

2022-2023 School Year Schedule of Classes (Mon. 8/1/22 - Sat. 5/27/23)
SCHOOL AGE GIRLS GYM, BOYS GYM,
CO-ED TRAMPOLINE & LINK FITNESS

www.sonshineacademy.com

Rev. 7/8/2022

GIRLS GYM		
Gymnastics (K & up) "Sunrays" & "Sunrays Plus"		
<u>Kindergarten</u>		
	Mon.	6:10-7:10
	Thurs.	4:00-5:00
	Fri.	5:05-6:05
<u>Kindergarten -1st</u>		
	Mon.	5:05-6:05
	Tues.	1:45-2:45
	Wed.	6:10-7:10
	Thurs.	6:10-7:10
<u>1st-2nd grade</u>		
	Mon.	4:00-5:00 6:10-7:10
	Thurs.	5:05-6:05
	Thurs.	6:10-7:10
	Fri.	6:10-7:10
<u>1st grade & up</u>		
<u>2nd grade & up</u>		
	Mon.	5:05-6:05
	Wed.	6:10-7:10
<u>Sunrays Plus 1st grade & up</u>		
	Wed.	5:05-6:05
	Thurs.	4:00-5:00
"Flares"		
<u>Kindergarten</u>		
	Mon.	4:00-5:00
	Wed.	5:05-6:05
<u>1st grade +</u>		
	Wed.	4:00-5:00
	Thurs.	6:10-7:10
"Hot Shots"		
<u>1st grade & up</u>		
	Tues.	6:10-7:25
Multi Level (Sunrays, Flare, Hot Shots)		
<u>1st grade & up</u>		
	Mon.	1:45-2:45
Bars & Tumble for Gymnastics for Sunrays and Flares Girls		
	Thurs.	5:05-6:05

BOYS GYM		
Gymnastics (K & up) "Flippers"		
<u>K-2nd grade</u>		
	Tues.	4:00-5:00
	Thurs.	4:00-5:00
"Twisters/Dynamos"		
<u>3rd grade & up</u>		
	Mon.	4:00-5:00

CO-ED		
Trampoline, Double Mini-Tramp, & Tumbling (Co-ed 1st grade & up)		
<u>Tumble & Trampoline</u>		
	Mon.	4:00-5:00
	Mon.	6:35-7:35
	Wed.	4:00-5:00
<u>Trampoline</u>		
	Wed.	5:00-6:00

Link Fitness Classes w/ Coach Nick		
*if the listed class times don't work for you, talk with Coach Nick about alternatives		
Mon.	4:00-5:00	Ages 9-13
	5:00-6:00	Ages 13+
Tues.	4:00-5:00	Ages 9-13
	5:00-6:00	Ages 13+
Wed.	4:00-5:00	Ages 9-13
	5:00-6:00	Ages 13+
Thur.	4:00-5:00	Ages 9-13
	5:00-6:00	Ages 13+

Sonshine Academy 527-7742
2022-2023 School Year Schedule of Classes (Mon. 8/1/22- 5/27/22)
Early Childhood Program (9 mos - 5 yrs)
www.sonshineacademy.com

Rev. 7/6/2022

Gym Babies (9-18 months)		
Day	Morning	Evening
Fri.		5:30-6:00

Playful Parenting Gymnastics (18 mos - 3 yrs)		
Day	Morning	Evening
Mon.	10:30-11:10	5:30-6:10
Tues.	10:30-11:10	5:30-6:10
Wed.		5:30-6:10 6:15-6:55
Thurs.	10:30-11:10	4:45-5:25 5:30-6:10
Fri.	11:15-11:55	6:15-6:55
Sat.		

Preschool Gymnastics (3 - 5 yrs)				
Day	Morning		Evening	
Mon.	9:00-9:40	Ps	4:00-4:40	Ps
			4:45-5:25	Ps
	11:15-11:55	Ps	5:30-6:10	Ps
			6:15-6:55	Ps
Tues.	9:00-9:40	Ps	4:00-4:40	Ps
			4:45-5:25	Ps
			6:15-6:55	Ps
Wed.			4:45-5:25	Ps
			5:30-6:10	Ps
			6:15-6:55	Ps
Thurs.	9:45-10:25	Ps	4:00-4:40	Ps
	11:15-11:55	Ps	5:30-6:10	Ps
Fri.			6:15-6:55	Ps
Sat.				

Preschool Plus (Must have finished 1 year of PsGym)				
Day	Morning		Evening	
Mon.	9:45-10:25	Ps+	6:15-6:55	Ps+
Tues.	9:45-10:25	Ps+	5:30-6:10	Ps+
Wed.			4:00-4:40	Ps+
Thurs.	9:00-9:40	Ps+		
Sat.				

Preschool Power Up - Invitation only		
Day	Morning	Evening
Mon.	12:00-1:00	

Ninja Quest				
YELLOW (Boys, 3yrs & young 4yrs)				
Day	Morning		Evening	
Tues.	10:00-10:40 10:45-11:25 12:35-1:15		Mon.	4:00-4:40
			Tues.	4:00-4:40 5:30-6:10
			Wed.	4:00-4:40 5:30-6:10
Thurs.	10:00-10:40 10:45-11:25 11:30-12:10		Thurs.	5:05-5:45 5:50-6:30
GREEN (Co-ed, 4yrs & Pre-K 5yrs)				
Day	Morning		Evening	
Tues.	10:00-10:40 10:45-11:25 11:30-12:10		Mon.	4:00-4:40
			Tues.	4:00-4:40 4:45-5:25 6:15-6:55
			Wed.	4:45-5:25
Thurs.	10:00-10:40 10:45-11:25 12:35-1:15		Thurs.	4:00-4:40 5:50-6:30
			Fri.	4:00-4:40

Tuition Schedule

Tuition is due by the 23rd of the month for the next month.
 Tuition paid after the 23rd of the month will incur a \$7 Billing Fee.

Class Length:	Price
30 min.	\$55
40 min. PS Gym	\$69
40 min. Ninja	\$75
1 hour	\$83

What to Wear:		
PsGym-Girls	No shoes	Leotard (footless tights, shorts, or spandex shorts are optional). Hair should be pulled into a pony tail if possible and short hair should be pinned out of the eyes and face. Note: No jewelry can be worn into the gym.
PsGym-Boys	No shoes	Shorts (preferably with no pockets) and a shirt which allows freedom of movement but should not be oversized.
Ninja	Socks & shoes	UNIFORM – As a way of promoting discipline and a sense of unity, Sonshine Academy requires a Ninja uniform t-shirt for Ninja classes. The color of the uniform t-shirt corresponds to the color of the ninja's class level. We believe that this helps students feel like part of a larger group and it creates an expectation of discipline in the class. Ninja uniform t-shirts can be ordered and purchased either online at www.sonshineacademy.store OR onsite in the Sonshine Academy pro-shop. All ninjas are required to WEAR SOCKS & ATHLETIC SHOES SUITABLE FOR ACTIVITY (no sandals or flip flops).

100% TUITION BACK GUARANTEE If after your child's first month of classes, you are not satisfied for any reason, we will cheerfully refund 100% of your tuition for the entire month. NO HASSLE!

ANNUAL REGISTRATION FEE The, non refundable, annual registration fee of \$37 per individual or \$58 per family is paid upon initial registration and each 12 months thereafter.

\$5.00 Multi-Class Family Discount: Only ONE tuition in your family pays full price. ALL other tuitions in a family are discounted \$5.00.

Sonshine Academy of Dance

2022-2023 School Year Schedule

www.sonshineacademy.com Phone: (501) 327-7742

Rev. 7/6/2022

Early Childhood Program (2-5 yrs by 8/1/22)			
Broadway Babies (2-3 yrs)			
	Monday	6:15-6:45	Studio 5
	Wednesday	6:30-7:00	Studio 2
	Thursday	9:00-9:30a	Studio 5
Preschool Ballet/Tap			
3-4 yrs	Wednesday	5:30-6:10	Studio 5
4-5 yrs	Wednesday	6:10-6:50	Studio 5
Preschool Ballet/Tap/Gym			
4-5 yrs	Monday	5:30-6:30	Studio 5/PS Gym
3-4 yrs	Monday	6:30-7:30	PS Gym/Studio 5
4-5 yrs	Tuesday	5:30-6:30	Studio 5/PS Gym
3-4 yrs	Tuesday	6:10-7:10	Studio 5/PS Gym
4-5 yrs	Tuesday	6:30-7:30	PS Gym/Studio 5
3-4 yrs	Thursday	9:30-10:30	Studio 5/PS Gym
4-5 yrs	Thursday	10:30-11:3	Studio 5/PS Gym
3-4 yrs	Thursday	5:30-6:30	Studio 5/PS Gym
3-4 yrs	Thursday	6:10-7:10	Studio 5/PS Gym
4-5 yrs	Thursday	6:30-7:30	PS Gym/Studio 5

Hip Hop Program			
K-1st	Monday	5:30-6:00	Studio 3
	Thursday	7:00-7:30	Studio 4
2nd-4th	Tuesday	7:00-7:30	Studio 4
5th-8th Level 1	Monday	7:15-8:00	Studio 2
5th-8th Level 2	Thursday	4:45-5:30	Studio 2
9th & up Level 1	Monday	5:30-6:15	Studio 2
9th & up Level 2	Wednesday	6:30-7:15	Studio 3

Adult Classes			
Adult Hip Hop	Monday	7:15-8:00	Studio 4
Adult Tap	Thursday	7:00-7:45	Studio 2

School Age Program			
Belles & Starlettes classes are invitation only			
Ballet is required for jazz, contemporary & acro			
Kindergarten-1st Ballet/Tap/Jazz	Thursday	5:30-7:00	Studio 2
2nd-4th Ballet/Tap/Jazz	Tuesday	5:30-7:00	Studio 4
2nd-4th Musical Theatre	Tuesday	4:45-5:30	Studio 5
2nd-4th Contemporary/Acro	Wednesday	4:30-5:00	Studio 2
5th-8th Ballet/Tap/Jazz	Friday	4:45-6:15	Studio 2
5th-8th Musical Theatre	Tuesday	4:45-5:30	Studio 4
5th-8th Contemporary/Acro	Wednesday	4:30-5:00	Studio 3
Belles K-1st Ballet/Tap/Jazz	Monday	6:00-7:30	Studio 3
	Thursday	5:30-7:00	Studio 4
Belles 2nd-4th Ballet/Tap/Jazz	Tuesday	5:30-7:00	Studio 2
	Wednesday	5:00-6:30	Studio 2
2nd-4th Musical Theatre	Tuesday	4:45-5:30	Studio 5
2nd-4th Contemporary/Acro	Wednesday	4:30-5:00	Studio 2
Belles 5th-8th Ballet/Tap/Jazz	Wednesday	5:00-6:30	Studio 3
5th-8th Musical Theatre	Tuesday	4:45-5:30	Studio 4
5th-8th Contemporary/Acro	Wednesday	4:30-5:00	Studio 3
Belles 9th & up Ballet/Tap/Jazz	Monday	4:00-5:30	Studio 2
9th & up Musical Theatre	Tuesday	4:45-5:30	Studio 2
9th & up Contemporary/Acro	Wednesday	4:30-5:00	Studio 1
<u>Starlettes 3rd-4th Block</u>	<u>Wednesday</u>	<u>4:00-6:45</u>	<u>Studio 4</u>
Ballet		4:00-4:45	
Contemporary/Acro		4:45-5:15	
Jazz		5:15-6:00	
Tap		6:00-6:45	
2nd-4th Musical Theatre	Tuesday	4:45-5:30	Studio 5
2nd-4th Contemporary/Acro	Wednesday	4:30-5:00	Studio 2
<u>Starlettes 5th Block</u>	<u>Thursday</u>	<u>5:00-7:45</u>	<u>Studio 3</u>
Ballet		5:00-5:45	
Contemporary/Acro		5:45-6:15	
Jazz		6:15-7:00	
Tap		7:00-7:45	
5th-8th Musical Theatre	Tuesday	4:45-5:30	Studio 4
5th-8th Contemporary/Acro	Wednesday	4:30-5:00	Studio 3

What To Wear:

Broadway Babies	Leotard	Pink Canvas Ballet Shoe	Pink Tights
Preschool Dance	Leotard	Pink Canvas Ballet Shoe	Pink or Tan Tights
		Tan Tap Shoe	
School-Age Dance K-2nd			
Ballet	Leotard	Pink Canvas Ballet Shoe	Pink Tights
Tap	Leotard	Tan Tap Shoe	Pink or Tan Tights
Jazz	Leotard	Block "Neo Flex" Slip on Jazz Shoe	Shoe in Tan

NOTE: All other classes see our Dancewear Requirement Sheet

Sonshine Academy of Dance

2022-2023 School Year Schedule

(501) 327-7742

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Rev.

7/8/2022

Company Classes			
<u>Blue Company Block</u>	<u>Monday</u>	<u>5:00-8:30</u>	<u>Studio 1</u>
Ballet		5:00-6:15	
Contemporary		6:15-7:00	
Jazz		7:00-7:45	
Tap		7:45-8:30	
<u>Light Company Block</u>	<u>Thursday</u>	<u>5:00-8:45</u>	<u>Studio 1</u>
Ballet		5:00-6:30	
Contemporary		6:30-7:15	
Jazz		7:15-8:00	
Tap		8:00-8:45	
<u>Pink Company Block</u>	<u>Monday</u>	<u>5:00-8:30</u>	<u>Studio 4</u>
Ballet		5:00-6:15	
Contemporary		6:15-7:00	
Jazz		7:00-7:45	
Tap		7:45-8:30	
<u>Purple Company Block</u>	<u>Tuesday</u>	<u>5:00-8:30</u>	<u>Studio 3</u>
Ballet		5:00-6:15	
Contemporary		6:15-7:00	
Jazz		7:00-7:45	
Tap		7:45-8:30	
<u>Red Company Block</u>	<u>Tuesday</u>	<u>5:00-8:30</u>	<u>Studio 1</u>
Ballet		5:00-6:15	
Contemporary		6:15-7:00	
Jazz		7:00-7:45	
Tap		7:45-8:30	
Musical Theatre	Monday	4:00-4:45	Studio 3
Power Hour/Turns & Tricks	Monday	4:45-5:30	Studio 3
Pointe 2 (invitation only)	Monday	6:15-7:15	Studio 1
Pointe 1 (invitation only)	Wednesday	6:00-7:00	Studio 1
Pre-Pointe	Wednesday	5:00-6:00	Studio 1
Pre-Pointe	Tuesday	4:00-5:00	Studio 3

Sonshine Academy
2022-23 School Year Schedule of Classes
Cheer & Tumble

Rev. 7/1/2022

"Stellar Tumbling" Classes																													
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Wed. 7:00-8:00	Diamond/Xavier																												
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100% TUITION BACK GUARANTEE: If after your child's first month of classes, you are not satisfied for any reason, we will cheerfully refund 100% of your tuition for the entire month. NO HASSLE!

Annual Membership Fee: The annual membership fee of \$37 per individual or \$58 per family is paid upon initial registration and each 12 months thereafter.

\$5.00 Multi-Class Discount: Only ONE tuition in your family pays full price. ALL other tuitions in a family are discounted \$5.00.



2022-2023 School Year Schedule of Classes (Mon. 8/1/22 - Sat. 5/27/23)

www.sonshineacademy.com/ninja

Updated 7/8/2022

Yellow Ninja			
3yrs & young 4 yrs, Boys, Co-ed			
Morning/Early Afternoon			
Tues.	10:00-10:40	Thur.	10:00-10:40
	10:45-11:25		10:45-11:25
	12:35-1:15		11:30-12:10
Late Afternoon/Evening			
Mon.	4:00-4:40	Tues.	4:00-4:40
			5:30-6:10
Wed.	4:00-4:40	Thur.	5:05-5:45
	5:30-6:10		5:50-6:30

Green Ninja			
4yrs & Pre-K 5yrs, Co-ed			
Morning / Early Afternoon			
Tues.	10:00-10:40	Thurs.	10:00-10:40
	10:45-11:25		10:45-11:25
	11:30-12:10		12:35-1:15
Late Afternoon / Evening			
Mon.	4:00-4:40	Wed.	4:45-5:25
		Thurs.	4:00-4:40
Tues.	4:00-4:40		5:50-6:30
	4:45-5:25		
	6:15-6:55	Fri.	4:00-4:40

Blue Ninja			
Quest Test Required			
Mon.	5:50-6:50	Wed.	5:05-6:05
Tues.	11:30-12:30	Thurs.	12:15-1:15
			4:45-5:45
			6:35-7:35

Red Ninja			
Boys, Girls, & Co-ed (age ranges vary by class)			
BOYS		GIRLS	
Mon.	4:45-5:45	Mon.	4:45-5:45
	5:50-6:50		
	6:55-7:55	Wed.	6:15-7:15
CO-ED			
Tues.	12:15-1:15	Tues.	11:30-12:30
	4:45-5:45	Wed.	4:00-5:00
	5:50-6:50	Thurs.	12:15-1:15
	7:00-8:00	Fri.	4:45-5:45
Wed.	6:10-7:10		
Thurs.	11:30-12:30		
	4:00-5:00		
	6:35-7:35		

Purple Ninja	
Quest Test Required	
Wed.	-- 7:15-8:15

Ninja Quest Elite			
By Invite Only			
Tues.	6:15-7:15	Thurs.	6:15-7:15

Monthly Tuition Schedule

Tuition is due by the 23rd of the month for the next month. Tuition paid after the 23rd of the month will incur a \$7 Billing Fee.

Class Length:	Price:
40 minutes	\$75
1 hour	\$88

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UNIFORM – As a way of promoting discipline and a sense of unity, Sonshine Academy requires a Ninja uniform t-shirt for Ninja classes. The color of the uniform t-shirt corresponds to the color of the ninja's class level. We believe that this helps students feel like part of a larger group and it creates an expectation of discipline in the class. Ninja uniform t-shirts can be ordered and purchased either online at www.sonshineacademy.store OR onsite in the Sonshine Academy pro-shop. In addition, all ninjas are required to WEAR SOCKS & ATHLETIC SHOES SUITABLE FOR ACTIVITY (no sandals or flip flops).