

# Avalon School of the Arts

12330 James St, Suite D-40, Holland, MI 49424  
616.738.6495

## Dance Classes

35 Lessons, September-June

### Dance Combination Classes, ages 2-7

Dance for 2-Year-Olds	age 2-3	Monday 4:00-4:30pm
Dance for 2-Year-Olds	age 2-3	Wednesday 9:00-9:30am
Dance for 2-Year-Olds	age 2-3	Friday 9:00-9:30am
Dance for 2-Year-Olds	age 2-3	Friday 9:15-9:45am
Dance for 2-Year-Olds	age 2-3	Saturday 9:00-9:30am
Ballet/Tumbling Combo	age 3-4	Tuesday 5:00-5:50pm
Ballet/Tumbling Combo	age 3-4	Wednesday 9:30-10:20am
Ballet/Tumbling Combo	age 3-4	Wednesday 2:00-2:50pm
Ballet/Tumbling Combo	age 3-4	Thursday 9:30-11:20am
Ballet/Tumbling Combo	age 3-4	Friday 9:30-10:20am
Ballet/Tap Combo	age 3-4	Wednesday 5:30-6:20pm
Ballet/Tap Combo	age 3-4	Saturday 9:30-10:20am
Kinderballet/Tumbling	age 4-6	Monday 6:30-7:20pm
Kinderballet/Tumbling	age 4-6	Tuesday 5:30-6:20pm
Kinderballet/Tumbling	age 4-6	Thursday 10:30-11:20am
Kinderballet/Tap Combo	age 4-6	Wednesday 1:00-1:50pm
Kinderballet/Tap Combo	age 4-6	Wednesday 4:30-5:20pm
Kinderballet/Tap Combo	age 4-6	Saturday 10:30-11:20am
Kinderballet/Tumbling/Tap	age 4-6	Friday 10:00-11:20am
Boys Tap/Tumbling	age 3-5	Friday 10:30-11:20am
Boys Tap/Tumbling	age 5-6	Wednesday 4:30-5:20pm
Primary 1 Ballet/Tap Combo	age 5-7	Tuesday 4:00-4:50pm
Primary 1 Ballet/Tap Combo	age 5-7	Tuesday 6:00-6:50pm
Primary 1 Ballet/Tap Combo	age 5-7	Wednesday 6:30-7:20pm
Primary 1 Ballet/Tap Combo	age 5-7	Saturday 11:30-12:20pm

### Primary Level Ballet, ages 5-11

Primary 1 Ballet	age 5-7	Thursday 4:30-5:20pm
Primary 2 Ballet	age 6-8	Wednesday 6:30-7:20pm
Primary 2 Ballet	age 6-8	Thursday 5:30-6:20pm
Primary 2 Ballet	age 6-8	Saturday 9:00-9:50am
Primary 3 & 4 Ballet	age 8-11	Monday 6:30-7:20pm
Primary 4 Ballet	age 8-11	Wednesday 4:30-5:20pm

### Tap, ages 6+

Tap - Beginning	age 6+	Wednesday 5:30-6:20pm
Tap - Intermediate 1	age 8+	Wednesday 5:30-6:20pm
Tap - Intermediate 2	age 12+	Wednesday 6:30-7:20pm
Tap - Advanced	age 12+	Tuesday 3:30-4:20pm

### Musical Theatre, ages 7+

Beginning Musical Theatre	age 7-11	Monday 5:30-6:20pm
Intermed. Musical Theatre	age 8-12	Monday 6:30-7:20pm
Advanced Musical Theatre	age 12+	Thursday 7:00-7:50pm

### Ballet, ages 9+

Grade 1 Ballet – EXAM	age 9+	Monday 4:30-5:50pm
Grade 1 Ballet	age 9+	Tuesday 4:30-5:50pm
Grade 1 Ballet	age 9+	Wednesday 4:00-5:20pm
Grade 1&2 Ballet	age 9+	Saturday 11:30-12:50pm
Grade 2 Ballet	age 10+	Monday 6:00-7:20pm
Grade 2 Ballet - EXAM	age 10+	Tuesday 6:30-7:50pm
Grade 2 Ballet	age 10+	Thursday 5:30-6:50pm
Grade 3 Ballet	age 12+	Monday 4:30-5:50pm
Grade 3&4 Ballet	age 12+	Thursday 4:00-5:20pm
Grade 3&4 Ballet	age 12+	Saturday 10:00-11:20am
Grade 4 Ballet	age 14+	Monday 4:30-5:50pm
Advanced Ballet	age 14+	Tuesday 7:30-8:50pm
Advanced Ballet w/ Variations	age 14+	Thursday 7:00-8:20pm
Prepointe	age 9+	Monday 6:00-6:30pm
Prepointe	age 9+	Tuesday 6:00-6:30pm
Pointe – Beginning	age 12+	Monday 7:30-8:00pm
Pointe - Intermediate	age 12+	Monday 6:00-6:30pm
Adult Ballet	age 16+	Tuesday 7:30-8:20pm

### Acrobatics, ages 5+

Acrobatics Beginning 1	age 5+	Monday 4:30-5:20pm
Acrobatics Beginning 1	age 5+	Wednesday 5:30-6:20pm
Acrobatics Beginning 2	age 6+	Monday 5:30-6:20pm
Intermediate Acrobatics I	age 7+	Tuesday 6:30-7:20pm
Intermediate Acrobatics II	age 7+	Monday 6:30-7:50pm
Advanced Acrobatics	age 7+	Tuesday 4:00-5:20pm

### Jazz and Hip Hop, ages 6+

Jazz - Beginning	age 6-8	Tuesday 7:00-7:50pm
Jazz - Intermediate	age 8-12	Thursday 6:30-7:20pm
Jazz - Intermediate/Adv.	age 12+	Tuesday 3:30-4:20pm
Jazz - Advanced	age 14+	Tuesday 5:30-6:20pm
Contemporary Jazz	age 12+	Saturday 9:00-9:50am
Hip Hop - Beginning	age 7+	Monday 5:30-6:20pm
Hip Hop - Intermediate	age 12+	Monday 7:30-8:20pm
Hip Hop - Advanced	age 14+	Monday 6:30-7:20pm

### Modern Dance, ages 10+

Modern - Beginning	age 10+	Tuesday 4:30-5:20pm
Modern - Beginning	age 10+	Thursday 5:30-6:20pm
Modern - Intermediate	age 10+	Thursday 6:30-7:20pm
Modern - Intermediate	age 12+	Monday 7:30-8:20pm
Modern - Advanced	age 14+	Tuesday 6:30-7:30pm

### Dance for Boys, ages 3+

Boys Tap/Tumbling	age 3-5	Friday 10:30-11:20am
Boys Tap/Tumbling	age 5-6	Wednesday 4:30-5:20pm
Boys Dance Tech A	age 7+	Weds 6:30-7:20pm
Boys Dance Tech B	age 12+	Weds 7:30-8:20pm

# Theatre Classes

17 Lessons, September-January

This is for the student who likes hands-on activities and kinesthetic learning. We'll use a variety of theatre activities to develop our skills and help us prepare a short skit. We will present our skit at the end of the semester for our families & friends.

FUN-damentals of Theatre I age 7-12

Thursday 4:30-5:45

FUN-damentals of Theatre II age 12+

Thursday 6:00-7:15

# Music in Me

Wednesday 6:15-7:00pm, September 13-December 20

In this class children, age 6 months through 5 years, and caregivers explore the universal language of music with instruments, movement, and songs. Early exposure to music in this playful environment positively impacts children's cognitive, social and emotional development. Children observe, sing, dance and play along in this nurturing environment, absorbing musical concepts that lay important groundwork for development of the whole child as well as future music study.

# Yoga with Ami Harju

8-week sessions

Yin Flow – Wednesdays, September 13-November 1, 7:30pm-8:30pm - Yin is a practice of long, sustained, passive holds to increase flexibility, reduce fixation, and improve range of motion. It's for all levels and all bodies.

Yoga Workshops every other Friday 6:30pm-8:30pm pre-registration required

September 15 - Yoga Basics: Beginner's Mind

September 29 - Yin Yoga: Busy to Calm

# Private Music Lessons

Guitar, Piano, Violin, Cello, Voice, Music Theory, by arrangement with instructor



**For More Information, call 616.738.6495**

Located on US-31 and James Street in the Holland Town Center

12330 James St, Suite D-40, Holland, MI 49424

**Register online: [www.avalonschoolofthearts.com](http://www.avalonschoolofthearts.com)**