



## PERFORMANCE TEAM REQUIREMENTS

For dancers who are NOT members of APA or ACB: Your Coaches REQUIRE the following WEEKLY classes for team membership:

### TEAMS

- Mini: 1 Ballet w/conditioning classes, Team Tech & Rehearsal (2 classes/wk)
- All Petite Teams: 1 Ballet, 1 Team Tech, 1 Team Rehearsal (3 classes/wk)
- Junior Jazz: 1 Ballet, 1 Leaps & Turns, 1 Team Tech, 1 Team Rehearsal (4 classes/wk)
- Junior Lyrical Teen: 1 Ballet, 1 Pilates, 1 Team Tech, 1 Team Rehearsal (4 classes/wk)
- Junior Hip Hop: 1 Ballet, 1 Leaps & Turns, 1 Team Tech, 1 Team Rehearsal (4 classes/wk)
- Teen Contemporary: 1 Ballet, 1 Stretch & Flex, Contemporary 3, 1 Team Tech, 1 Team Rehearsal (5 classes/wk)
- Teen Jazz: 1 Ballet, 1 Leaps & Turns, 1 Stretch or Pilates, 1 Team Tech, 1 Team Rehearsal (5 classes/wk)
- Senior Contemporary: 2 ballet, 1 Leaps & Turns, 1 Stretch or Pilates, 1 Team Tech, 1 Team Rehearsal (6 classes/wk)
- Senior Hip Hop: 1 Ballet, 1 Jazz, 1 Stretch or Pilates, 1 Team Tech, 1 Team Rehearsal, 1 Leaps & Turns (6 classes/wk)
- Senior Lyrical: 2 Ballet, 1 Contemporary, 1 Pilates, 1 Team Tech, 1 Team Rehearsal (6 Classes)
- Senior Jazz: 2 Ballet, 1 Leaps & Turns, 1 Stretch or Pilates, 1 Team Tech, 1 Team Rehearsal (6 classes/wk)

If for any reason you are unable to attend the above listed classes, please see your Coach. Only he or she can excuse you from any of these requirements OR come up with an alternate plan designed personally for you.