

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30am-9:15am						A.I.D. Performing Arts (3-5)
9:30am-10:30am						A.I.D. Performing Arts (6-10)
4:00pm-6:00pm	Next Level Training		Next Level Training	Next Level Training		
5:45pm-6:30pm			Ballet	Ballet (3-6)		
6:00pm-7:00pm	Total Package Sports Training Praise Dance/Mime					
6:00pm-7:15pm		A.I.D. Performing Arts (8-17)		A.I.D. Performing Arts (8-17)		
7:00pm-8:30pm			Lyrical/Ballet			
7:00pm-9:00pm		AIKIA Karate		AIKIA Karate		
7:45pm-8:30pm			Ballet (12-17)			

All In Dance Performing Arts Academy

Ballet, Modern, and Jazz technical dance disciplines; Theatrical stage presentation training while developing musicality & art appreciation to connect all 4 art elements (Dance, Theatre, Music, Visual Art). Hip-hop, African, & Latin dance genres may be introduced & fused within classes or exclusively offered on Saturdays at All In Dance "Master Training Classes". Our primary focus is to help prepare our student artist to be salt unto the earth with artistic excellence & teach how to make these ethical disciplines applicable to everyday life.

\$80/month (Tuesday and Thursday sessions) or \$60/month (Saturday sessions)

Aikia Karate

This class will teach children ways to channel their energy in a positive way, self-discipline, respect for others, self-defense, improved memory skills and physical conditioning. Combines styles of American Kenpo and American Tae Kwon Do are emphasized in this class. Master Lloyd Ploeger is the class instructor. For more information, call 972-217-6363.

\$30/month

Ballet - Ursula Gibbs

Ballet is designed as a program to address a child's developmental needs and create a fun dance experience. This course establishes basic ballet technique, alignment, physical development as well as stretching and strengthening. Individual expression and creativity is encouraged as each child learns to use their body. Ursula Gibbs offers a wide range of dance services; from choreography to private lessons. For more information, call 214-808-2988.

\$40/month

Hip Hop & Lyrical Dance - Ursula Gibbs

Get up and Dance! Come learn the hottest new street style moves to the best new R&B and Hip Hop songs. Characterized by movement reflecting the words or feeling a song, lyrical makes music come to life. In these classes, dancers focus on performance skills, flexibility, core strength, stamina and learn about spacing and dance technique such as turns, leaps and jumps. Ursula Gibbs offers a wide range of dance services; from choreography to private lessons. For more information, call 214-808-2988.

\$40/month

Lyrical - Ursula Gibbs

This is a dance form based on creative expression. It is story set in motion. Lyrical is a fusion of ballet and jazz which combines one's own expression along with technical skills. Students must have a solid dance base for this class.

\$40/month

Next Level Training - Nicholas Fletcher

This program instructs ball handling, finishing moves and specific drills to recreate gameplay. This program also put a very strong emphasis on balance, footwork, agility, and plyometric with a variety of exercises using specialized equipment.

- Work on footwork and movement pattern training
- Increase your Speed, Explosiveness, and Vertical
- Learn rapid change of direction, and master your quickness on the court

\$85/month or \$10/class

Praise Dance and Mime

This dance ministry offers a fun, innovative after school/work program. It permits teenagers to be active and healthy while having fun learning beginner/intermediate choreography to energetic uplifting music. Students will be able to learn the movements of Kingdom Hip-Hop, Contemporary Praise dance, and Gospel Mime. This extraordinary program will allow dedicated students to break free from stage fright and perform on stage. For more information, call 972-979-3930.

\$35/month

Total Package Sports Training

Total Sports Training is a local basketball skills developmental program designed to train young athletes in basic basketball fundamental skills and sportsmanship attributes. The program is designed for school age boys and girls. TPST participants will be trained by coaches with more than fifty years of experience and multiple UIL State Basketball Championships in the state of Texas. Contact Goree Johnson at 214-475-2306 for details.

\$75 per 6-week session or \$15 drop in

****Register for classes online or at the DeSoto Recreation****

www.desototexas.gov/register

All classes are subject to change. Minimum enrollment numbers required for class make.