

FALL 2019 - SPRING 2020

PERFORMANCE CLASS SCHEDULE

INFO

Performance teams are open to all ages and levels, from 18 months – 18. These teams perform at two Bliss concerts (Dec and May). They attend class once a week.

****NOTE****

This is NOT where you will find OR extra/non performing **jazz/ballet** classes or **tumbling** classes (with the exception of the Shorter tumbling *add on* classes).

You can find a full list of these types of classes on the “training” schedule**

STUDIOS

Studio 1 = The studio at the back of the basketball courts, nearest the lockers (dance room)

Studio 2 = The studio at the back of the basketball courts, farthest from the lockers (tumbling room)

Studio 3 = The studio west of the basketball courts, right after the racket ball rooms (aerobic room)

Studio 4 = The room also used for Racket ball, in-between Studio 1 and studio 3 (racket room)

INSTRUCTORS

~ **AP** = Allie Platt

~ **CC** = Cassi Cook

~ **CB** = Caitlin Black

~ **DA** = Dayna Atwood

~ **DR** = Dayne Rockwood

~ **HW** = Heather Williams

~ **JJ** = Jenn Johnson

~ **JN** = Jenni Nielsen

~ **JU** = Julie Nygard

~ **KV** = Kira Vandergriff

~ **LT** = Lacie Trout

~ **LF** = Lauren Fratto

~ **LR** = Lisa Reid

~ **MC** = Mckelle Christensen

~ **MM** = Missy Machin

~ **MH** = Mickenzie Howe

~ **PZ** = Paige Zullo

~ **RH** = Rebecca Hewitt

FIND AGE GROUP BELOW TO VIEW PERFORMANCE CLASS OPTIONS

You will also see the class number to help you navigate your registration.

Ages 18 months-2 years

NOTE: For students who wont be 3 until 2020-2021

[#45] Bliss Babies (*mixed dance/tumble combo*): Wednesday 9:10-9:45am - [Stu 1](#) / [Stu 2](#), JJ

Age 2

NOTE: For students who turn 3 this school year

[#42] Twirl Tots (*mixed dance/tumble combo*): Monday 10:15-11:00am - [Studio 1](#) / [Studio 2](#), JJ

2nd Morning Option: If your looking for a different morning, let us know! We'd love to start a second class

Age 3

NOTE 1: for students who turn 4 this school year

[#43] Little Jammers 1 (*jazz/ballet/tumble*): Wednesday, 9:45-10:30am - [Stu 1](#) / [Stud 2](#), JJ

[#129] Little Jammers 2 (*jazz/ballet/tumble*): Thursday 10:15am-11:00am – [Stu 1](#) / [Stud 2](#), LR

PM Option: If your looking for pm class, let us know!

Cheer team: We'd love to start a pre/k cheer team, let us know!

Age 4-5

For students who turn 5 or 6 this school year.

[#144] Bitsy Ballerinas A.M. (*jazz/ballet*): Monday 9:30-10:15am – [Studio 1](#), JJ

Tumbling add on class

[#152] Bitsy Ballerinas A.M. (Tumbling) : Monday 10:15-10:45 - [Studio 2](#), LT

2nd Morning Option: If your looking for a different morning, let us know! We'd love to start a second class

Cheer team: We'd love to start a pre/k cheer team, let us know!

[#44] Teeny Boppers (*dance/tumbling*): Wednesdays 12:30-1:15- [Studio 1](#), RH

Tumbling add on class

[#131] Teeny Bopper Tumbling: Wednesday 1:15-1:45, RH

[#133] Bitsy Ballerinas P.M (*jazz/ballet*) Tuesday 5:15pm-6:00pm – [Studio 1](#), JJ

TRICKY TYKES: This class is most often boys, but girls are welcome too! Its ages 4-6.

We recommend our 2-3 yr old boys take tumbling (which you can find info for on the training schedule)

[#47] Tricky Tykes A.M. (*hip hop/tumble*): 9:45-10:45 – [Studio 1](#)/[Studio 2](#), LR/PZ

[#48] Tricky Tykes P.M. (*hip hop NO tumble*): Wednesday 4-4:45 [Studio 1](#), KV

MINI PREP: students must have prior dance & tumbling experience, and be willing to participate at one local dance competition in April/May

[#46] Mini Prep (Jazz/Ballet): Monday 4:00-5:00pm - [Stud 1](#), LR

Tumbling add on class (must have prior tumbling experience)

[#61] Mini Prep Tumbling: (*Beginning*): Monday 5:00-5:30, LR

1st-2nd grade

- [#54] Funky Fresh (*Hip hop*): Thursdays 4:00-5:00pm – Studio 1, MH
- [#51] Petite Pirouettes (*Jazz/Ballet*): Wednesdays 6-7 – Studio 1, KV
- [#57] Hot Shots (*Cheer*): Wednesdays 5:00-6:00pm Studio 4 / Studio 2, LT
- [#50] Boom Troop (*1st-3rd Poppin*): TBA, Studio 4, DR

HOT SHOTS TUMBLING: The hour cheer class will work on jumps, stunts and dance. Adding an hour tumbling class is HIGHLY recommended for cheerleaders, as it is one of the key aspects of cheerleading. **You can find those class options on the training schedule page** (the beg-int prep class is offered the hour before Hot Shots)!

3rd-5th grade

- [#66] Street Jam (*Hip hop*): Tuesday 6:00-7:00pm – Studio 3, MH
 - [#96] Smash Mob (*4th-6th Poppin*) Tuesdays TBD, Studio 4, DR
 - [#55] Dance Divas (*Jazz/ballet*): Tuesdays 4:00-5:30pm – Studio 1/ Studio 3, CB
 - [#58] Spunk Squad (*cheer*): Thursday 5:00-6:00 pm - Studio 4, HW
- If you'd like to see this class Mondays 6:30-7:30 pm, email blissacademy@gmail.com

SPUNK SQUAD TUMBLING: The hour cheer class will work on jumps, stunts and dance. Adding an hour tumbling class is HIGHLY recommended for cheerleaders, as it is one of the key aspects of cheerleading. **You can find those class options on the training schedule page.** (the beg-int prep class is offered the hour before Spunk Squad)!

Jr High & High School

- [#53] Vibe Tribe: (*Hip Hop*) Mondays 7:15-8:15, Studio 1, MC
- [#56] Dance Force (*Jazz/Ballet*): Tuesdays 7:00-9:00pm – Studio 1, JU
- [#49] Pop Rox (*Poppin*): TBD – Studio 4, DR (prior experience required)
- [#118] Cheer Prep (Cheer): Friday 4:30-5:30, Studio 1, TBD

CHEER PREP TUMBLING: The hour cheer class will work on jumps, stunts and dance. Adding an hour tumbling class is necessary for cheerleaders, as it is one of the key aspects of cheerleading. **You can find those class options on the training schedule page** (the beg-int prep class is offered the hour before cheer prep)!