

# 24-25 SCHEDULE

\*CLASSES BEGIN SEPTEMBER 3RD\*

## MONDAY

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

This introductory class will meet after school and open to Parish members only

### 4:00-5:00 RECREATIONAL CLASS @ POINT ELEMENTARY

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

## TUESDAY

### 2:50-3:50 RECREATIONAL CLASS @ ASSUMPTION

This introductory class will meet after school and open to Parish members only

### 4:00-5:00 RECREATIONAL CLASS @ TRAUTWEIN ELEMENTARY

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

### 5:30-7:30 COMPETITION TWIRLING CLASS- SENIORS

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

### 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 needed choreography time will be placed during this time if needed. Class will be held at Washington Middle School

## WEDNESDAY

### 4:00-6:00 COMPETITION TWIRLING CLASS- JUVIE BATON AND 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 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 a well-rounded twirler. The class will be structured around competition routines and the techniques associated with performance twirl, dance, and poms.

### 6:00-7:00 MOVEMENT/ DANCE/ACRO

This class is for Junior & Senior twirlers who are ready for more advanced skill 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 Trautwein

### 7:00-8:00 DRILL THE SKILLS

This class is for Junior & Senior twirlers and will work on more advanced skill instruction and will work on rolls, contact material, multiple batons and all twirling to support our routines. Class held at Trautwein

### 8-9 OPEN GYM/SUPPLEMENTAL

Open gym time held at Trautwein open to all students when additional classes are not offered (as needed).

## THURSDAY

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

This introductory class will meet after school and open to Parish members only

### 4:30-5:30 JUNIORS

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

### 5:30-6:30 EVENING RECREATIONAL CLASS

This introductory level class will meet after school in the Washington Middle School 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](http://WWW.SAINTLouisPERFORMANCEACADEMY.COM)**

Questions. contact Emily Hawkins 314-973-5000 | [saintlouisperformanceacademy@gmail.com](mailto:saintlouisperformanceacademy@gmail.com)

 @SaintLouisPerformanceAcademy |  @stlperformanceacademy |  @stlperformanceacademy

