



2022 – 2023 LMF Dance Studio

Practice Schedule

Competitive Dance Program – Our Competitive Dance Program is divided into three levels:

- **The Freshman** - This is considered our Novice level of dance. Dancers who have limited competition, convention, and dance experience. This dancer is expected to have mastered the fundamentals of each genre and be ready to take her skills to the next level!
- **Team Heat** – This is considered our intermediate level of dance. Dancers who have 1 or more years of competition, convention, and dance experience. This dancer is expected to have mastered the fundamentals of each genre and is performing and competing on an intermediate level!
- **Legacy** - This is considered our Elite level of dance. Dancers who have significant competition, convention, and dance experience. This dancer has mastered the fundamentals of each genre and is performing and competing on an advance level!

Competition – Level 1	Days	Times
The Freshman (Ages 5-18) Performance Team ***based on talent level***	Tuesdays	Company Jazz 5:30 pm – 6:00 pm Company Ballet 6:00 pm – 7:30 pm Production 7:30 pm – 8:30 pm
	Wednesdays	Cont./Lyrical Combo 5:30 pm – 6:15 pm Jazz 6:20 pm – 7:00 pm Hip Hop 7:05 pm – 7:45 pm Musical Theater 7:50 pm – 8:30 pm
	Saturdays	Core & Flex 9:00 am – 9:30 am Dance Acro 9:35 am – 10:15 am HH Production 10:15 am – 10:55 am

Competition – Level 2	Days	Times
The Heat (Ages 5-18) Performance Team ***based on talent level***	Tuesdays	Company Jazz 5:30 pm – 6:00 pm Company Ballet 6:00 pm – 7:30 pm Production 7:30 pm – 8:30 pm
	Thursdays	Jazz 6:00 pm – 6:40pm Technique 6:45 pm – 7:25 pm Hip Hop 7:30- pm – 8:10 pm Cont./Lyrical Combo 8:15 pm – 9:00 pm
	Saturdays	Core & Flex 9:00 am – 9:30 am Dance Acro 9:35 am – 10:15 am HH Production 10:15 am – 10:55 am

Competition – Level 3	Days	Times
Legacy (Ages 5-18) Performance Team ***based on talent level***	Tuesdays	Company Jazz 5:30 pm – 6:00 pm Company Ballet 6:00 pm – 7:30 pm Production 7:30 pm – 8:30 pm
	Thursdays	Pointe 5:30 pm – 6:00 pm Technique 6:00 pm – 6:40pm Hip Hop 6:45 pm – 7:25 pm Jazz 7:30- pm – 8:10 pm Cont./Lyrical Combo 8:15 pm – 9:00 pm
	Saturdays	Core & Flex 9:00 am – 9:30 am Dance Acro 9:35 am – 10:15 am HH Production 10:15 am – 10:55 am

Classes start Tuesday, September 6, 2022, for Competitive Dance Program