

# NEW SUMMER SCHEDULE

## Sports Performance

5. 27 - 8.15

### MONDAY - SATURDAY

	AGES 7-11	AGES 12-15	AGES 16+
8AM			
9AM	Speed	Speed	Speed
10AM	Strength	Strength	Strength
11AM	Agility	Agility	Agility
12PM			
1PM	Speed	Speed	Speed
2PM	Strength	Strength	Strength
3PM	Agility	Agility	Agility

UPSWING Centennial is open 7 days/week,  
Mon-Fri 8AM - 9PM, Sat 8AM - 5PM, and Sun 9AM - 1 PM.

# NEW SUMMER SCHEDULE

Dance *powered by Spark*

MAY 2025

## MONDAY

- 4:45-5:45 PM** Pom Fundamentals & Technique Beg/Int (12+)
- 5:45-6:45 PM** Contemporary Jazz Adv (12+)
- 6:45-7:45 PM** Power-Barre Ballet for Athletes (12+)

## TUESDAY

- 4:00-5:00 PM** Ballet JV & Freshman Level
- 5:00-6:00 PM** Ballet Varsity Level
- 6:45-7:45 PM** Adv Master Class with Katie Fear or Nicole Kahre
- 7:00-9:00 PM** Private Booking/Team Combo

## WEDNESDAY

- 4:00-5:00 PM** Pilates & Principles of Functional Dance Movement (13+)
- 5:00-6:00 PM** Private Booking/Team Combo
- 6:00-7:00 PM** Hip Hop Adv (12+)
- 7:00-8:00 PM** Pom & Gameday Int/Adv (12+)
- 8:00-9:00 PM** Hip Hop Beg/Int (12+)

## THURSDAY

- 4:00-5:00 PM** Rec Cheer & Acro (6-11)
- 5:00-6:00 PM** Private Booking/Team Combo
- 6:00-7:00 PM** Technical Skills for Varsity & College-Level Teams (14+)
- 7:00-8:00 PM** Acro for Dance Teams (End Goal Aerials)
- 7:00-8:00 PM** Pom & Gameday Int/Adv (12+)
- 8:00-9:00 PM** Studio 2 Stadium College Prep/Recruitment (14+)

## FRIDAY

- 4:00-5:00 PM** Contemporary Jazz Beg/Int (12+)
- 5:00-6:00 PM** Technical Skills for Freshman & JV Teams (12+)
- 6:00-7:00 PM** Pom Fundamentals & Technique Beg/Int (12+)

## SAT-SUN

- Scheduled Team Combos
- Private Lessons
- Guest Classes Offered Throughout the Season (Yoga, Mental Mindfulness, Master Classes)

# NEW SUMMER SCHEDULE

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JUNE 2025

## MONDAY

- 10:00-12:00 PM** Private Booking/Team Combo
- 5:00-7:00 PM** Private Booking/Team Combo
- 7:00-8:00 PM** Power-Barre Ballet for Athletes (12+)

## TUESDAY

- 9:00-11:00 AM** Private Booking/Team Combo
- 4:00-5:00 PM** Ballet JV & Freshman Level
- 5:00-6:00 PM** Ballet Varsity Level
- 6:00-8:00 PM** Adv Master Class with Katie Fear or Jenna Morse

## WEDNESDAY

- 4:00-5:00 PM** Pilates & Principles of Functional Dance Movement (13+)
- 5:00-6:00 PM** Private Booking/Team Combo  
6/11 & 6/12 = Strength and Conditioning
- 6:00-7:00 PM** Hip Hop Adv (12+)
- 7:00-8:00 PM** Pom & Gameday Int/Adv (12+)
- 8:00-9:00 PM** Hip Hop Beg/Int (12+)

## THURSDAY

- 4:00-5:00 PM** Rec Cheer & Acro (6-11)
- 5:00-6:00 PM** Private Booking/Team Combo
- 6:00-7:00 PM** Technical Skills for Varsity & College-Level Teams (14+)
- 7:00-8:00 PM** Acro for Dance Teams (End Goal Aerials)
- 7:00-8:00 PM** Pom & Gameday Int/Adv (12+)
- 8:00-9:00 PM** Hip Hop Tricks & Combos

## FRIDAY

- 4:00-5:00 PM** Private Booking/Team Combo
- 5:00-6:00 PM** Technical Skills for Freshman & JV Teams (12+)
- 6:00-7:00 PM** Pom Fundamentals & Technique Beg/Int (12+)

## SAT-SUN

- Scheduled Team Combos
- Private Lessons
- Guest Classes Offered Throughout the Season  
(Yoga, Mental Mindfulness, Master Classes)

# NEW SUMMER SCHEDULE

Dance *powered by Spark*

JULY 2025

## MONDAY

- 4:00-5:00 PM** Pom & Technique (6-11)
- 5:00-6:00 PM** Contemporary Jazz Adv (12+)
- 6:00-7:00 PM** Pom Fundamentals & Technique Beg/Int (12+)
- 7:00-8:00 PM** Power-Barre Ballet for Athletes (12+)

## TUESDAY

- 4:00-5:00 PM** Ballet JV & Freshman Level
- 5:00-6:00 PM** Ballet Varsity Level
- 6:00-8:00 PM** Adv Master Class with Various Teachers

## WEDNESDAY

- 4:00-5:00 PM** Pilates & Principles of Functional Dance Movement (13+)
- 5:00-6:00 PM** Strength & Conditioning
- 6:00-7:00 PM** Hip Hop Adv (12+)
- 7:00-8:00 PM** Pom & Gameday Int/Adv (12+)
- 8:00-9:00 PM** Hip Hop Beg/Int (12+)

## THURSDAY

- 4:00-5:00 PM** Rec Cheer & Acro (6-11)
- 5:00-6:00 PM** Hip Hop Tricks & Combos
- 6:00-7:00 PM** Technical Skills for Varsity & College-Level Teams (14+)
- 7:00-8:00 PM** Acro for Dance Teams (End Goal Aerials)
- 7:00-8:00 PM** Contemporary Jazz Adv (12+)

## FRIDAY

- 4:00-5:00 PM** Technical Skills for Freshman & JV Teams (12+)
- 5:00-6:00 PM** Pom Fundamentals & Technique Beg/Int (12+)

## SAT-SUN

- Scheduled Team Combos
- Private Lessons
- Guest Classes Offered Throughout the Season (Yoga, Mental Mindfulness, Master Classes)