

# INTENSITY

## DANCE TEAM



*-No Regrets-*

### 2016-2017 Schedule

**August 29, 2016 – May 26, 2017**

*\*Price list and description under Teams/Classes tab of website\**  
*Schedule subject to change based upon team/class registration.*

#### Monday

- 2:30-4:00 p.m. **IDT Black Team II** (12-14 years old/1-3 years of training)  
4:00-5:30 p.m. **IDT Gold Team II** (9-11 years old/2-3 years of training)  
5:30-6:30 p.m. **IDT Jazz/Hip Hop** (8-12 years old/all levels)

#### Tuesday

- 3:15-4:00 p.m. **IDT Creative Movement** (3-6 years old)  
4:00-5:00 p.m. **IDT Junior Team** (6-9 years old/2-3 years of dance training)  
5:00-6:30 p.m. **IDT Gold Team** (9-12 years old/3-5 years of training)  
6:30-8:00 p.m. **IDT Black Team** (12-15 years old/3-5 years of training)  
8:00-9:00 p.m. **Adult Dance/Fitness Class** (18+/all levels)

#### Wednesday

- 9:00-10:00 a.m. **Adult Dance/Fitness Class** (18+/all levels)  
10:00-10:45 a.m. **IDT Creative Movement** (3-6 years old)
- 3:30-4:30 p.m. **IDT Ballet Technique Level 3** (14 and up/all levels)  
4:30-5:30 p.m. **IDT Ballet Technique Level 1** (6-9 years old/all levels)  
5:30-6:30 p.m. **IDT Ballet Technique Level 2** (10-14 years old/all levels)  
6:30-7:30 p.m. **IDT Junior Technique** (8-11 years old/all levels)

#### Thursday

- 4:00-5:00 p.m. **IDT Junior Team II** (6-8 years old/0-2 years of training)  
5:00-6:30 p.m. **September-January solo/private lessons**  
**Feb. - May Senior team** (14-18 years old/6+ years of training)
- 6:30-7:30 p.m. **IDT Senior Technique** (11 and up/all levels)  
7:30-8:30 p.m. **IDT Tumbling** (8 and up/ all levels)  
8:30-9:30 p.m. **IDT Improvisation/Choreography class** (12 and up)