am Gymnastics / Pom Dance <i>Jen</i> 10:30-11:00 am Moms Pop's & Tots <i>Jen</i> 	10:30 -11:15 am Musical Theatre / Gymnastics <i>Maria / Kelly</i> 	9:30-10:15 am Ballet <i>Jill</i> 	10:30 - 11:15 am Cheerleading / Tumble <i>Jen</i> 	9:15-10:00 am Gymnastics & Dance <i>Lilly /Delaney</i> 

- ★ **Tumbling** Whether you wish to be a Gymnast or Cheerleader, tumbling is required! We offer our basic unlimited classes throughout the week to help you achieve these goals! Cartwheels to Flips! Gain Skills, Strength, Speed & Agility. Gymnastics: technique for gymnastics...will include vault, bars, balance beam, and floor exercise. Cheer Tumble will learn stunts, jumps, pyramids
- ★ **Basic Jazz and Pom Dance** will teach basics from Ballet/Jazz required for Pom Dancers and Theatre; we teach technique & progression, leading into your favorite choreography
- ★ **Hip-Hop** Basic Hip-Hop will teach the latest fun styles of dance. We highly recommend basic students take Basic Jazz, along with this Hip-Hop class for best results

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4:00 - 5:00 pm Tumbling - Gymnastic <i>Brittnee / student assist</i> 5:00 - 6:00 pm Basic Jazz Ballet-Jazz-Lyrical-Pop Choreography <i>Meghan / Student Assist</i> 6:00 - 6:45 pm Dance Adv. I Hip-Hop 6:45 - 7:30 pm Dance Adv. II Hip-Hop <i>Jen / Meghan</i> (see Teacher for correct level) 7:30 - 8:30 pm Elite Dance Performance Team <i>Jen / Meghan</i> 	4:00 - 5:00 pm Basic Hip-Hop Choreography <i>Hannah / Student assist</i> 5:00 - 5:45 pm Tumbling - Gymnastics Choreography <i>Hannah/ student assist</i> 5:45 - 6:30 pm Tumbling Level 1 Choreography <i>Trish / Kelly / Hannah</i> 6:30 - 7:15 pm Tumbling Level 2 Choreography 7:15-8:00 pm Tumbling Level 3 Choreography 8 - 8:30 am Wings to Fly Performance Team Tumble <i>Trish / Kelly / Hannah</i>	4:00 -5:15 pm Tumbling Advanced Springs Aerials & Wings <i>Kelly / Brittnee</i> 5:15 - 6:00 pm Dance Adv. I Jazz Ballet-Jazz-Lyrical <i>Meghan / Caitlin</i> (see Teacher for correct level) 6:00 - 7:00 pm Dance Adv. II Jazz Ballet-Jazz-Lyrical <i>Meghan / Caitlin</i> (see Teacher for correct level) 7:00 -8:00 pm Lord of the Dance Irish Soft Shoe into Hard shoe <i>Lexi / Grasya</i>	4:00 - 4:45 pm Sparklers Cheer & Pom <i>Hannah / Brittnee</i> 4:45 - 5:30 pm Firecracker Cheer & Pom Performance Team <i>Hannah / Brittnee</i> 5:30 - 6:30 pm Dynamite Cheer & Pom Performance Team <i>Hannah / Maria</i> 6:30-7:30 pm Tweens & Teens Dance Choreography <i>Lilly / Mikaela</i> 7:30 - 8:30 pm Private	4:00-4:45 pm Pom-Dance Choreography <i>Meghan</i> 4:45-5:30 pm Cheer Tumble Choreography <i>Caitlin</i> 5:30 pm Private lessons or workshops Additional fee 	10:00-11:00 Tumbling-Gymnastics Skill building No Choreography Welcome Basic & Advanced levels <i>Kelly</i> <i>Student Assistant Lilly / Delaney</i>  Dance / Tumbling Private Dance lessons Appointments available 11-1:00 pm *Revised 02-10-20

Advanced Dance

Invite Only Technique class.... Mature Dancers

- ✦ **ADV. Dance Students age 7+ Mon. 7-8pm**
Hip-Hop Dance Choreography
- ✦ **Adv. Dance Jazz-Lyrical Wed. 5:15-6:45pm**
Ballet -Leaps & Turns *Important Technique class

Wednesday Jazz classes will include Ballet/Jazz intensive
Highly recommended with advanced dance membership
*Required for Elite Dancers

Competitor

Dedicated members from each team may audition for our competitive level.
Choreography workshops scheduled
Additional fee: \$75 / 5-hour session
Friday 5:30-8:00 Saturday 11:30-2:00
Additional Rehearsals \$15.00 per session
Competition Fee varies per competition
(\$75-\$100/event) May 3-5th 2020



Advanced Tumbling

Must be Invited

- ✦ **Springs Tue. 6-7pm (audition Only)**
Back Walkovers, Front Limber & Roundoff With Quality
Shoulder Block / Routine
- ✦ **Aerials Tue. 7-8pm (audition Only)**
Consecutive Back-Handsprings & Aerial / Routine
- Springs & Aerials Wednesday 4-5:15pm**
Skill Building Progressions / Stations / No Routine
Highly recommended w/ adv. tumbling membership

*Performance Team: OPEN to new members - Contact Instructor for private audition! Additional \$15/monthly per category

Weekly attendance required! Performances include: Local High School basketball half-time shows, local charity events and in-house competition

Wings to Fly Team: Tuesday 7-8:30 pm Members must be an advanced tumbling Aerial student. **Wings Team Auditions** for new members - will take place throughout classes
Private lessons with coaches Kelly or Hannah

Elite Dance Team: Mondays 7:30-8:30PM: must be an advanced dance student. Required skills consist of isolations, consecutive pas de bourree, inside / outside pirouettes, leaps, jumps, and the ability to memorize choreography and perform with great stage presence!
Private lessons with coaches Meghan or Jen

Cheer & Pom Thursday afternoons, 3- Teams **Dynamites, Firecrackers, Sparklers**. Basic Foundational class required to build skills in Dance as well as tumbling! Hurdle round offs, jumps, pirouettes, flexibility, and a sparkling personality! Required to attend extra dance and tumbling classes per week to improve skills! Sparklers age 4 & up
Auditions available upon request or invite.
Private lessons with coach Hannah

Lord of the Dance: Wednesdays 7-8pm Soft-Shoe Jigs & Reels, moving into hard shoes. New students train with the team drills & skills Wed. 7:15-8pm includes Lord of the Dance Team from 7-8pm
Private lessons may take place with Coaches: Lexi

"How do I recognize great instructors? They're the ones who can identify with each individual student having the patience and passion to teach." Irish Tally

Trish is the Director and Artistic Choreographer for Club USA Dance. As a former world-class gymnast, Trish is a distinguished expert in her field and has become a leader in the youth performance industry. She has created an award-winning dance studio that empowers children to become the best they can be through dance, tumbling and performing arts curriculum. It is her mission to share her passion for the Performing Arts, with as many children as she can reach. For the past two decades, Trish has earned the reputation of providing a quality program, filled with love and compassion. Trish is the mother of two, grandmother of three, and the teacher of thousands!

Kelly brings ten years of experience in competitive gymnastics to our studio. Kelly rejoined the gymnastics world as a coach for both competitive and performance gymnasts. Kelly strives to leave students with the knowledge to grow as a gymnast, while teaching the importance of endurance and strength in both dance and gymnastics.

Hannah has many years of experience at Club USA, as she danced with us from ages 7-13. From Club USA, she competed as a cheerleader in several nation championships. Hannah has been coaching tumbling with us for the past several years, currently coaching our Performance Team Cheer Squads and our advanced tumbling classes.

Jen has been directing & coaching our Elite Dance Team for the past two years. Jen is a Groove Dance Fitness instructor, with years of dance training in Pom-Dance, as well as competitions.

Meghan was recently a varsity Pom dancer for Columbine H.S. She has several years dance experience performing & competing in all styles of dance from ballet, jazz and contemporary.

Caitlin: is currently a competitive gymnast with two years of studying ballet. She has been active with Club USA Dance for the past twelve years, winning several awards including the Broadway Bound Award. Caitlin enjoys teaching, tumbling and dance...although she loves choreography the most!

Brittnee recently graduate from Dakota Ridge High School, working towards a fitness career and thoroughly enjoys this industry. She enjoys teaching other kids about cheer and gymnastics, as this has been her passion since she was three years old. She finished her cheer career as a Summit Champion.

Lexi /Grasyn Lexi is a retired competitive Irish Dancer, who has continued instructing Irish Dance at all levels, including competitive! Grasyn has been dancing with Club USA since a Tiny Tot. She pursued her dream to compete, where she went on to medal in more than 50 Irish competitions! Grasyn has excelled in Irish dance.

Maria Welcome Back Maria 2020! Maria has been teaching dance at Club USA for the past five years. While she has a background in several different styles of dance, her specialties are in Poms and Hip-Hop. Maria was captain of her high school dance team. Her dedication to dance led her to becoming a member of the All-American Travel Dance Team. Maria plans to help our students strengthen their overall dance skill, whether they are trying to make a team or just have fun!