

# Stepper-ette Studios Class Descriptions

## Train with Three Time World Champions!



### Combination Class (Baton/Pom)

- Each class meets for 45 minutes. This includes 10 minutes of stretching and warming up, 35 minutes of work on current dance moves and baton and 15 minutes of pom/dance technique
- Ages 4-Junior High
- Students will be given the opportunity to perform at 6-8 local parades and performances throughout the year and will participate in the Spring Recital in May.
- Our most popular class!!
- Cost is \$54 per month
- Early Bird Discount- 4:15 class is just \$48 per month

### Tumbling

- 30 minute class
- Class for boys and girls!
- Increase flexibility and strength
- Cost is \$44 per month or only \$28 when taken in addition to another class

### Ballet

- 30 minute class
- Dramatically improve strength, control and flexibility
- Proper ballet attire is required (black leotard, pink tights, pink ballet shoes)
- Cost is \$44 per month or only \$28 when taken in addition to another class

### Preschool

- Ages 3 and 4
- 30 minute class
- Includes stretching, dancing, twirling, tumbling and pom pon
- Cost \$44 per month

### Hip Hop

- Learn fun and current dance moves!
- Ages 5 and up
- Boys and Girls
- 30 minute class
- Cost is \$44 per month or \$28 when taken in addition to another class



### Pre-Competition Team

- Baton and Pom Pon
- Ages 5-High School
- 1½ hour class
- Students should have at least 1 or 2 years of experience in combination classes.
- Cost is \$72 per month

### Competition Team

- Students will meet two times per week and will prepare for the next level of competition.
- This new program involves short trips to competitions in our area that might include an overnight stay.
- Students meet for a total of 2½ hours per week
- Cost is \$92.00 per month

### National Team

- Meets 2½ hours per week to prepare for National competition at Notre Dame University
- Performs at the College World Series and additional travel opportunities
- Cost is \$92 per month

### Cheerleading

- Ages 4-High School
- Cost is \$44 per month
- Cheerleaders wear official "Stars" uniform!
- Cheer Coach-Jennifer Palomaki. Jen is the current Papillion LaVista Varsity Cheer Coach and has many years of experience!

### Turns, Leaps and Flexibility

- 30 minute class
- Class includes various turns and leaps and focuses on proper dance technique.
- Cost is \$44 per month or \$28 per month when taking in addition to another class

