

Rochester Summer Schedule -- DSD - 2010

Monday			Tuesday	
Time	Name	Ages	Time	Name
8:00 - 9:00	R-Contemporary 12/U M-8:00a	12-18	8:45 - 9:30	R-Pointe - Beg. T.8:45
9:00 - 10:15	R-Ballet Red -14/U Adv -M 9:00a	14-18	9:30 - 10:30	R- Lyrical 7-12 T. 9:30
9:00 - 10:00	R-Lyrical-11UI/ADV-M-9:00a	11-18	9:30 - 10:30	R-Ballet Magenta 7-11 I/A- T.9:30
9:00 - 9:45	R-Tap/Tumbling 4-6 M. 9:00	4-6	10:00 - 10:45	R-Turns-5-9-Tue.10:00
9:30 - 10:30	R-Tumbling - 12/U M. 9:30	12-18	10:00 - 10:45	Mommy & Me Todler Gym
9:45 - 10:30	R-Ballet/Tumbling 4-6 M. 9:45	4-6	10:30 - 11:30	R- Ballet Navy 7-11 B/I- Tue.10:30a
10:00 - 11:00	R-SRC Rehearsal - M 10:00a		10:30 - 11:30	R- Jazz 7-11 Int - Tue.10:30a
10:15 - 11:30	R-Ballet Cream - 10/UA- M 10:15	10-15	10:45 - 11:30	R- Lyrical 5-8 B/I Tu. 10:45
10:30 - 11:15	R- Pre-Rhythm 2.5-4.5 M. 10:30	2.5-4.5	11:00 - 12:00	BOOT CAMP 8/U
10:30 - 11:30	R-Streng/Flex-14/UA-M-10:30a	14-18	12:00 - 1:00	R- Ballet Purple- 5-7 B/I Tu. 12:00
10:30 - 11:30	R-Tumbling 10/U M.10:30	10-15	12:00 - 1:00	R-JRC Rehearsal - Tue.12:00a
11:15 - 12:00	R-Pre-Gymnastics 2.5-4.5 M. 11:15	2.5-4.5	12:00 - 1:00	R-SDL Rehearsal - T.12:00a
11:30 - 12:30	R- Jazz 14/UA - M. 11:30	13-18	1:00 - 2:00	R- Tumbling 7-11 1:00 p.m.
11:30 - 12:45	R-Ballet Green - Int 10/U M.11:30	10-16	1:00 - 1:45	R-Ballet 4-6
11:30 - 12:30	R-Tap- 10/UIA-M-11:30a	10-15	1:00 - 2:00	R-Jrette Reh-Tue.1:00
12:00 - 12:45	R- Gymnastics 5-8 M. 12:00	5-8	1:00 - 2:00	R-Lyrical-7-11 Int-Tue.1:00p
1:00 - 2:15	R-Ballet Taupe10/UI - M-1:00	10-15	2:00 - 3:00	R- Tumbling 5-8 Tu. 2:00
1:00 - 2:30	R-Rep. Rehearsal - M.1:00		2:00 - 3:00	R-Hip Hop 7-12-Tue.2:00
1:00 - 2:00	R-Tumbling 10/U M. 1:00	10-18	3:00 - 4:00	R-Tumbling-7U-Tue.3:00
2:00 - 3:00	R- Tap - 11/UI M-2:00	11-15	4:15 - 5:00	R-Tumbling - At Your Level
2:30 - 3:45	R-Ballet Violet-14/U Adv-M-2:30	14-18	5:00 - 5:30	R-Voice/Piano 6-Adult Tu.5:00
2:30 - 3:45	R-TRC Rehearsal-M.2:30		5:15 - 6:00	R-Ballet/Tumble 4-6 Tu. 5:15
2:30 - 3:30	R-Tumbling 12/U M. 2:30	12-18	5:15 - 6:00	R-Pre-Gymnastics 2.5-4.5 Tu. 5:15
3:00 - 3:45	R-Gymnastics Beg/Int 11/U M.3:00	11-16	5:15 - 6:00	R-Tap 5-7 Tu. 5:15
3:45 - 4:45	R-Pointe-Int/Adv. 12/U M.3:45	12-18	5:30 - 6:00	R-Voice/Piano T. 5:30
3:45 - 4:45	R-Turns 11/U M.3:45	11-18	6:00 - 6:45	R-Ballet 5-7 Tu. 6:00
			6:00 - 6:45	R-Hip Hop 5-7 Tu. 6:00
			6:00 - 6:45	R-Jazz-DSD Frequency-Tue.6:00p
			6:00 - 6:45	R-Pre-Rhythm 2.5-4.5 Tu.6:00
	U indicates Up (10/U = ages 10 and up)		6:00 - 6:30	R-Voice/Piano - Tu. 6:00
			6:30 - 7:00	R-Voice/Piano Tu. 6:30
	Pre-School Rhythm is Ballet & Tap		6:45 - 7:30	R-Hip Hop-DSDFrequency-Tue.6:45
			6:45 - 7:30	R-Jazz 5-7 Tu. 6:45
			6:45 - 7:30	R-Tap/Tumbling 4-6 Tu.6:45
			7:00 - 8:00	Adult Boot Camp
			7:00 - 7:30	R-Voice/Piano Tu. 7:00
			7:30 - 8:15	R- Hip Hop 11/U Tu. 7:30
			7:30 - 8:15	R-Adult Hip Hop/Jazz Tu.7:30
			7:30 - 8:15	R-DSD Frequency Reh-Tue.7:30p
			7:30 - 8:00	R-Voice/Piano - Tu. 7:30
			8:00 - 8:30	R-Voice/Piano - Tu. 8:00
			8:15 - 9:00	R-Adult Tap-Tue 8:15pm

Wednesday				
Ages	Time	Name	Ages	Time
10-18	6:30 - 7:00	R-Voice/Piano - W. 6:30	6+	8:45 - 9:30
7-12	8:00 - 9:00	R-Turns-11U -W-8:00	11-18	9:00 - 9:45
7-11	9:00 - 10:15	R-BALLET RED-14U/ADV-W-9:00	13-18	9:30 - 10:30
5-9	9:00 - 10:00	R-Strength/Flex- 11U-W-9:00a	11-18	9:30 - 10:30
18m-3	9:30 - 10:30	R - Hip Hop 10/U W.9:30	10-18	9:45 - 10:30
7-11	10:00 - 11:00	R-SRC REH-W-10:00a		10:00 - 10:45
7-11	10:15 - 11:30	R-BALLET CREAM -10UI-W-10:15	10-16	10:30 - 11:30
5-8	10:30 - 11:30	R- LYRICAL-14UADV-W-1:30p	14-18	10:30 - 11:15
8-18	10:30 - 11:30	R-Hip Hop 10-14 Int/Adv Wed. 10:0	10-14	10:30 - 11:30
5-7	11:30 - 12:30	R- Tap-14UADV-W-11:30a	14-18	10:45 - 11:45
	11:30 - 12:45	R-Ballet Green - 10/U Int W.11:30a	10-16	11:15 - 12:00
	11:30 - 12:30	R-JAZZ- 10UI/A -W-11:30a	10-15	12:00 - 1:00
7-11	1:00 - 2:15	R-BALLET Taupe-10 UADV-W-1:00	10-15	12:00 - 1:00
4-6	1:00 - 2:00	R-Hip Hop 10/U W. 1:00	10-18	12:15 - 1:00
	1:00 - 2:30	R-REP REH-W-1:00p		1:00 - 2:00
7-11	2:00 - 3:00	R- Jazz-11 UI-W-2:00	11-16	1:00 - 2:00
5-8	2:30 - 3:45	R-BALLET VIOLET-14UA -W-2:30	14-18	1:00 - 2:00
7-12	2:30 - 3:30	R-Hip Hop 10/U W.2:30	10-16	2:00 - 3:00
7-16	2:30 - 3:45	R-TRC REH-W-2:30		2:00 - 3:00
6-18	3:00 - 4:00	R-TURNS-11U-W-3:00	11-18	3:00 - 4:00
6+	3:45 - 4:45	R-Pointe - Beg 10/U M. 3:45	10-18	5:00 - 6:00
4-6	3:45 - 4:45	R-Tumbling - W. 3:45	10-18	6:00 - 7:00
2.5-4.5	5:00 - 5:30	R-Voice/Piano W. 5:00	6+	
5-7	5:15 - 7:00	Cheerleading - 6/U	6-16	
6+	5:15 - 6:00	R-Ballet 11/U B/I W. 5:15	11-18	
5-7	5:15 - 6:00	R-Jazz 5-7 W.5:15	5-7	
5-7	5:15 - 6:00	R-Tap 8-10 B/I W. 5:15	8-10	
7-18	5:30 - 6:00	R-Voice/Piano - W. 5:30	6+	
2.5-4.5	6:00 - 6:45	R-Jazz 8-10(Beg/Int)-Wed 6:00pm	8-10	
6+	6:00 - 6:45	R-Pre-Rhythm 2.5-4.5 W. 6:00	2.5-4.5	
6+	6:00 - 6:45	R-Tap 11/U-Wed 6:00pm	11-18	
7-18	6:00 - 6:30	R-Voice/Piano W. 6:00	6+	
5-7	6:30 - 7:00	R-Voice/Piano W. 6:30	6+	
4-6	6:30 - 8:30	OPEN GYM w/Tumbling Coach	6/Up	
Adult	6:45 - 7:30	R-Ballet 8-10(Beg/Int)-Wed 6:45pm	8-10	
6+	6:45 - 7:30	R-Ballet/Tumble-4-6-Wed 6:45pm	4-6	
11-18	6:45 - 7:30	R-Jazz 11/U-Wed 6:45pm	11-18	
16+	7:00 - 7:30	R-Voice/Piano - W. 7:00	6+	
	7:30 - 8:15	R-Adult Tap-Wed 7:30pm	18+	
6+	7:30 - 8:15	R-Hip Hop 11/U-Wed 7:30pm	11-18	
6+	7:30 - 8:00	R-Voice/Piano W. 7:30	6+	
18+	8:00 - 8:30	R-Voice/Piano - W. 8:00	6+	
	8:15 - 9:00	R-Adult Ballet-Wed 8:15pm	18+	

