

# ABL Center – Programs for Children

# 2023-2024 CLASS SCHEDULE

CLASSES:	MON	TUE	WED	THU	FRI	SATURDAY	TUITION
<b>GYMNASTICS-1 Beginner</b>	Introductory program for boys and girls designed to develop fundamental gymnastics skills and expose to volt, bars, balance beam and tumbling in fun and spectacular ways. It enables every child to work at his or her own level developing body awareness, flexibility, strength and confidence.						<b>10 Equal Payments/ year</b> 1 <sup>st</sup> payment due Sep 1 <sup>st</sup> Last payment June 1 <sup>st</sup> <b>All Payments Due on 1<sup>st</sup> Day of a Month:</b>
BOYS & GIRLS (3 - 6 y.o.)		4:15-5:00pm		4:45-5:30pm	4:15-5:00pm	9:15-10:00am	
<b>Dance + Gymnastics ACROBATIC ROCK-N-ROLL - Beginner</b>	Great COMBO class for those who like Dance and Gymnastics challenges! Beginner level class for Boys and Girls! Children will work on strength/flexibility, endurance; learn the basics of dance technique, musicality, as well as gymnastics, acro skills, beginner level partner tricks, and will learn choreographed routine, stage confidence. 2 Mandatory performances 12/18/22 & 06/11/23, other optional performances based on recommendations.						<b>Weekly Hours      Payment</b> .75      \$87.00 1.00      \$98.00 1.25      \$111.00 1.50      \$122.00 1.75      \$133.00 2.00      \$144.00 2.25      \$154.00 2.50      \$164.00 2.75      \$174.00 3.00      \$183.00 3.25      \$192.00 3.50      \$199.00 3.75      \$204.00 4.00      \$209.00 4.25      \$214.00 4.50      \$219.00 5.00      \$223.00 5.50      \$227.00 6.00      \$231.00 6.50      \$235.00 7.00      \$239.00 7.50      \$243.00
BOYS & GIRLS (4,5 - 7 y.o.)				5:30-6:30pm		10:00-11:00am	
<b>GYMNASTICS-2 (Tumbling) Beginner-to-intermediate</b>	The objective for this program is for the students (7-12 y.o.) to learn technically correct tumbling skills, flexibility, and strength. Participants are taught tumbling skills with technique that may be transferred to the practice field, the basketball court or competition arena.						
BOYS & GIRLS (7 – 12 y.o.)				6:30-7:30pm			
<b>Dance + Gymnastics ACROBATIC ROCK-N-ROLL Beginner-to-Intermediate</b>	Beginner-to-Intermediate Level for Boys and Girls! Fun and energetic Rock-n-Roll dance program (no partner is needed) Students will work on their dance technique, as well as gymnastics, acro skills, partner tricks; learn choreographed routines, will have opportunity to perform in solo, duo, or group routines based on coach recommendation. 2 Mandatory performances: 12/17/23 & 06/16/24, other optional performances based on recommendations.						
BOYS & GIRLS (7 – 11 y.o.)		5:00-6:00pm			5:00-6:00pm		
<b>ACROBATIC ROCK-N-ROLL Competitive TEAM**</b>	<b>**Minimum Skill Requirements for Acceptance into this Class. Head Coach Approval Required**</b> Young people with experience in sports and/or dance, as well as those who show high potential in Pre-Team, Tumbling & Gymnastics programs may be selected to join our Acrobatic Rock-n-Roll "Elite Team". This category designed to move FAST and is for advanced students with relevant background including jazz, tap, modern, hip-hop, ballroom, acrobatic rock-n-roll, gymnastics, cheerleading, acrobatics, circus arts. Competitive style of acrobatic Rock-n-Roll. 2 Mandatory performances 12/17/23 & 06/16/24, with options based on recommendations.						
BOYS & GIRLS (skill based)		6:00-8:00pm			6:00-8:00pm	11:00am-1:00pm	

## ONLINE REGISTRATION ONLY – before attending classes!!!

Policy disclosure please visit our website:

[www.ABLdance.com](http://www.ABLdance.com)

Tuition: Prices are based on the cost for the total season (09/01/23 – 06/16/24) divided into **10 equal installments due on 1<sup>st</sup> day of each month**, and already factor in all holidays and studio closures. Payment determined by the number of hours of class taken each week. The fee cannot be adjusted due to absences, cancellations, holidays, shorter/longer months. Tuition is for your child's entire academic year, not for the month itself. A \$20.00 Late Fee will be applied to accounts that are 6 days past due. If tuition is passed due, the student will not be allowed to participate in class.

Withdrawal from ABL or changes in schedule must be submitted in writing – verbal requests will NOT be processed.

Missed Lessons: No refunds, No credits for dropped or missed lessons. 2 classes per paid session may be made up during the regular season (Sep 2023 – June 2024) per the coach's approval.

!!! Snow days, holidays, June lessons are factored in price, but may be made up when possible during designated classes per the discretion of the coach.

**Drop-In Fee:**  
\$25.00/ hour

Annual Registration fee is \$25.00 per child or \$30.00 per family (through August 31, 2024) – also covers Winter, Spring, Summer Camps

### SPECIAL: 2 CLASSES = FREE Unlimited Playground

Enroll your child in 2 or more lessons per week & get unlimited use of

ABL the Indoor Playground during the hours of operation of the Playground!

What a great motivation and one stop experience for your child to exercise & learn together with a free opportunity to play and socialize with friends at the playground after each lesson, or any other time during the open play hours.

Valid only when currently enrolled in 2 or more lessons per week. Take advantage of this doubled fun experience!

