

RECREATIONAL DANCE SCHEDULE FALL/WINTER SEMESTER 2026

Classes perform a routine in the semester end performance **unless noted:**

Fall/Winter Semester **Showcase** in January 2027

Winter/Spring **Recital** in June 2027

TIME	MON		TUES	TUES	WED	THURS
4:00pm - 4:30pm	 EXPRESSIONS DANCE ACADEMY GRAND RAPIDS, MI EST 2007				12 years & up Strength Training <i>*no performances</i>	
4:30pm - 5:20pm			12 years & up Pilates <i>*no performances</i>		12 years & up Hip Hop/Jazz Foundations (4:30-5) <i>*no performances</i>	
5:00pm - 5:50pm						12 Years & Up Modern <i>*no performances</i>
5:30pm - 6:20pm	2-4 Year Old Tap & Ballet	10 years & up Ballet <i>*only Recital performance</i>	7-12 Year Old Ballet <i>*only Recital performance</i>	2-4 Year Old Hip Hop & Creative Movement	5-9 Year Old Jazz & Tap	
6:00pm - 6:50pm					13-19 Year Old Ballet <i>*only Recital performance</i>	7 years & Up Rhythm Foundations (6-6:30) <i>*no performances</i>
6:30pm - 7:20pm	5-7 Year Old Tap & Ballet	Pointe (6:30-7:00) <i>*only Recital Performance</i>	7-12 Year Old Leaps & Turns (6:30-7) <i>*no performances</i>	5-9 Year Old Hip Hop	10-14 Year Old Hip Hop	7 years & Up Ballet & Theatre Jazz Technique <i>*no performances</i>
7:00pm - 7:50pm		14-19 Year Old Jazz & Contemporary			13-19 Year Old Turns & Leaps (7-7:30) <i>*no performances</i>	10-14 Year Old Jazz & Tap
7:30pm - 8:20pm	7-12 Year Old Jazz/Pom			14-19 Year Old Jazz/Pom	Adult Jazz / Adult Hip Hop <i>*Alternates each week</i> <i>*Only Recital Performance</i>	
8:00pm - 8:50pm	Specialty Drop Ins ages 10 & up					14-19 Year Old Hip Hop
8:30pm - 9:20pm	alternating styles each week, check website calendar to stay updated! <i>*no performances</i>			Adult Tap / Adult Lyrical Ballet <i>*Alternates each week</i> <i>*Only Recital Performance</i>	6710 DIVISION AVE S GRAND RAPIDS, MI 49548 WWW.EXPRESSIONSDANCEGR.COM	

COMPETITION TEAM SCHEDULE 2026-2027

It is VERY IMPORTANT that when you decide which regionals class your dancer is going to do, that you look at all the classes on the day to see **which other technique classes are required for them to take**. They will be expected to be at these additional technique times, and it is included in the price of the regionals tuition fee.

TIME	TUESDAY	WEDNESDAY	THURSDAY	THURSDAY
4:00-4:30PM		Strength Training for ages 12 & up, required for all Aspire, highly encouraged for others		
4:30-5:00PM	Pilates for ages 12 and up Not required, highly encouraged	Hip Hop/Jazz Foundations required for all Aspire, and any Teens & Seniors taking Regionals Hip Hop	Aspire Company Practice	
5:00-5:30PM				Mini/Junior Regionals Hip Hop *Mini aged dancers MUST be enrolled in mini tap/jazz in order to take this class
5:30-6:00PM	Ballet required for Juniors taking Regionals Jazz/Regionals Contemporary	Teen/Senior Regionals Hip Hop	Modern Horton required for all Aspire, & any Juniors, Teens, Seniors taking Musical Theatre or Pom (unless your junior is in regionals hip hop)	
6:00-6:30PM			Rhythm Foundations required for all Aspire & any Juniors in Hip Hop, Juniors, Teens, Seniors taking Musical Theatre or Pom	Mini Regionals Tap & Jazz
6:30-7:00PM	Leaps & Turns required for Juniors taking Regionals Jazz & Contemporary	Ballet required for all Aspire, as well as Teens & Seniors taking Regionals Hip Hop, Regionals Jazz / Regionals Contemporary		
7:00-7:30PM	Junior Regionals Jazz & Contemporary	Leaps & Turns required for all Aspire, and any Teens/Seniors taking Regionals Jazz & Contemporary	Ballet and Theatre Jazz required for all Aspire & any Juniors, Teens, Seniors taking Musical Theatre or Pom	
7:30-8:00PM			Musical Theatre Regionals Production (Juniors, Teens, Seniors, Adults)	
8:00-8:30PM		Teen/Senior Regionals Jazz & Contemporary		
8:30-9:00PM			Pom Regionals (Juniors, Teens, Seniors)	
9:00-9:30PM		Adult Regionals (2 routines TBD)		

COMPETITION TEAM SCHEDULE 2026-2027

Confused about what classes your competition dancer needs to take? Here's a helpful guide with what additional classes/time your dancer will have to be at the studio based on what Regionals class they are taking.

Regionals class your dancer wants to take:	They will enroll for the class at the following day & time:	They will also be required to attend (but do NOT enroll online as it will charge you extra)	They will also be required to attend (but do NOT enroll online as it will charge you extra)	They will also be required to attend (but do NOT enroll online as it will charge you extra)	Total time at studio
Mini/Junior Hip Hop	Thursdays 5:00-6:00pm	Minis: Tap & Jazz Thurs 6:00-7:00pm	Juniors: Rhythm Foundations Thurs 6:00-6:30pm	Juniors: Ballet & Theatre Jazz Foundations Thurs 6:30-7:30pm	Minis: Thurs 5-7pm Juniors: Thurs 5-7:30pm
Junior Jazz & Contemporary	Tuesdays 7:00-8:30pm	Ballet Tues 5:30-6:30pm	Leaps & Turns Tues 6:30-7:00pm		Tuesdays 5:30-8:30pm
Teen/Senior Hip Hop	Wednesdays 5:00-6:00pm	Hip Hop & Jazz Foundations Wed 4:30-5:00pm	Ballet Wed 6:00-7:00pm		Wednesdays 4:30-7:00pm
Teen/Senior Jazz & Contemporary	Wednesdays 7:30-9:00pm	Ballet Wed 6:00-7:00pm	Leaps & Turns Wed 7:00-7:30pm		Wednesdays 6:00-9:00pm
Musical Theatre (Junior, Teen, Senior)	Thursdays 7:30-8:30pm	Horton/Modern Thurs 5:00-6:00pm (unless a Junior in Mini/Jr Hip Hop)	Rhythm Foundations Thurs 6:00-6:30pm	Ballet & Theatre Jazz Foundations Thurs 6:30-7:30pm	Thursdays 5:00-8:30pm
Pom (Junior, Teen, Senior)	Thursdays 8:30-9:00pm	Horton/Modern Thurs 5:00-6:00pm	Rhythm Foundations Thurs 6:00-6:30pm	Ballet & Theatre Jazz Foundations Thurs 6:30-7:30pm	Thursdays 5:00-9:00pm