

# Recreational Dance



Fall 2026-2027

Updated

Progressive Dance Class Schedule: Classes begin September 14, 2026

Progressive dance classes are to be attended once per week culminating in a dance performance to be held in June.

Class enrollment after Dance Recital registration deadline upon Director approval only.

You & Me Age 2 (must be 2yrs by 10/1/2026)					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
11:15-11:45 Mommy and Me Miss Kayla	10:30 - 11:00 Dance With Me (2) Miss Stephanie				
Age 3 years (must be 3yrs by 10/1/2026)					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:30-5:00 Mini Movers (3) Miss Annette	9:30-10:00 Mini Movers (2) Miss Stephanie	4:30-5:00 Mini Movers (2) Miss Diana			9:15-9:45 Mini Movers Miss Annette
Ages 4/5 years (must be 4yrs by 10/1/2026)					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30-6:15 Tap (2) Miss Annette	4:30-5:15 Tap (2) Miss Annette	4:30-5:15 Jazz (4) Miss Nilza	4:30-5:15 (2) Intro Musical Theatre Miss Tara		10:15-11:00 Ballet (3) Miss Kayla
		5:30-6:15 Ballet (2) Miss Diana			11:00 - 11:45 Tap (2) Miss Annette
Ages 6/8 years (must be 6yrs by 10/1/2026)					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:30-5:15 Ballet Miss Maryann	5:30-6:15 Tap (2) Miss Annette	5:30-6:15 Jazz (4) Miss Nilza	4:30-5:15 (2) Intro Musical Theatre Miss Tara		9:15-10:00 Ballet (4) Miss Kayla
5:30-6:15 Hip Hop (3) Miss Seraphina		6:30-7:15 Bollywood (2) Miaa Nisha	5:30-7:00 Musical Theatre Fee Based-Miss Tara		10:00-10:45 Tap (2) Miss Annette
			6:15-7:00 Hip-Hop Miss Evelyn		10:00-10:45 Contemporary (4) Miss Kate
Ages 8/12 years (must be 8yrs by 10/1/2026)					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:30-5:15 Hip Hop (2) Miss Seraphina	4:30-5:15 Ballet Miss Maryann	6:30-7:15 Jazz (4) Miss Nilza	4:30-5:15 (2) Intro Musical Theatre Miss Tara		11:00-11:45 Contemporary (4) Miss Kate
6:15-7:00 Modern Miss Kayla	6:30-7:15 Tap (2) Miss Annette	6:30-7:15 Bollywood (2) Miss Nisha	5:30-7:00 Musical Theatre Fee Based-Miss Tara		12:00-2:00 Performance Level Invite Only
			6:45-7:30 Jazz Miss Kate		
Ages 12 to adult - Must Register Weekly via HQApp (must be 12yrs by 10/1/2026)					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30-7:30 Tap (2) Miss Annette	5:30-7:00 Int/Adv Ballet (4) Miss Maryann	10:00-11:00 Tap (2) Miss Annette	10:30-12:00 Int Ballet (4) Miss Maryann	10:30-11:30 Bollywood Miss Nisha	

## 2026-2027 Calendar

Sept 14th	First day of classes	January 18th	No classes MLK day
Fri Oct 31st	* No Classes after 12:00 noon	February 12-15	No classes Presidents weekend
Wed Nov 25th	No Classes after 12:00 noon	March 26th-April 3	No classes Spring Break

Thanksgiving	No Classes	Nov 26-29	May 28th-31st	No classes	Memorial weekend
Winter Break	No Classes	Dec 24-Jan 1	<b>June 11th</b>	Last day of classes	



## Dance Attire

### *Proper attire is Required*

#### Mini Movers (3yrs) / Dance with Me (2yrs)

Comfortable clothing the dancer can move and stretch in (no dresses, skirts, jeans) sneakers or bare feet. Dance attire may also be worn.

#### \*Tap/Jazz

**Girls:** Leotard, pink or tan footed tight, dance shorts may be worn, black tap shoes, either tan jazz or pink ballet shoes, hair must be pulled back off face and neck.

**Boys:** White t shirt, black sweat pants or tights, black tap shoes.

#### Ballet

**Girls:** Leotard, pink footed tights, pink ballet shoes, dance shorts and dance skirts may be worn. Hair in a bun.

**Boys:** White t shirt, black sweat pants or tights, black ballet shoes.

#### Baton

Comfortable clothing the dancer can move and stretch in (no dresses, skirts, jeans) Sneakers required (no flip flops, sandals, crocs or bare feet).

**Baton is required**

#### Contemporary Dance

**Girls:** Leotard, pink or tan stirrup tight, dance shorts may be worn, tan pirouette shoes, hair must be pulled back off face and neck.

**Boys:** White t shirt, black sweat pants or tights, black jazz shoes.

#### Jazz

**Girls:** Leotard, pink or tan footed tight, dance shorts may be worn, tan jazz shoes, hair must be pulled back off face and neck.

**Boys:** White t shirt, black sweat pants or tights, black jazz shoes.

#### Kids Jam (Dance based exercise class)

Comfortable clothing the dancer can move and stretch in (no dresses, skirts, jeans) Sneakers required (no flip flops, sandals, crocs or bare feet).

#### Tap

**Girls:** Leotard, pink or tan footed tight, dance shorts may be worn, black tap shoes, hair must be pulled back off face and neck.

**Boys:** White t shirt, black sweat pants or tights, black tap shoes.

2025/2026



## ***QDynamics Dance Company***

QDynamics Dance Company is HealthQuest's Elite, competitive dance training program for dancers who want to take their dancing to the next level. Our dancers train intensely year round and compete regionally as well as nationally.

### **Petites level 1/2**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

### **Junior level 2/3**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

### **Teen level 3/4**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY