

ABL DanceSport Center

2017 – 2018 CLASS SCHEDULE for KIDS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
GYMNASTICS	Introductory program for boys and girls designed to develop fundamental gymnastics skills and expose to volt, bars, balance beam and tumbling of artistic gymnastics, as well as the use of rhythmic gymnastics apparatuses: ribbons, balls, hoops and ropes in fun and spectacular ways. It enables every child to work at his or her own level developing body awareness, flexibility, strength and confidence.						10 monthly Payments Due on 1st Day of Month: Hours Weekly Monthly Payment .75 \$54.00 1.00 \$64.00 1.25 \$73.00 1.50 \$82.00 1.75 \$91.00 2.00 \$103.00 2.25 \$114.00 2.50 \$124.00 2.75 \$133.00 3.00 \$141.00 3.25 \$145.00 3.50 \$149.00 3.75 \$154.00 4.00 \$164.00 4.25 \$169.00 4.50 \$174.00 5.00 \$179.00 5.50 \$184.00 6.00 \$194.00 6.50 \$199.00 7.00 \$204.00 7.50 \$209.00 Drop-In Fee: \$17.00/ hour
(Age 3 - 6)	4:15 – 5:00pm	4:00 – 4:45pm	5:15 – 6:00pm	4:15 – 5:00pm		9:15 – 10:00am	
TUMBLING/ ACRO	The objective for this program is for the students 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.						
(Age 7 - 12)		4:45 – 5:45pm	4:15 – 5:15pm		4:00 – 5:00pm	10:00 – 11:00am	
ROCK-N-ROLL DANCE + ACROBATICS & GYMNASTICS	Great COMBO class for those who like dance and gymnastics challenges! Beginner level class for boys and girls! Combines the beauty of the dance with consistent physical activities in the dynamic rhythm of contemporary music, gymnastics/tumbling skills & moderate partner tricks. Two Performances per year (12/10/17 & 05/27/2018).						
Beginners (1st year of training) BOYS & GIRLS (Age 5-7)				5:00 – 6:00pm	5:00 – 6:00pm	11:00 – 12:00pm	
Elementary (2 nd year of training) BOYS & GIRLS (Age 7 & up)	5:00 – 6:30pm		6:00 – 7:30pm			11:00 – 12:00pm	
MARTIAL ARTS/ SELF DEFENSE NEW!	Learning the art of self-defense is important for every individual, especially kids who may become easy targets to violence or bullying. No need to be an expert in self-defense, but learning at least the basics will keep your child safe and give you peace of mind. Trainings designed to develop strong athletic and motivational skills that your kids will carry throughout their lifetime.						
BOYS & GIRLS (Age 6 & up)			6:00 – 6:45pm	6:00 – 6:45pm			
ACROBATIC ROCK-N-ROLL Elementary-to-Intermediate GIRLS ONLY! Group + DUOS	<i>*Minimum Skill Requirements for Acceptance into this Class. Head Coach Approval Required*</i>						
	Fun and energetic Rock-n-Roll dance program for girls only (no partner is needed!) - combines modern R-n-R choreography, moderate acrobatics, contemporary music and team work. Group/Formation programs + Duo routines. Participation in shows, performances & Dance Competitions – minimum of 2 performances per year (12/10/17 & 05/27/2018).						
GIRLS (Age 8 & up)					6:30 – 7:30pm		
ACROBATIC ROCK-N-ROLL Couples & DUOS	<i>*Minimum Skill Requirements for Acceptance into this Class. Head Coach Approval Required*</i>						
Intermediate Level BOYS & GIRLS (Mixed ages- skill based)	Children 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 "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. Shows, performances and competitions – minimum 12/10/17 & 05/27/2018.						
	6:30-8:00pm	6:00 – 8:00pm	6:00 – 8:00pm	6:00 – 8:00pm		12:00 – 2:00pm	
Non-refundable annual registration fee is \$25.00 per child or \$30.00 per family (through August 31, 2018)							

Policy (for the full disclosure please visit our website: www.ABLdance.com ONLY ONLINE REGISTRATION !!!)

Tuition: Prices are based on the cost for the total season (09/11/17 – 06/16/18) divided into 10 equal monthly payments, and already factor in all holidays and studio closures, due by 1st day of month. 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 \$10.00 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 must be submitted in writing – verbal cancellations will not be processed.

Missed Lessons: No refunds, No credits for dropped or missed lessons. 1 class per paid month may be made up during the regular season (09/11/17 – 06/16/18) per the coach's approval. Snow days are factored in price, but may be made up when possible during designated classes per the discretion of the coach.

BIRTHDAY PARTIES

with **ABL DanceSport Center!**

Our enthusiastic instructors with many years of experience will make your child feel special, provide dynamic exciting program, and let your child have a lot of fun with his/her best friends!

Birthday Party Package #1 "Party & Play" – \$180

2 hours of activities including the cake time
Up to 10 children
Each additional guest \$10
Share use of indoor play space
Party Host
Party table cloths, Set up and clean up
Invitations

Birthday Party Package #3 "Ultimate Fun" – \$229

2 hours of activities including the cake time
The indoor playground +structured fun gymnastics/dance lesson for all guests
Up to 12 children
Each additional guest \$10
Party Host
Party table cloths, Set up and clean up
Invitations

Birthday Party Package #2 "Gym & Dance" – \$190

1,5 hours of activities including the cake time
Structured fun gymnastics/dance lesson for all guests
Up to 12 children
Each additional guest \$10
Party Host
Party table cloths, Set up and clean up
Invitations

Birthday Party Package #4 "VIP" – \$290 (best value!)

2 hours of activities including the cake time
Private use of indoor play space!
2 complimentary bouncy houses (20min)
Up to 15 children
Each additional guest \$10
Party Host
Party table cloths, Set up and clean up
Invitations

ABL INDOOR PLAYGROUND

2 stories of SkyTubes and tunnels for climbing and exploring, a slide, ball pit, trampoline, 2 stories playhouse, swings, basketball arcade, climbing dome a 8' high traverse climbing rockwall; play-kitchen, train table with trains & cars, and a safe toddler area.

ALL DAY Admission is just \$11/p child for ages 1y.o.+

Birthday Parties, Play Dates, Parents Night Out! Clean & Safe!
Air conditioned in the heat; Heated in the cold; Dry in the rain!

Check Open Hours on ABL website or Facebook before your visit, or call:
(508) 925-4537 www.ABLindoorPlayground.com

ABL DANCE SPORT CENTER



2017 – 2018 Season

Starts on 09/11/2017

Dance & Gymnastics Programs for Kids

Acrobatic Rock-n-Roll
Partner Dancing



Girls Formation
Dance Team



Gymnastics/Tumbling



Martial Arts/ Self-Defense
NEW!!!



CHECK WEBSITE FOR DETAILS

ABL DANCESPORT CENTER INDOOR PLAYGROUND

508-925-4537

184 West Boylston St., West Boylston, Ma
www.ABLdance.Com
www.ABLindoorPlayground.com

Important Dates in 2017 - 2018:

09/11/2017 **First Day of Classes**

11/23/2017 **Thanksgiving Day – no classes**

12/10/2017 **Winter Cup Competition/ Performances**

12/25/17 – 01/01/2018 **Christmas-New Year Break – no classes**

05/27/18 **USA Acrobatic Rock-n-Roll Championship**

06/16/2018 **Last Day of Classes**

06/18/2018 **First Day of Summer Camp**

8/31/2018 **Last Day of Summer Camp**