



[www.dancer-strong.com](http://www.dancer-strong.com)  
**Fall 2022/Spring 2023 Class Schedule**  
 August 15, 2022 - May 25, 2023

214-491-6141  
 192 Industrial Blvd Suite 103  
 McKinney, TX 75069

SCHEDULE SUBJECT TO CHANGE

| Time     | Monday                       |                            |                              |                            | Tuesday                       |                                     |                               |                          | Wednesday                    |                              |                              |                            |
|----------|------------------------------|----------------------------|------------------------------|----------------------------|-------------------------------|-------------------------------------|-------------------------------|--------------------------|------------------------------|------------------------------|------------------------------|----------------------------|
|          | Studio 1                     | Studio 2                   | Studio 3                     | Studio 4                   | Studio 1                      | Studio 2                            | Studio 3                      | Studio 4                 | Studio 1                     | Studio 2                     | Studio 3                     | Studio 4                   |
| 9:00 AM  |                              |                            |                              |                            |                               |                                     |                               |                          |                              |                              |                              |                            |
| 9:15 AM  |                              |                            |                              |                            |                               |                                     |                               |                          |                              |                              |                              |                            |
| 9:30 AM  |                              |                            |                              |                            |                               |                                     |                               |                          |                              |                              |                              |                            |
| 9:45 AM  |                              |                            |                              |                            |                               |                                     |                               |                          |                              |                              |                              |                            |
| 10:00 AM |                              |                            |                              |                            |                               |                                     |                               |                          |                              |                              |                              |                            |
| 10:15 AM |                              |                            |                              |                            |                               |                                     |                               |                          |                              |                              |                              |                            |
| 10:30 AM |                              |                            |                              |                            |                               |                                     |                               |                          |                              |                              |                              |                            |
| 10:45 AM |                              |                            |                              |                            |                               |                                     |                               |                          |                              |                              |                              |                            |
| 11:00 AM |                              |                            |                              |                            |                               |                                     |                               |                          |                              |                              |                              |                            |
| 11:15 AM |                              |                            |                              |                            |                               |                                     |                               |                          |                              |                              |                              |                            |
| 11:30 AM |                              |                            |                              |                            |                               |                                     |                               |                          |                              |                              |                              |                            |
| 11:45 AM |                              |                            |                              |                            |                               |                                     |                               |                          |                              |                              |                              |                            |
| 12:00 PM |                              |                            |                              |                            |                               |                                     |                               |                          |                              |                              |                              |                            |
| 12:30 PM |                              |                            |                              |                            |                               |                                     |                               |                          |                              |                              |                              |                            |
| 1:00 PM  |                              |                            |                              |                            |                               |                                     |                               |                          |                              |                              |                              |                            |
| 1:30 PM  |                              |                            |                              |                            |                               |                                     |                               |                          |                              |                              |                              |                            |
| 2:00 PM  |                              |                            |                              |                            |                               |                                     |                               |                          |                              |                              |                              |                            |
| 2:15 PM  |                              |                            |                              |                            |                               |                                     |                               |                          |                              |                              |                              |                            |
| 2:30 PM  |                              |                            |                              |                            |                               |                                     |                               |                          |                              |                              |                              |                            |
| 2:45 PM  |                              |                            |                              |                            |                               |                                     |                               |                          |                              |                              |                              |                            |
| 3:00 PM  |                              |                            |                              |                            |                               |                                     |                               |                          |                              |                              |                              |                            |
| 3:15 PM  |                              |                            |                              |                            |                               |                                     |                               |                          |                              |                              |                              |                            |
| 3:30 PM  |                              |                            |                              |                            |                               |                                     |                               |                          |                              |                              |                              |                            |
| 3:45 PM  |                              |                            |                              |                            |                               |                                     |                               |                          |                              |                              |                              |                            |
| 4:00 PM  |                              |                            |                              |                            |                               |                                     |                               |                          |                              |                              |                              |                            |
| 4:15 PM  |                              |                            |                              |                            |                               |                                     |                               |                          |                              |                              |                              |                            |
| 4:30 PM  | CREATIVE MOVEMENT TW         | BALLET 1A 4:30-5:30 AL     | PRIMARY ACRO 4:45-5:30 GD    | BALLET 1B 4:30-5:30 CM     | PRE-DANCE COMBO 4:30-5:30 TW  |                                     | PRIMARY TAP 4:45-5:30 CM      | TC 1&2 4:30-5:30 WW      | CREATIVE MOVEMENT TW         | BALLET 1A 4:30-5:30 AL       |                              | BALLET 1B 4:30-5:30 CM     |
| 4:45 PM  |                              |                            |                              |                            |                               |                                     |                               |                          |                              |                              |                              |                            |
| 5:00 PM  | PRE-DANCE COMBO 5:00-6:00 TW |                            | PRIMARY HIP HOP 5:30-6:15 MT | ACRO 3 5:30-6:30 GD        | PRIMARY 1 BALLET 5:30-6:16 TW | BOYS ONLY HIP HOP 7-10 5:30-6:30 MT | PRIMARY 2 BALLET 5:30-6:15 CM | LYRICAL 1&2 5:30-6:30 WW | PRE-DANCE COMBO 5:00-6:00 TW | JAZZ 1 5:30-6:30 SM          | PRIMARY LYRICAL 5:30-6:15 JM | TAP 3 5:30-6:30 CM         |
| 5:15 PM  |                              |                            |                              |                            |                               |                                     |                               |                          |                              |                              |                              |                            |
| 5:30 PM  |                              |                            |                              |                            |                               |                                     |                               |                          |                              |                              |                              |                            |
| 5:45 PM  |                              | TAP 1 5:30-6:30 CM         |                              |                            |                               |                                     |                               |                          |                              |                              |                              |                            |
| 6:00 PM  |                              |                            |                              |                            |                               |                                     |                               |                          |                              |                              |                              |                            |
| 6:15 PM  | BALLET 2 6:00-7:00 TW        |                            |                              |                            |                               |                                     |                               |                          |                              |                              |                              |                            |
| 6:30 PM  |                              | ADULT YOGA 6:30-7:30 GD    |                              | HIP HOP 3/4/5 6:30-7:30 MT | BALLET 3 6:15-7:15 CM         | BOYS ONLY HIP HOP 10+ 6:30-7:30 MT  | BALLET 4/5 6:15-7:15 MB       |                          | BALLET 2 6:30-7:30 TW        | ADULT TAP 6:30-7:30 CM       |                              | CONTEMP 3/4/5 6:30-7:30 SM |
| 6:45 PM  |                              |                            |                              |                            |                               |                                     |                               |                          |                              |                              |                              |                            |
| 7:00 PM  |                              |                            |                              |                            |                               |                                     |                               |                          | ADULT JAZZ 6:45-7:45 WW      |                              |                              |                            |
| 7:15 PM  | TAP 2 7:00-8:00 CM           |                            |                              |                            | POINT 1 7:15-7:45 CM          |                                     | POINT 2/3 7:15-7:45 MB        |                          |                              |                              |                              |                            |
| 7:30 PM  |                              |                            |                              |                            |                               |                                     |                               |                          |                              |                              |                              |                            |
| 7:45 PM  |                              | ADULT HIP HOP 7:30-8:30 MT |                              | ACRO 4/5 7:30-8:30 GD      |                               | ADULT BALLET 7:45-8:45 MB           |                               | JAZZ 3/4/5 7:45-8:45 WW  | JAZZ 2 7:30-8:30 SM          | ADULT BOLLYWOOD 7:30-8:15 MM |                              | TAP 4/5 7:30-8:30 CM       |
| 8:00 PM  |                              |                            |                              |                            |                               |                                     |                               |                          |                              |                              |                              |                            |
| 8:15 PM  |                              |                            |                              |                            |                               |                                     |                               |                          |                              |                              |                              |                            |
| 8:30 PM  |                              |                            |                              |                            |                               |                                     |                               |                          |                              |                              |                              |                            |
| 8:45 PM  |                              |                            |                              |                            |                               |                                     |                               |                          |                              |                              |                              |                            |
| 9:00 PM  |                              |                            |                              |                            |                               |                                     |                               |                          |                              |                              |                              |                            |
| 9:15 PM  |                              |                            |                              |                            |                               |                                     |                               |                          |                              |                              |                              |                            |
| 9:30 PM  |                              |                            |                              |                            |                               |                                     |                               |                          |                              |                              |                              |                            |
| 9:45 PM  |                              |                            |                              |                            |                               |                                     |                               |                          |                              |                              |                              |                            |
| 10:00 PM |                              |                            |                              |                            |                               |                                     |                               |                          |                              |                              |                              |                            |

| DescriPTION   | Minimum Age    | DescriPTION           | Minimum Age     | DescriPTION             | Minimum Age     |
|---|----------------|-----------------------|-----------------|-------------------------|-----------------|
| Creative Movement   | 2 - 3 years    | Level 1               | 7 years and up  | Level 4                 | 13 years and up |
| Pre-Dance   | 3 - 4 years    | Level 2               | 10 years and up | Adult                   | 18 years and up |
| Primary   | 5 years and up | Level 3               | 13 years and up |                         |                 |
| (P) - PRODUCTION CLASS                                      |                | (T) - TECHNIQUE CLASS |                 | (S) - SPECIALTY CLASS   |                 |
| (A) - ACADEMY AT DS CLASSES - MAY INCLUDE ADD'L SUPPLY FEES |                |                       |                 | (C) - COMPANY REHEARSAL |                 |



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Fall 2022/Spring 2023 Class Schedule

August 15, 2022 - May 25, 2023

214-491-6141

192 Industrial Blvd Suite 103

McKinney, TX 75069

SCHEDULE SUBJECT TO CHANGE

| Time     | Thursday                               |                                    |  |                             | Friday   |                                |         |          | Saturday                         |                                     |                                     |                                     |
|----------|--|------------------------------------|--|-----------------------------|----------|--------------------------------|---------|----------|----------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|
|          | Studio 1                               | Studio 2                           | Studio3                                | Studio 4                    | Studio 1 | Studio 2                       | Studio3 | Studio 4 | Studio 1                         | Studio 2                            | Studio3                             | Studio 4                            |
| 9:00 AM  |  |                                    |  |                             |          |                                |         |          |                                  |                                     |                                     |                                     |
| 9:15 AM  |  |                                    |  |                             |          |                                |         |          |                                  |                                     |                                     | TC 3/4/5<br>9:00-10:00              |
| 9:30 AM  |  |                                    |  |                             |          |                                |         |          |                                  |                                     |                                     |                                     |
| 9:45 AM  |  |                                    |  |                             |          |                                |         |          |                                  |                                     |                                     |                                     |
| 10:00 AM |  |                                    |  |                             |          |                                |         |          |                                  |                                     |                                     |                                     |
| 10:15 AM |  |                                    |  |                             |          |                                |         |          | CREW<br>REHEARSAL<br>10:00-11:00 | COMPANY<br>REHEARSAL<br>10:00-11:00 | COMPANY<br>REHEARSAL<br>10:00-11:00 | COMPANY<br>REHEARSAL<br>10:00-11:00 |
| 10:30 AM |  |                                    |  |                             |          |                                |         |          |                                  |                                     |                                     |                                     |
| 10:45 AM |  |                                    |  |                             |          |                                |         |          |                                  |                                     |                                     |                                     |
| 11:00 AM |  |                                    |  |                             |          |                                |         |          |                                  |                                     |                                     |                                     |
| 11:15 AM |  |                                    |  |                             |          |                                |         |          | CREW<br>REHEARSAL<br>10:00-11:00 | COMPANY<br>REHEARSAL<br>11:00-12:00 | COMPANY<br>REHEARSAL<br>11:00-12:00 | COMPANY<br>REHEARSAL<br>11:00-12:00 |
| 11:30 AM |  |                                    |  |                             |          |                                |         |          |                                  |                                     |                                     |                                     |
| 11:45 AM |  |                                    |  |                             |          |                                |         |          |                                  |                                     |                                     |                                     |
| 12:00 PM |  |                                    |  |                             |          |                                |         |          |                                  |                                     |                                     |                                     |
| 12:30 PM |  |                                    |  |                             |          |                                |         |          |                                  |                                     |                                     |                                     |
| 1:00 PM  |  |                                    |  |                             |          |                                |         |          |                                  |                                     |                                     |                                     |
| 1:30 PM  |  |                                    |  |                             |          |                                |         |          |                                  |                                     |                                     |                                     |
| 2:00 PM  |  |                                    |  |                             |          |                                |         |          |                                  |                                     |                                     |                                     |
| 2:15 PM  |  |                                    |  |                             |          |                                |         |          |                                  |                                     |                                     |                                     |
| 2:30 PM  |  |                                    |  |                             |          |                                |         |          |                                  |                                     |                                     |                                     |
| 2:45 PM  |  |                                    |  |                             |          |                                |         |          |                                  |                                     |                                     |                                     |
| 3:00 PM  |  |                                    |  |                             |          |                                |         |          |                                  |                                     |                                     |                                     |
| 3:15 PM  |  |                                    |  |                             |          |                                |         |          |                                  |                                     |                                     |                                     |
| 3:30 PM  |  |                                    |  |                             |          |                                |         |          |                                  |                                     |                                     |                                     |
| 3:45 PM  |  |                                    |  |                             |          |                                |         |          |                                  |                                     |                                     |                                     |
| 4:00 PM  |  |                                    |  |                             |          |                                |         |          |                                  |                                     |                                     |                                     |
| 4:15 PM  |  |                                    |  |                             |          |                                |         |          |                                  |                                     |                                     |                                     |
| 4:30 PM  |  |                                    |  |                             |          |                                |         |          |                                  |                                     |                                     |                                     |
| 4:45 PM  | PRE-DANCE<br>COMBO<br>4:30-5:30<br>TW  | PRIMARY<br>JAZZ<br>4:45-5:30<br>CM |  | ACRO 1<br>4:30-5:30<br>GD   |          | PETITE<br>COMPANY<br>REHEARSAL |         |          |                                  |                                     |                                     |                                     |
| 5:00 PM  |  |                                    |  |                             |          |                                |         |          |                                  |                                     |                                     |                                     |
| 5:15 PM  |  |                                    |  |                             |          |                                |         |          |                                  |                                     |                                     |                                     |
| 5:30 PM  | PRIMARY 1<br>BALLET<br>5:30-6:15<br>TW | HIP HOP 1<br>5:30-6:30<br>MT       | PRIMARY 2<br>BALLET<br>5:30-6:15<br>CM | ACRO 2<br>5:30-6:30<br>GD   |          |                                |         |          |                                  |                                     |                                     |                                     |
| 5:45 PM  |  |                                    |  |                             |          |                                |         |          |                                  |                                     |                                     |                                     |
| 6:00 PM  |  |                                    |  |                             |          |                                |         |          |                                  |                                     |                                     |                                     |
| 6:15 PM  |  |                                    |  |                             |          |                                |         |          |                                  |                                     |                                     |                                     |
| 6:30 PM  |  |                                    |  |                             |          |                                |         |          |                                  |                                     |                                     |                                     |
| 6:45 PM  | HIP HOP 2<br>6:30-7:30<br>MT           | BALLET 4<br>6:30-7:30<br>CM        | BALLET 3<br>6:30-7:30<br>MB            | BALLET 5<br>6:30-7:30<br>CS |          |                                |         |          |                                  |                                     |                                     |                                     |
| 7:00 PM  |  |                                    |  |                             |          |                                |         |          |                                  |                                     |                                     |                                     |
| 7:15 PM  |  |                                    |  |                             |          |                                |         |          |                                  |                                     |                                     |                                     |
| 7:30 PM  |  | POINT 2<br>7:30-8:00<br>CM         | POINT 1<br>7:30-8:00<br>MB             | POINT 3<br>7:30-8:00<br>CS  |          |                                |         |          |                                  |                                     |                                     |                                     |
| 7:45 PM  |  |                                    |  |                             |          |                                |         |          |                                  |                                     |                                     |                                     |
| 8:00 PM  |  |                                    |  | BW 3/4/5<br>8:00-8:30<br>MM |          |                                |         |          |                                  |                                     |                                     |                                     |
| 8:15 PM  |  |                                    |  |                             |          |                                |         |          |                                  |                                     |                                     |                                     |
| 8:30 PM  |  |                                    |  |                             |          |                                |         |          |                                  |                                     |                                     |                                     |
| 8:45 PM  |  |                                    |  |                             |          |                                |         |          |                                  |                                     |                                     |                                     |
| 9:00 PM  |  |                                    |  |                             |          |                                |         |          |                                  |                                     |                                     |                                     |
| 9:15 PM  |  |                                    |  |                             |          |                                |         |          |                                  |                                     |                                     |                                     |
| 9:30 PM  |  |                                    |  |                             |          |                                |         |          |                                  |                                     |                                     |                                     |
| 9:45 PM  |  |                                    |  |                             |          |                                |         |          |                                  |                                     |                                     |                                     |
| 10:00 PM |  |                                    |  |                             |          |                                |         |          |                                  |                                     |                                     |                                     |

| Hours/Week | Monthly Rate | Hours/Week | Monthly Rate | Hours/Week  | Monthly Rate |
|------------|--------------|------------|--------------|---|--------------|
| 30 Minutes | \$55         | 4 Hours    | \$160        | 8 Hours   | \$240        |
| 45 Minutes | \$65         | 4.5 Hours  | \$170        | 8.5 Hours   | \$250        |
| 1 Hour     | \$75         | 5 Hours    | \$180        | 9 Hours   | \$260        |
| 1.5 Hours  | \$95         | 5.5 Hours  | \$190        | Each Addl 1/2 Hour  | \$10         |
| 2 Hours    | \$110        | 6 Hours    | \$200        | Multi-Student, Teacher, Police Officer,<br>Firefighter, and Military Dscounts Available |              |
| 2.5 Hours  | \$125        | 6.5 Hours  | \$210        | <b>Class Cards</b>  | <b>Dance</b> |
| 3 Hours    | \$135        | 7 Hours    | \$220        | 10 Classes  | \$150        |
| 3.5 Hours  | \$150        | 7.5 Hours  | \$230        |   |              |