

SAINT LOUIS *Performance* ACADEMY

2023-2024 Schedule

ALL CLASSES WILL BEGIN ON SEPT. 5TH!!

MONDAYS:

3:30-4:50 RECREATIONAL CLASS @ SAINT JOHNS LUTHERAN

This introductory level class will meet after school and open to Parish members only. ****see below****

4:00-5:00 RECREATIONAL CLASS @ POINT

This introductory level class will meet after school in the Point Elementary School gym. ****see below****

TUESDAYS:

2:50-3:50 RECREATIONAL CLASS @ ASSUMPTION

This introductory level class will meet after school and open to Parish members only. ****see below****

4:00-5:00 RECREATIONAL CLASS @ TRAUTWEIN

This introductory level class will meet after school in the Trautwein Elementary School gym. ****see below****

5:30-6:30 DRILL THE SKILLS CLASS

This class is for Junior & Senior twirlers who are ready for more advanced skill instruction and will work on the rolls, multiple batons, and all twirling technique to support our routines. Class will be held in WMS School Gym.

6:30-7:30 MOVEMENT/DANCE/ACRO CLASS

This class is for twirlers who are ready for more advanced dance instruction and will work on the dance technique to support our routines. It will also work on how to artistically move the body in different dance styles. Class held at WMS.

7:30-9:00 COMPETITION TWIRLING CLASS- SENIORS

This is the 3rd level competition class for high school students and JR. High Students who are ready for more advanced instruction.

WEDNESDAYS:

4:00-6:00 COMPETITION CLASS- JUVIE BATON & POM CLASS

This first level competition class will meet in the Trautwein Elementary gym. **This class is for all twirlers who were in Juvies last year and the recreational members that qualify to move up to this class.** This class will focus on the twirling skills along with the dance skills needed to become the well-rounded twirler. The class will be structured around competition routines and the technique associated with performance twirl, dance, and poms.

THURSDAYS:

3:05-4:00 RECREATIONAL CLASS @ QUEEN OF ALL SAINTS

This introductory level class will meet after school and open to Parish members only. ****see below****

4:30-5:30 COMPETITION TWIRLING CLASS- JUNIORS

This class is the 2nd level competition class for twirlers who are ready for more advanced instruction. All of these team members will also be placed in either the Juvies or Seniors for additional competition numbers. Class held at WMS.

6:30-7:30 EVENING RECREATIONAL CLASS

This introductory level class will meet in the evening in the Washington Middle School gym. ****see below****

7:30-9:00 CONDITIONING/CORPS CHOREOGRAPHY

This instruction will be specifically tailored to the needs of the twirling athlete. Some conditioning will be done in this class and any end of the week choreography will be placed during this time if needed. Class will be held in the WMS Gym.

****RECREATIONAL CLASSES** are for children who have never had any previous experience as well as returning students who are not placed into the competition level classes. No batons are necessary for the first lesson, they will be ordered at that time.**

REGISTER @ WWW.SAINTLouisPERFORMANCEACADEMY.COM !!!!

Questions, contact Emily Wicks: 314-973-5000, saintlouisperformanceacademy@gmail.com

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