



overdrive  
**DANCE FORCE**

## **Festival Team 2024-2025 Dance Schedule**

**Registration opens May 1, 2024**

**First week of classes start September 9, 2024**

### **What is the festival team?**

Join our festival dance team and unleash your potential! Our program is open to all ages and skill levels, from 7-year-olds to adults. Our classes run from September to the end of May, with a recital in June to showcase all the hard work our dancers have put in.

The dance team will compete in 3-4 festivals starting in April, providing an opportunity for the dancers to showcase their skills and talents to a wider audience. Through the festivals, the dancers will have the opportunity to challenge themselves, grow in their skills, and gain valuable performance experience.

In addition to preparing for competitions, the festival dance team will also focus on learning technical skills in a positive and welcoming environment. The team will work together to build a supportive community, where dancers can feel free to express themselves and develop their skills in a fun and safe space.

Overall, the festival dance team provides an excellent opportunity for individuals to pursue their passion for dance, connect with like-minded individuals, and grow as dancers in a supportive and encouraging environment.

### **What is our boundless program?**

Boundless dance is a weekly inclusive dance program for people of various abilities. The program encourages students to explore their own body and self image through various styles of dance with a focus on Hip Hop. It is a great opportunity for dancers to develop new friendships and confidence. Dancers will have a chance to share their love of dance at the year end recital to showcase their hard work.

**Beginner (0-3 years) ages 7-9**

<b>Genre</b>	<b>Requirements</b>	<b>Day</b>	<b>Time</b>
Jazz		Monday	6:00-7:00
Jazz		Saturday	10:00-11:00
Jazz	Ballet	Wednesday	5:30-6:30
Ballet		Wednesday	4:30-5:30
Lyrical	Ballet or Jazz	Saturday	11:00-12:00
Lyrical	Ballet or Jazz	Thursday	5:30-6:30
Tap		Thursday	6:30-7:30
Hip Hop		Monday	7:00-8:00
Hip Hop		Saturday	11:00-12:00
Musical Theatre	Jazz	Monday	6:00-7:00
Musical Theatre	Jazz	Tuesday	4:30-5:30
Acro (no comp)		Thursday	4:30-5:30

**Beginner (0-3 years) ages 9-11**

<b>Genre</b>	<b>Requirements</b>	<b>Day</b>	<b>Time</b>
Jazz		Thursday	6:30-7:30
Ballet		Tuesday	6:30-7:30
Lyrical	Ballet or Jazz	Tuesday	5:30-6:30
Hip Hop		Thursday	5:30-6:30
Musical Theatre	Jazz	Monday	6:00-7:00
Musical Theatre	Jazz	Tuesday	4:30-5:30

**Beginner (0-3 years) ages 12+**

<b>Genre</b>	<b>Requirements</b>	<b>Day</b>	<b>Time</b>
Teen jazz/lyrical		Tuesday	7:00-8:30
Teen Hip Hop		Wednesday	7:30-8:30
Musical Theatre	Jazz	Monday	6:00-7:00
Musical Theatre	Jazz	Tuesday	4:30-5:30

### Novice (2-3 years) ages 9-10

Genre	Requirements	Day	Time
Jazz		Tuesday	6:30-7:30
Jazz	Ballet	Thursday	4:30-5:30
Ballet		Thursday	5:30-6:30
Lyrical	Ballet or Jazz	Tuesday	5:30-6:30
Tap		Wednesday	4:30-5:30
Hip Hop		Wednesday	5:30-6:30
Acro (no comp)		Thursday	4:30-5:30
Musical Theatre	Jazz	Monday	6:00-7:00
Musical Theatre	Jazz	Tuesday	4:30-5:30
Contemporary	Ballet and Jazz	Monday	5:00-6:00

### Junior (3-5 years) ages 11-12

Genre	Requirements	Day	Time
Jazz		Monday	7:00-8:00
Jazz	Ballet	Tuesday	5:30-7:00
Ballet		Wednesday	6:30-7:45
Lyrical	Ballet or Jazz	Monday	6:00-7:00
Lyrical	Ballet and Jazz	Tuesday	4:30-5:30
Tap		Wednesday	5:30-6:30
Hip Hop		Thursday	6:30-7:30
Acro (no comp)		Thursday	4:30-5:30
Musical Theatre	Jazz	Monday	6:00-7:00
Musical Theatre	Jazz	Tuesday	4:30-5:30
Contemporary	Ballet and Jazz	Monday	5:00-6:00
Jumps and Turns	Jazz	Thursday	7:30-8:30

### Elementary (5-7 years) ages 13+

Genre	Requirements	Day	Time
Jazz		Monday	5:00-6:00
Jazz choreo	Ballet and Jazz Tech	Wednesday	6:30-7:30
Jazz Tech	Ballet and Jazz Choreo	Friday	6:45-8:00
Ballet		Wednesday	7:45-9:15
Lyrical	Ballet or Jazz	Monday	6:00-7:00
Lyrical	Ballet and Jazz Tech	Thursday	5:30-6:30
Tap		Tuesday	8:30-9:30
Hip Hop		Tuesday	7:30-8:30
Musical Theatre	Jazz	Monday	6:00-7:00
Musical Theatre	Jazz	Tuesday	4:30-5:30
Contemporary	Ballet and Jazz	Thursday	6:30-7:30
Jumps and Turns	Jazz	Thursday	7:30-8:30

### Intermediate (2-4 years training) ages 13+

Genre	Requirements	Day	Time
Jazz/Lyrical Combo		Monday	8:00-9:30
Ballet		Thursday	7:30-8:30
Tap		Tuesday	7:30-8:30
Hip Hop		Tuesday	8:30-9:30
Contemporary	Ballet and Jazz	Monday	5:00-6:00
Musical Theatre	Jazz	Monday	6:00-7:00

**Senior (7+ years training) ages 15+**

<b>Genre</b>	<b>Requirements</b>	<b>Day</b>	<b>Time</b>
Jazz Tech	Ballet	Friday	8:00-9:15
Jazz Choreo	Ballet and Jazz tech	Friday	7:00-8:00
Ballet		Thursday	7:30-9:00
Pre-pointe/pointe		Thursday	9:00-9:30
Lyrical	Ballet and Jazz Tech	Monday	7:00-8:00
Tap		Tuesday	7:30-8:30
Hip Hop		Tuesday	8:30-9:30
Musical Theatre	Jazz	Monday	6:00-7:00
Contemporary	Ballet and Jazz	Thursday	6:30-7:30
Jumps and Turns	Jazz	Monday	8:00-9:00

**Lines- (every second week)**

<b>Genre</b>	<b>Requirements</b>	<b>Day</b>	<b>Time</b>
Tap Line	Tap	Friday	5:45-6:45
Jazz Line	Ballet and Jazz	Friday	5:45-6:45

**Boundless**

<b>Ages</b>	<b>Day</b>	<b>Time</b>
Ages 7-16	Friday	5:00-6:00
Ages 16+	Friday	6:00-7:00

**Adults (ages 18+)**

<b>Genre</b>	<b>Level</b>	<b>Day</b>	<b>Time</b>
Tap (no comp)	Beginner	Tuesday	8:30-9:30
Tap	Intermediate	Monday	7:00-8:00
Hip Hop	Beginner/Junior	Thursday	7:30-8:30
Hip Hop	Intermediate	Thursday	8:30-9:30