

THE DANCE COMPANY ONLINE 2020

THANK YOU for being so supportive of TDC during this time of change and uncertainty. We are so grateful you are part of our dance family, and we're excited for our dancers to continue to train with us during this unexpected break. WE LOVE YOU!

ONLINE CLASS INFO:

HOW TO ACCESS

1. Go to thedancecompanykingsburg.com
2. There is a folder for each day of the week. You can scroll through and find your class number (reference the master list [HERE](#) >
3. The password will be changed and emailed to you weekly

WHAT TO DO

1. All dance styles and levels have a WARM UP. Dancers should always do the warm up before their weekly class.
2. New classes will be released each week!
3. Practice as MUCH as you like!
4. Feel free to text your teacher to ask any questions, or to send them a video for feedback. ALSO, post and tag @tdc_kingsburg!

REMINDERS

1. You are receiving this content and password as a paying member of The Dance Company. They're created by each teacher with YOUR child in mind. Our teachers know our kids levels, needs, and what they've been working on all year. For these reasons, please do not share the password/videos with someone outside of our studio.

2. You will now have the ability to peek in to several other classes and explore what other levels, teachers, and styles are like! While this is fun, please be cautious and aware that taking an online class higher than that of the one you are currently enrolled in can cause injury.

WARM-UP GUIDE

BALLET

Beg: #55, 57
Int: #6, 24, 26, 47, 52
Adv: #7, 9, 48, 50, 51

JAZZ/LYRICAL

Beg: #2, 3, 23, 27, 37, 54
Int/Adv: #8, 10, 11, 13, 41, 42, 46, 49, 53, 60

TAP

Beg: #4, 18
Int/Adv: #5, 12, 59

HIP HOP

Beg: #1, 20, 36, 58
Int/Adv: #15, 19, 43, 44, 45, 56

GYM

Beg: #29, 40, 62, 63, 65, 66
Int: #32, 34, 63, 67
Adv: #30, 31, 33, 64

TBJ / TODDLER / MOMMY & ME

#14, 17, 22, 25, 28, 38, 39

MONDAY

STUDIO 1	STUDIO 2	STUDIO 3
#1 3:15 Hip Hop I 4-6yrs AC (CO)	#6 3:15 Ballet II TECH 7 & up JC (PM)	#11 4:00 Beg/Int Prog. 8 & up JM
#2 4:00 Elite Kids Turns AC	#7 4:00 Ballet II-III TECH 10 & up JC	#12 4:30-5:15 Tap III-IV KK
#3 4:30-5:15 Elite Kids Jazz DW (AC)	#8 5:00 Int Lyrical* 10 & up JC	#13 5:30 Int Prog. 9 & up DW (AC)
#4 5:30 Tap I-II 8 & up KK	#9 5:45-7 Ballet TECH IV-V-VI JC	#14 6:15 TBJ 4-6yrs DW (AC)
#5 6:45 Adult Tap KK	#10 7-8:30** Contemporary* IV-V JC	#15 7:00 Hip Hop II 10 & up DW (AC)

TUESDAY

STUDIO 1	STUDIO 2	STUDIO 3
#17 3:30-4:15 TBJ 4-6yrs JM/LM (BW)	#22 2:45 TBJ 3-5 yrs KG (LT)	#28 11:00 Mommy & Me LT
#18 5:15 Tap 1 6-8yrs LM/JM	#23 3:30 Beg Lyrical* 7 & up KG (PW)	#29 3:30 Gym 1 3-5yrs LT (PM)
#19 6:00 Hip Hop II 8 & up MC	#24 4:15 Ballet I-II 7 & up KG (BW)	#30 4:15 Gym 2-3/3 10 & up JN (LT)
#20 6:45 Hip Hop 5-7yrs MC	#25 5:00-5:45 TBJ 3-5yrs KG (MC)	#31 5:15 Gym 2/2-3 8 & up JN (LT)
	#26 6:00 Ballet II 8 & up KG (LM)	#32 6:00 Gym 1 6 & up JN (PM)
	#27 6:45 Jazz I-II/III 8 & up KG (FITNESS) 7:30 BALLET BARRE KG	#33 6:45 Gym 1-2/2 9 & up JN
		#34 7:30 Gym 1 7 & up JN

WEDNESDAY

STUDIO 1	STUDIO 2	STUDIO 3
#36 3:15 Hip Hop I-II 7 & up AC	#41 3:30 Jazz II* 8 & up RW (KN)	#47 2:30 Ballet II 8 & up JC (BW)
#37 4:00-4:45 Jazz 1 7 & up JM/LM (KN)	#42 4:15 Jazz III* 11 & up RW (MC)	#48 3:15 Ballet II-III 9 & up JC (CO)
#38 5:00 TBJ 3-5 yrs LT (AC)	#43 5:15 Hip Hop II-III/III 11 & up RL (MC)	#49 4:15 Int Lyrical 8-10yrs JC (DG)
#39 5:45 Toddler (2.5-3yrs) LT (AC)	#44 6:00 Hip Hop II 10 & up RL (MC)	#50 5:00 Ballet IV-V-VI JC
#40 6:30 Gym 4-6yrs LT (AC)	#45 6:45 Hip Hop IV-V RL	#51 6-6:30 Pointe JC
	#46 7:30-8:45** Jazz IV-V* RW	#52 6:30 Ballet I-II/II Teen JC
		#53 7:15-8 Int Lyrical* Teen JC

THURSDAY

STUDIO 1	STUDIO 2	STUDIO 3
#54 4:15 Jazz Hop 5-7yrs KN	#56 3:30 Elite Kids JR HH KG	#62 2:45 Gym 1 3-5yrs LT (KG)
#55 5:00 Ballet 5-7yrs DG	#57 4:15 Ballet II 6 & up KG (DG)	#63 3:30 Gym 1 5-7yrs LT (KN)
	#58 5:00-5:30 Elite Kids Mini HH KG	#64 4:15 Gym 1/2-2 8-10yrs LT
	#59 5:30 Tap I/II-III 10 & up KK	#65 5:00 Gym 4-6yrs LT (KN)
	#60 6:15 Jazz II-III Teen KK	#66 5:45 Gym 3-5yrs LT (DG)
		#67 6:30 Gym 1-1/2 7 & up LT (DG)