Curriculum Progression

You & Me
Walking - 2.5 years old
*Parent/Guardian participation required.

Preschool (3yr) Combo (tap, ballet, tumbling)
3 years old by December 31, 2026.

Preschool (4yr) Combo (tap, ballet, tumbling)
4 years old by December 31, 2026;
Recommendation: 1-2 classes per week.

Optional Add-On Classes:
PreAcroDance
PreHipHop
PrePoms

Kinderdance (tap, ballet, jazz)
Kindergarten dancers or 5 years old by December 31, 2026;
Recommendation: 1-2 classes per week.

Optional Add-On Classes:
PreAcroDance
PreHipHop
PrePoms

Mixed Level I (tap, ballet, jazz)
1st grade or Kindergarteners who have completed 1 year of Kinderdance;
Recommendation: 2-3 classes per week.

Optional Add-On Classes:
AcroDance I
HipHop I
Lyrical I
Musical Theater I
PomsDance

Level I Classes
1st - 3rd Grade (6–8 years old)
All dancers in Level I and above are required to take a minimum of 2 classes per week. Recommendation: 2-4 classes per week.
This policy supports consistent progress, strength development, and overall training success.

Level II Classes
4th - 5th Grade (9-10 years old)
All dancers in Level I and above are required to take a minimum of 2 classes per week. Recommendation: 3-6 classes per week.
This policy supports consistent progress, strength development, and overall training success.

Level III Classes
Middle School (11-13 years old)
All dancers in Level I and above are required to take a minimum of 2 classes per week. Recommendation: 4 or more classes per week.
This policy supports consistent progress, strength development, and overall training success.

Level IV Classes
High School (14+ years old or by invitation only)
All dancers in Level I and above are required to take a minimum of 2 classes per week. Recommendation: 4 or more classes per week.
This policy supports consistent progress, strength development, and overall training success.

SCAN ME

Season 12
2026-2027
ARABESQUE DANCE & FITNESS STUDIO

You & Me

Walking - 3 years old*

**Parent/Guardian participation required.*

Register Now!



Classes

You & Me	Wednesday @ 5:45 pm	30 min.
You & Me	Thursday @ 10:30 am	30 min.

Dress Code

Athletic wear or dance clothing of choice, pink ballet shoes required.
This is a parent-assisted class where a guardian is required to actively participate and help facilitate the learning experience. Adults are encouraged to wear athletic wear with socks or bare feet.

Tuition

Our **Registration Fee** is a $55 charge per dancer per season for enrolling in a dance season. The fee helps cover administrative and setup costs like class placement, communication tools, and registration processing.

Required Number of Weekly Hours: 0.5 (30 min.)
Minimum Monthly Tuition: $39

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Season 12
2026-2027
ARABESQUE DANCE & FITNESS STUDIO



3 year-old Programs

3 years old by December 31st

Register Now!

Classes

Preschool Combo (3yr)	Tap, Ballet, Tumbling	Monday @ 5:00 pm	45 min.
Preschool Combo (3yr)	Tap, Ballet, Tumbling	Tuesday @ 4:00 pm	45 min.
Preschool Combo (3yr)	Tap, Ballet, Tumbling	Friday @ 9:30 am	45 min.
Preschool Combo (3yr)	Tap, Ballet, Tumbling	Saturday @ 9:00 am	45 min.
Music Minis	Explore beats, rhythms and instruments	Thursday @ 11:00 am	30 min.

Dress Code

- Black leotard
- Pink tights
- Tan buckle tap shoes
- Pink ballet shoes
- Elastic waist skirt *(optional)*
- *Hair neat, pulled back & out of face*

Tuition

Our **Registration Fee** is a $55 charge per dancer per season for enrolling in a dance season. The fee helps cover administrative and setup costs like class placement, communication tools, and registration processing.

Required Number of Weekly Hours: 0.75 (45 min.)
Minimum Monthly Tuition: $57

SCAN ME

Season 12
2026-2027
ARABESQUE DANCE & FITNESS STUDIO

4 year-old Programs



4 years old by December 31st

1-2 classes/week recommended

Classes

RECOMMENDED:

Preschool Combo (4yr)	Tap, Ballet, Tumbling	Monday @ 4:15 pm	45 min.
Preschool Combo (4yr)	Tap, Ballet, Tumbling	Tuesday @ 10:15 am	45 min.
Preschool Combo (4yr)	Tap, Ballet, Tumbling	Wednesday @ 4:00 pm	45 min.
Preschool Combo (4yr)	Tap, Ballet, Tumbling	Saturday @ 9:00 am	45 min.

OPTIONAL ADD-ON CLASSES:

Music Minis	Explore beats, rhythms, and instruments	Thursday @ 11:00 am	30 min.
PreAcroDance	Dance Technique w/Acrobatics *Preschool Combo (4yr) RECOMMENDED*	Thursday @ 6:15 pm	45 min.
PreHipHop	Introduction to HipHop/Street Styles	Friday @ 4:00 pm	45 min.
PreHipHop	Introduction to HipHop/Street Styles	Saturday @ 9:45 am	45 min.

SCAN ME

Season 12
2026-2027
ARABESQUE DANCE & FITNESS STUDIO

4 year-old Programs



4 years old by December 31st

1-2 classes/week recommended

Dress Code

Preschool Combo (4yr)

- Black leotard
- Pink tights
- Tan buckle tap shoes
- Pink ballet shoes
- Elastic waist skirt *(optional)*
- *Hair neat, pulled back & out of face*

PreHipHop

- Comfortable clothing/athletic wear *(no crop tops)*
- Black leotard encouraged under athletic wear
- Black or pink *Alexandra* HipHop sneakers

PreAcroDance

- Black leotard
- Jazz shorts
- Tan jazz shoes

Tuition

Our **Registration Fee** is a $55 charge per dancer per season for enrolling in a dance season. The fee helps cover administrative and setup costs like class placement, communication tools, and registration processing.

Required Number of Weekly Hours: 0.75 (45 min.)
Minimum Monthly Tuition: $57

Kinderdance

Kindergarten Dancers or 5 years old by December 31st

1-2 classes/week recommended



Classes

RECOMMENDED:

Kinderdance Combo	Tap, Ballet, Jazz	Monday @ 5:45 pm	1 hour
Kinderdance Combo	Tap, Ballet, Jazz	Wednesday @ 4:45 pm	1 hour
Kinderdance Combo	Tap, Ballet, Jazz	Friday @ 4:45 pm	1 hour
Kinderdance Combo	Tap, Ballet, Jazz	Saturday @ 9:45 am	1 hour

OPTIONAL ADD-ON CLASSES:

PreAcroDance	Dance Technique w/Acrobatics *Kinderdance Combo RECOMMENDED*	Thursday @ 6:15 pm	45 min.
PreHipHop	Introduction to HipHop/Street Styles	Friday @ 4:00 pm	45 min.
PreHipHop	Introduction to HipHop/Street Styles	Saturday @ 9:45 am	45 min.
PomsDance	Cheer & Dance	Saturday @ 11:15 am	45 min.

SCAN ME

Season 12
2026-2027
ARABESQUE DANCE & FITNESS STUDIO

Kinderdance

Kindergarten Dancers or 5 years by December 31st

1-2 classes/week recommended



Dress Code

Kinderdance
- Black leotard
- Pink tights
- Tan buckle tap shoes
- Pink ballet shoes
- Tan jazz shoes
- Jazz shorts *(optional)*
- Elastic waist skirt *(optional)*
- *Hair neat, pulled back & out of face*

PreHipHop
- Comfortable clothing/athletic wear *(no crop tops)*
- Black leotard encouraged under athletic wear
- Black or pink *Alexandra* HipHop sneakers

PreAcroDance
- Black leotard
- Jazz shorts
- Tan jazz shoes

PomsDance
- Black leotard
- Cheer shorts/skirt or athletic shorts
- Solid white dance/cheer sneakers

Tuition

Our **Registration Fee** is a $55 charge per dancer per season for enrolling in a dance season. The fee helps cover administrative and setup costs like class placement, communication tools, and registration processing.

Required Number of Weekly Hours: 1
Minimum Monthly Tuition: $74

Mixed Level

1st grade or completed 1 year of Kinderdance but in Kindergarten (5.5-6 years old)

2-3 classes/week recommended



Classes

RECOMMENDED:

Mixed Level I	Tap, Ballet, Jazz	Friday @ 5:45 pm	1.5 hours
Mixed Level I	Tap, Ballet, Jazz	Saturday @ 10:45 am	1.5 hours

OPTIONAL ADD-ON CLASSES:

AcroDance I	Dance Technique w/Acrobatics *Mixed Level I REQUIRED*	Wednesday @ 4:15 pm	45 min.
HipHop I	Street Dance Styles	Monday @ 6:45 pm	45 min.
HipHop I	Street Dance Styles	Thursday @ 5:30 pm	45 min.
HipHop I	Street Dance Styles	Saturday @ 9:00 am	45 min.
Lyrical I	Ballet & Jazz Techniques w/Storytelling	Tuesday @ 4:45 pm	45 min.
Lyrical I	Ballet & Jazz Techniques w/Storytelling	Wednesday @ 7:00 pm	45 min.
Musical Theater I	Dancing, Singing, & Acting	Tuesday @ 6:00 pm	45 min.
PomsDance	Cheer & Dance	Saturday @ 11:15 am	45 min.

SCAN ME

Season 12
2026-2027
ARABESQUE DANCE & FITNESS STUDIO

Mixed Level

1st grade or completed 1 year of Kinderdance but in Kindergarten (5.5-6 years old)

2-3 classes/week recommended



Dress Code

Mixed Level
- Black leotard
- Pink tights
- Pink ballet shoes
- Tan jazz shoes
- Tan buckle tap shoes
- Jazz shorts *(optional)*
- Elastic waist skirt *(optional)*
- *Hair neat, pulled back & out of face*

HipHop I
- Comfortable clothing/athletic wear *(no crop tops)*
- Black leotard encouraged under athletic wear
- Black or pink *Alexandra* HipHop sneakers

AcroDance I
- Black leotard
- Jazz shorts
- Tan jazz shoes

Lyrical I
- Black leotard
- Jazz shorts or leggings
- Tan half-sole "turners"

PomsDance
- Black leotard
- Cheer shorts/skirt or athletic shorts
- Solid white dance/cheer sneakers

Musical Theater I
- Black leotard
- Jazz shorts
- Tan jazz shoes

Tuition

Our **Registration Fee** is a $55 charge per dancer per season for enrolling in a dance season. The fee helps cover administrative and setup costs like class placement, communication tools, and registration processing.

Required Number of Weekly Hours: 1.5
Minimum Monthly Tuition: $108

Level I

1st - 3rd graders
(6-8 years old)

2 class per week minimum
2-4 classes/week recommended



Classes

RECOMMENDED:

Ballet I	Foundational Techniques	Wednesday @ 5:15 pm	45 min.
Ballet I	Foundational Techniques	Thursday @ 4:15 pm	45 min.
Ballet I	Foundational Techniques	Saturday @ 10:30 am	45 min.
Ballet (Daytime Levels)	Foundational Techniques	Tuesday @ 11:00 am	1 hour
Jazz I	Rhythmic & Expressive Movement	Tuesday @ 5:30 pm	45 min.
Jazz I	Rhythmic & Expressive Movement	Wednesday @ 6:15 pm	45 min.
Jazz I	Rhythmic & Expressive Movement	Saturday @ 9:45 am	45 min.
Jazz (Daytime Levels)	Rhythmic & Expressive Movement	Monday @ 2:30 pm	1 hour

OPTIONAL ADD-ON CLASSES:

AcroDance I	Dance Technique w/Acrobatics *(Ballet I REQUIRED)*	Wednesday @ 4:15 pm	45 min.
AcroDance I/II	Dance Technique w/Acrobatics *(Ballet I REQUIRED)*	Friday @ 4:00 pm	1 hour
Ballroom Fusion I/II	Ballroom & Latin Styles w/Jazz	Saturday @ 1:15 pm	45 min.
HipHop I	Street Dance Styles	Monday @ 6:45 pm	45 min.
HipHop I	Street Dance Styles	Thursday @ 5:30 pm	45 min.
HipHop I	Street Dance Styles	Saturday @ 9:00 am	45 min.
Lyrical I	Ballet & Jazz Techniques w/Storytelling	Tuesday @ 4:45 pm	45 min.
Lyrical I	Ballet & Jazz Techniques w/Storytelling	Wednesday @ 7:00 pm	45 min.
Christian Lyrical	Lyrical techniques w/Christian music & devotional	Saturday @ 12:30 pm	45 min.
Musical Theater I	Dancing, Singing, & Acting	Tuesday @ 6:00 pm	45 min.
PomsDance	Cheer & Dance	Saturday @ 11:15 am	45 min.
Power Tumbling I/II	Tumbling & Advanced Acrobatic Skills *(AcroDance I & Ballet I REQUIRED)*	Friday @ 5:00 pm	45 min.
Tap I	Sounds & Rhythms with Tap Shoes as Percussion	Tuesday @ 6:15 pm	45 min.
Tap I	Sounds & Rhythms with Tap Shoes as Percussion	Thursday @ 5:00 pm	45 min.

SCAN ME

Season 12
2026-2027
ARABESQUE DANCE & FITNESS STUDIO

Level I

1st - 3rd graders
(6-8 years old)

2 class per week minimum
2-4 classes/week recommended



Dress Code

Ballet I
- Black leotard
- Pink tights
- Pink ballet shoes
- *Hair must be in a clean bun*

Jazz I
- Black leotard
- Jazz shorts or leggings
- Tan jazz shoes

Lyrical I
- Black leotard
- Jazz shorts or leggings
- Tan half-sole "turners"

HipHop I
- Comfortable clothing/athletic wear *(no crop tops)*
- Black leotard encouraged under athletic wear
- Black or pink *Alexandra* HipHop sneakers

PomsDance
- Black leotard
- Cheer shorts/skirt or athletic shorts
- Solid white dance/cheer sneakers

AcroDance I
- Black leotard
- Jazz shorts
- Tan jazz shoes

Musical Theater I
- Black leotard
- Jazz shorts
- Tan jazz shoes

Ballroom Fusion I/II
- Black leotard
- Ballroom skirt
- Tan jazz shoes or brown satin ballroom shoes

Tap I
- Black leotard
- Jazz shorts or leggings
- Black lace-up tap shoes

Tuition

Our **Registration Fee** is a $55 charge per dancer per season for enrolling in a dance season. The fee helps cover administrative and setup costs like class placement, communication tools, and registration processing.

Required Number of Weekly Hours: 1.5
Minimum Monthly Tuition: $108

Level II

4th & 5th graders;
(9-10 years old)

2 class per week minimum
3-6 classes/week recommended



Classes

RECOMMENDED:

Ballet II	Foundational Techniques	Wednesday @ 6:00 pm	1 hour
Ballet II	Foundational Techniques	Thursday @ 5:00 pm	1 hour
Ballet II	Foundational Techniques	Saturday @ 11:15 am	1 hour
Ballet (Daytime Levels)	Foundational Techniques	Tuesday @ 11:00 am	1 hour
Jazz II	Rhythmic & Expressive Movement	Wednesday @ 8:00pm	1 hour
Jazz (Daytime Levels)	Rhythmic & Expressive Movement	Monday @ 2:30 pm	1 hour

OPTIONAL ADD-ON CLASSES:

AcroDance II	Dance Technique w/Acrobatics *(Ballet II REQUIRED)*	Wednesday @ 5:00 pm	1 hour
AcroDance I/II	Dance Technique w/Acrobatics *(Ballet II REQUIRED)*	Friday @ 4:00 pm	1 hour
Ballroom Fusion I/II	Ballroom & Latin Styles w/Jazz	Saturday @ 1:15 pm	45 min.
Contemporary II	Combines elements of Modern, Jazz, Lyrical & Ballet	Tuesday @ 6:00 pm	1 hour
HipHop II	Street Dance Styles	Tuesday @ 5:00 pm	1 hour
HipHop II	Street Dance Styles	Wednesday @ 7:00 pm	1hour
Jazz Funk II	HipHop & Jazz Styles *Must be enrolled in 2 other classes (Ballet & Jazz encouraged)*	Tuesday @ 7:00 pm	1 hour
Lyrical II	Ballet & Jazz Techniques w/Storytelling	Saturday @ 12:15 pm	1 hour
Christian Lyrical	Lyrical techniques w/Christian music & devotional	Saturday @ 12:30 pm	45 min.
Musical Theater II	Dancing, Singing, & Acting	Tuesday @ 4:00 pm	1 hour
PomsDance	Cheer & Dance	Saturday @ 11:15 am	45 min.
Power Tumbling I/II	Tumbling & Advanced Acrobatic Skills *(AcroDance I & Ballet I REQUIRED)*	Friday @ 5:00 pm	45 min.
Tap II	Sounds & Rhythms with Tap Shoes as Percussion	Thursday @ 4:00 pm	1 hour

SCAN ME

Season 12
2026-2027
ARABESQUE DANCE & FITNESS STUDIO

Level II

4th & 5th graders;
(9-10 years old)

2 class per week minimum
3-6 classes/week recommended



Dress Code

Ballet II
- Black leotard
- Pink tights
- Pink ballet shoes
- *Hair must be in a clean bun*

Jazz II & Jazz Funk II
- Black leotard
- Jazz shorts or leggings
- Tan jazz shoes

Contemporary II
- Black leotard
- Jazz shorts or leggings
- Tan half-sole "turners"

AcroDance II
- Black leotard
- Jazz shorts
- Tan jazz shoes

Lyrical II
- Black leotard
- Jazz shorts or leggings
- Tan half-sole "turners"

Musical Theater II
- Black leotard
- Jazz shorts
- Tan jazz shoes

Tap II
- Black leotard
- Jazz shorts or leggings
- Black lace-up tap shoes

HipHop II
- Comfortable clothing/athletic wear (no crop tops)
- Black leotard encouraged under athletic wear
- Black or pink *Alexandra* HipHop sneakers

Ballroom Fusion I/II
- Black leotard
- Ballroom skirt
- Tan jazz shoes or brown satin ballroom shoes

PomsDance
- Black leotard
- Cheer shorts/skirt or athletic shorts
- Solid white dance/cheer sneakers

Tuition

Our **Registration Fee** is a $55 charge per dancer per season for enrolling in a dance season. The fee helps cover administrative and setup costs like class placement, communication tools, and registration processing.

Required Number of Weekly Hours: 1.5 - 2
Minimum Monthly Tuition: $108 - $140

Level III

Middle school dancers
(11-13 years old)

2 class per week minimum
4+ classes/week recommended



Classes

RECOMMENDED:

Ballet III	Foundational Techniques	Wednesday @ 3:30 pm	1.25 hours
Ballet III/IV	Foundational Techniques	Thursday @ 2:15 pm	1 hour
Ballet III	Foundational Techniques	Thursday @ 7:15 pm	1.25 hours
Jazz III	Rhythmic & Expressive Movement	Tuesday @ 7:00 pm	1 hour
Jazz (Daytime Levels)	Rhythmic & Expressive Movement	Monday @ 2:30 pm	1 hour

OPTIONAL ADD-ON CLASSES:

AcroDance III	Dance Technique w/Acrobatics *(Ballet III REQUIRED)*	Friday @ 5:45 pm	1 hour
Ballroom Fusion III/IV	Ballroom & Latin Styles w/Jazz	Saturday @ 2:30 pm	1 hour
Contemporary III	Combines elements of Modern, Jazz, Lyrical & Ballet	Tuesday @ 4:00 pm	1 hour
HipHop III	Street Dance Styles	Monday @ 5:30 pm	1 hour
Jazz Funk III	HipHop & Jazz Styles *Must be enrolled in 2 other classes (Ballet & Jazz encouraged)*	Thursday @ 3:30 pm	1 hour
Lyrical III/IV	Ballet & Jazz Techniques w/Storytelling	Tuesday @ 8:00 pm	1 hour
Christian Lyrical	Lyrical techniques w/Christian music & devotional	Saturday @ 12:30 pm	45 min.
Musical Theater III	Dancing, Singing, & Acting	Tuesday @ 5:00 pm	1 hour
PrePointe	Techniques to Prepare for Pointe Shoes *Must be enrolled in minimum 2 ballet classes at ADFS*	Wednesday @ 4:45 pm	30 min.
Pointe for Level III	Ballet on Pointe Shoes *By Invitation Only (contact ADFS if previous experience)*	Thursday @ 8:30 pm	30 min.
Power Tumbling III/IV	Tumbling & Advanced Acrobatic Skills *(AcroDance I & Ballet I REQUIRED)*	Friday @ 7:30 pm	1 hour
Tap III	Sounds & Rhythms with Tap Shoes as Percussion	Monday @ 3:30 pm	1 hour

SCAN ME

Season 12
2026-2027
ARABESQUE DANCE & FITNESS STUDIO

Level III

Middle school dancers
(11-13 years old)

2 class per week minimum
4+ classes/week recommended



Dress Code

Ballet III & PrePointe
- Black leotard
- Pink tights
- Pink ballet shoes
- *Hair must be in a clean bun*

Pointe
- Black leotard
- Pink tights
- Pointe shoes *(approved by Studio Owner)*
- *Hair must be in a clean bun*

Contemporary III
- Black leotard
- Jazz shorts or leggings
- Tan half-sole "turners"

AcroDance III & Power Tumbling III/IV
- Black leotard
- Jazz shorts
- Tan jazz shoes/Bare feet for tumbling

Lyrical III/IV
- Black leotard
- Jazz shorts or leggings
- Tan half-sole "turners"

Musical Theater III
- Black leotard
- Jazz shorts
- Tan jazz shoes

Tap III
- Black leotard
- Jazz shorts or leggings
- Black lace-up tap shoes

HipHop III
- Comfortable clothing/athletic wear (no crop tops)
- Black leotard encouraged under athletic wear
- Black or pink *Alexandra* HipHop sneakers

Ballroom Fusion III/IV
- Black leotard
- Ballroom skirt
- Tan jazz shoes or brown satin ballroom shoes

Jazz III & Jazz Funk III
- Black leotard
- Jazz shorts or leggings
- Tan jazz shoes

Tuition

Our **Registration Fee** is a $55 charge per dancer per season for enrolling in a dance season. The fee helps cover administrative and setup costs like class placement, communication tools, and registration processing.

Required Number of Weekly Hours: 2
Minimum Monthly Tuition: $140

Level IV

High school dancers
(14-18 years old)

2 class per week minimum
4+ classes/week recommended



Classes

RECOMMENDED:

Ballet IV	Foundational Techniques	Wednesday @ 7:30 pm	1.5 hours
Ballet III/IV	Foundational Techniques	Thursday @ 2:15 pm	1 hour
Ballet IV	Foundational Techniques	Friday @ 4:00 pm	1.5 hours
Jazz IV	Rhythmic & Expressive Movement	Thursday @ 4:30 pm	1 hour

OPTIONAL ADD-ON CLASSES:

AcroDance IV	Dance Technique w/Acrobatics *(Ballet IV REQUIRED)*	Wednesday @ 6:00 pm	1 hour
Ballroom Fusion III/IV	Ballroom & Latin Styles w/Jazz	Saturday @ 2:30 pm	1 hour
Contemporary IV	Combines elements of Modern, Jazz, Lyrical & Ballet	Friday @ 5:30 pm	1 hour
HipHop IV	Street Dance Styles	Monday @ 4:30 pm	1 hour
Jazz Funk IV	HipHop & Jazz Styles *Must be enrolled in 2 other classes (Ballet & Jazz encouraged)*	Thursday @ 8:15 pm	1 hour
Lyrical III/IV	Ballet & Jazz Techniques w/Storytelling	Tuesday @ 8:00 pm	1 hour
Musical Theater III	Dancing, Singing, & Acting	Tuesday @ 5:00 pm	1 hour
PrePointe	Techniques to Prepare for Pointe Shoes *Must be enrolled in minimum 2 ballet classes at ADFS*	Wednesday @ 4:45 pm	30 min.
Pointe for Level IV	Ballet on Pointe Shoes *By Invitation Only (contact ADFS if previous experience)*	Wednesday @ 9:00 pm	30 min.
Pointe	(Ballet on Pointe Shoes) *By Invitation Only (contact ADFS if previous experience)*	Friday @ 6:15 pm	45 min.
Power Tumbling III/IV	Tumbling & Advanced Acrobatic Skills *(AcroDance I & Ballet I REQUIRED)*	Friday @ 7:30 pm	1 hour
Tap IV	Sounds & Rhythms with Tap Shoes as Percussion	Monday @ 5:30 pm	1 hour

SCAN ME

Season 12
2026-2027
ARABESQUE DANCE & FITNESS STUDIO

Level IV

High school dancers
(14-18 years old)

2 class per week minimum
4+ classes/week recommended



Dress Code

Ballet IV & PrePointe
- Black leotard
- Pink tights
- Pink ballet shoes
- *Hair must be in a clean bun*

Pointe
- Black leotard
- Pink tights
- Pointe shoes *(approved by Studio Owner)*
- *Hair must be in a clean bun*

Contemporary IV
- Black leotard
- Jazz shorts or leggings
- Tan half-sole "turners"

AcroDance IV & Advanced Acro & Power Tumbling
- Black leotard
- Jazz shorts
- Tan jazz shoes/Bare feet for tumbling

Lyrical III/IV
- Black leotard
- Jazz shorts or leggings
- Tan half-sole "turners"

Musical Theater III
- Black leotard
- Jazz shorts
- Tan jazz shoes

Tap IV
- Black leotard
- Jazz shorts or leggings
- Black lace-up tap shoes

HipHop IV
- Comfortable clothing/athletic wear *(no crop tops)*
- Black leotard encouraged under athletic wear
- Black & white dance sneakers

Ballroom Fusion III/IV
- Black leotard
- Ballroom skirt
- Tan jazz shoes or brown satin ballroom shoes

Jazz IV & Jazz Funk IV
- Black leotard
- Jazz shorts or leggings
- Tan jazz shoes

Tuition

Our **Registration Fee** is a $55 charge per dancer per season for enrolling in a dance season. The fee helps cover administrative and setup costs like class placement, communication tools, and registration processing.

Required Number of Weekly Hours: 2
Minimum Monthly Tuition: $140

Adult Dance



Classes

Join our adult dance classes and move, groove, and get fit in a fun, supportive environment—no experience necessary! Whether you're reigniting an old passion or trying something new, we've got a class for you. Come dance it out with us… you deserve it!

Adult Tap (Beg./Int.)	Sounds & Rhythms with Tap Shoes as Percussion	Monday @ 7:30 pm	45 min.
Adult Tap (Int./Adv.)	Sounds & Rhythms with Tap Shoes as Percussion	Monday @ 8:15 pm	45 min.
Adult Musical Theater	Singing, Dancing, and Acting	Tuesday @ 7:15 pm	45 min.
Adult Ballet	Foundational Techniques	Tuesday @ 8:00 pm	1 hour
Adult Hip Hop	Street Dance Styles	Thursday @ 7:45 pm	45 min.
Adult Jazz	Rhythmic & Expressive Movement	Thursday @ 8:30 pm	1 hour

Dress Code

We encourage adult participants to dress to their comfort level with the footwear for the style of dance; pink/black canvas ballet shoes, black jazz shoes, black hip hop high tops or black and white sneakers of choice, and black lace-up tap shoes. All shoes are available at ADFS for purchase. Dance clothes are welcome, but most adult participants wear athletic wear for dance classes.

Pricing

Adults have the option to enroll for a class ($30 per month per class) or drop-in for $12 per class or using a punch card for a discounted rate. You may view Punch Card options from the "Punch" menu in Studio Pro. All cards expire 365 days after purchase.

10 Adult Dance/Fitness Classes Card	$100
20 Adult Dance/Fitness Classes Card	$160
50 Adult Dance/Fitness Classes Card	$250

SCAN ME

Season 12
2026-2027
ARABESQUE DANCE & FITNESS STUDIO

Adult Fitness



Classes

From beginners to seasoned pros, our fitness classes are designed for all levels. Build strength, boost endurance, and have fun in a supportive, energizing environment. Come as you are… everyone's welcome!

Weight Training with Jill	Total Body Strengthening	Monday @ 6:00 am	45 min.
Stretch with Jill	Improve Flexibility & Range of Motion	Tuesday @ 9:30 am	45 min.
Barre Fitness with Kirsten	Low-impact, Full-body Workout blending Ballet, Yoga & Pilates	Wednesday @ 9:30 am	45 min.
Weight Training with Serena	Total Body Strengthening	Thursday @ 9:30 am	45 min.
Yoga with Tiffané	Breath Control, Flexibility, Strength, & Relaxation	Friday @ 8:00 am	1 hour
Circuit Training with Jill	Combines Strength & Cardio	Friday @ 9:30 am	45 min.
Circuit Training with Serena	Combines Strength & Cardio	Saturday @ 8:00 am	45 min.
Yoga with Tiffané	Breath Control, Flexibility, Strength, & Relaxation	Sunday @ 9:00 am	1 hour

Dress Code

Please wear athletic attire and sneakers. Dress comfortably so you can move with ease.

Pricing

Adults have the option to enroll for a class ($30 per month per class) or drop-in for $12 per class or using a punch card for a discounted rate. You may view Punch Card options from the "Punch" menu in *Studio Pro.* All cards expire 365 days after purchase.

10 Adult Dance/Fitness Classes Card	$100
20 Adult Dance/Fitness Classes Card	$160
50 Adult Dance/Fitness Classes Card	$250

SCAN ME

Season 12
2026-2027
ARABESQUE DANCE & FITNESS STUDIO

Class Tuition



Please Note: We have a $55 registration fee charge per dancer per season for enrolling in a dance season. The fee helps cover administrative and setup costs like class placement, communication tools, and registration processing.

Auto-Payment Processed on the 25th

Total Weekly Class Time	Monthly Tuition
0 hrs 30 min	$39.00
0 hrs 45 min	$57.00
1 hr 0 min	$74.00
1 hr 15 min	$91.25
1 hr 30 min	$108.00
1 hr 45 min	$124.25
2 hr 0 min	$140.00
2 hr 30 min	$170.00
3 hr 0 min	$198.00
3 hr 30 min	$224.00
4 hr 0 min	$248.00

Total Weekly Class Time	Monthly Tuition
4 hr 30 min	$270.00
5 hr 0 min	$290.00
5 hr 30 min	$308.00
6 hr 0 min	$324.00
6 hr 30 min	$338.00
7 hr 0 min	$350.00
7 hr 30 min	$360.00
8 hr 0 min	$368.00
8 hr 30 min	$374.00
9 hr 0 min	$378.00
9 hr 30 min	$380.00

SCAN ME

Season 12
2026-2027
ARABESQUE DANCE & FITNESS STUDIO