

FIND YOUR DANCERS PERFECT CLASS

Are you struggling to determine which dance class your child should take next? Our flowchart can help! We have exciting new classes that offer more dance options for less. Use the flowchart above to determine where your child will be in the upcoming season and where they can go in the future. Don't hesitate to contact us if you have any questions or concerns. We're here to help!

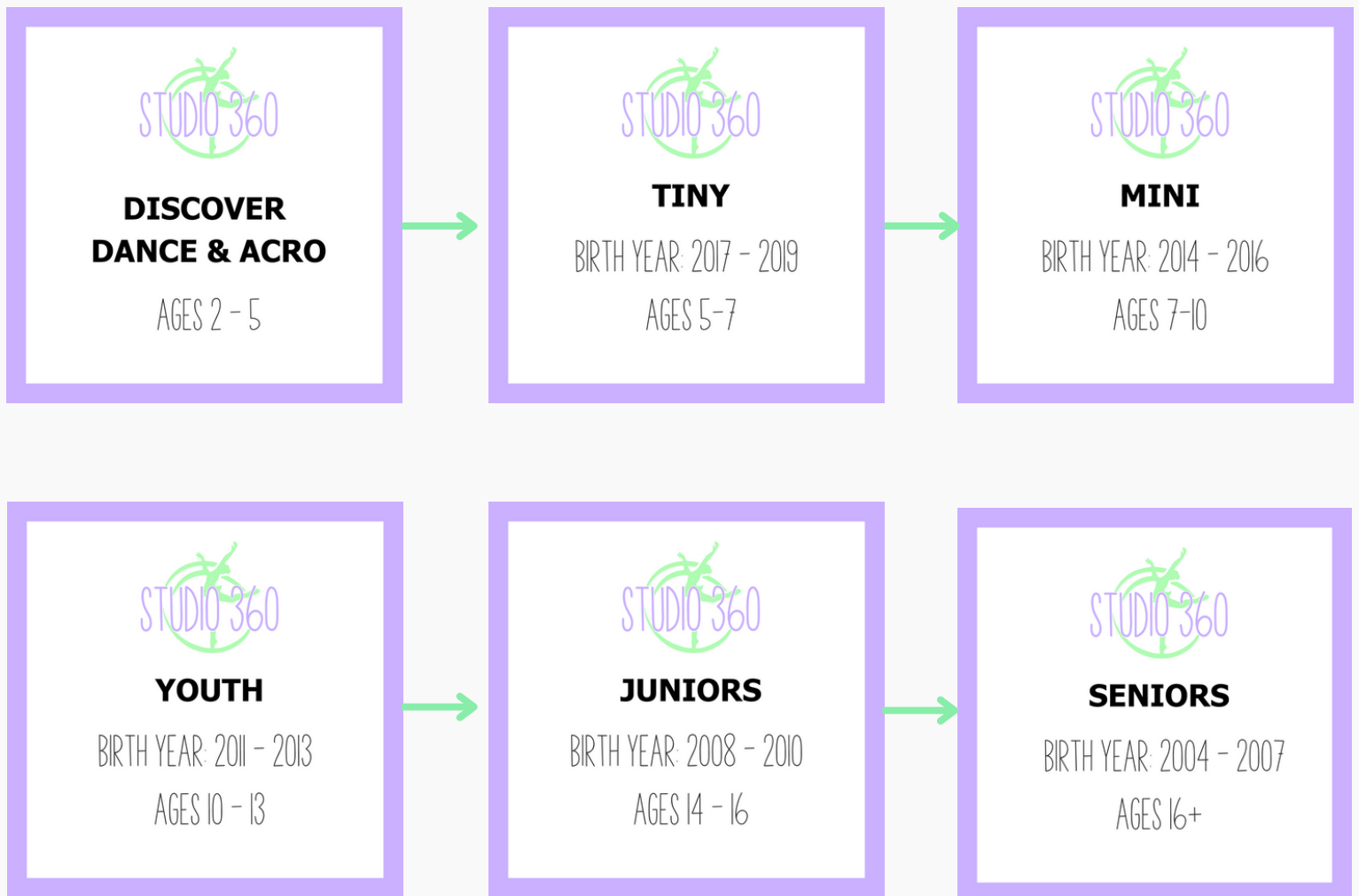


ADDITIONAL OPPORTUNITIES



What level is my dancer?

As the only USASF All Star Studio in Cedar Rapids and Iowa City, our classes adhere to the United States All Star Federation's age levels. This alignment ensures that dancers are in classes suited to their cognitive and social development. Our levels vary based on each dancer's experience and personal growth, celebrating their unique dance journey.



DISCOVER DANCE



Welcome to our exciting lineup of preschool-level classes! Our Discover Dance program is an excellent way to help your little ones develop their gross motor skills and enrich their growth through the magical world of movement, play, and experience. Our highly trained instructors are dedicated to making every class an adventure for your child, providing a safe and nurturing environment where they can learn and have fun at the same time.

CLASS	AGES	REQUIRED ATTIRE	CLASS NOTES
Discover Tots 30 minutes	Minimum Age - 18mon. Maximum age 2	360 Pink Leotard Footless Tights	Caregiver starts and dancer works towards independent class participation. Class does not participate in recital.
Discover Dance 1 45 minutes	Minimum age 3 Maximum age 4	360 Pink Leotard Footless Tights	Performs 1 routine in 1 recital in June.
Discover Dance 2 45 minutes	Minimum age 4 Maximum age 5	360 Pink Leotard Footless Tights	Performs 1 routine in 1 recital in June.
Discover Acro 1 30 minutes	Minimum age 3 Maximum age 4	360 Pink Leotard *optional 360 black spandex shorts Footless Tights	Class does not participate in recital.
Discover Acro 2 30 minutes	Minimum age 4 Maximum age 5	360 Pink Leotard *optional 360 black spandex shorts Footless Tights	Performs 1 routine in 1 recital in June.

POM/JAZZ



At Studio 360, our foundational pom and jazz classes are combined into one cohesive class. Pom is a rapidly growing genre in dance! Pom is a great class for dancers to take if they want to be on a high school dance or cheer team in the future! Paired with Jazz as dancers work on footwork, kicks, turns, and jumps to enhance their overall dance strength and technique!

CLASS	AGE	REQUIRED ATTIRE	CLASS NOTES
Tiny Pom/Jazz 45 minutes	Ages 5 - 7 Birth Years 2017 - 2019	360 Black Leotard Black Spandex Shorts Half-Soles Tights Optional	Performs 1 routine in June recital. Levels 1 and 2 offered at this level. Level placement requires approval from 360 staff.
Mini Pom/Jazz 45 minutes	Ages 7 - 10 Birth Years 2014 - 2016	360 Black Leotard Black Spandex Shorts Half-Soles Tights Optional	Performs 1 routine in two shows in the June recital. Levels 1 - 3 offered at this level. Level placement requires approval from 360 staff.
Youth Pom/Jazz 1 45 minutes	Ages 10 - 13 Birth Years 2014 - 2016	360 Black Leotard Black Spandex Shorts Half-Soles Tights Optional	Performs 1 routine in two shows in the June recital. Levels 1 - 3 offered at this level. Level placement requires approval from 360 staff.
Dance Team 45 minutes	Ages 10+	360 Black Leotard Black Spandex Shorts Half-Soles Tights Optional	Performs 1 routine in two shows in the June recital. Must have successfully passed Level 3. 360 Staff Approval required.

Note: If your dancer was previously in poms/hip-hop in the 2023/2024 season, enroll in the level recommended by the teacher found on your parent portal.

HIP-HOP/ACRO



We took our two most popular classes and made them into one! Acro and Hip-Hop! Learn strength and flexibility in acro to enhance your hip-hop routines! Practice hip-hop combinations and let your personality shine!

CLASS	AGE	REQUIRED ATTIRE	CLASS NOTES
Tiny Hip-Hop/Acro 45 minutes	Ages 5 - 7 Birth Years 2017 - 2019	Black Leo/Tank Black Spandex Shorts Barefoot	Performs 1 routine in June recital. Levels 1 and 2 offered at this level. Level placement requires approval from 360 staff.
Mini Hip-Hop/Acro 45 minutes	Ages 7 - 10 Birth Years 2014 - 2016	Black Leo/Tank Black Spandex Shorts Barefoot	Performs 1 routine in two shows in the June recital. Levels 1 - 3 offered at this level. Level placement requires approval from 360 staff.
Youth Hip-Hop/Acro 45 minutes	Ages 10 - 13 Birth Years 2014 - 2016	Black Leo/Tank Black Spandex Shorts Barefoot	Performs 1 routine in two shows in the June recital. Levels 1 - 3 offered at this level. Level placement requires approval from 360 staff.

Note: If your dancer was previously in poms/hip-hop in the 2023/2024 season, enroll in the level recommended by the teacher found on your parent portal.

ACRO

Acro is a rapidly growing genre in dance! Acro is a great way for dancers to focus on building their strength and flexibility as well as learn and master tumbling skills such as (aerials, walk overs, back handsprings, back tucks). Dancers will experience a more “gymnastics feel” to this class as well as connect tumbling into a dance routine!



CLASS	AGE	REQUIRED ATTIRE	CLASS NOTES
Level 1 30 - 45 minutes	Staff Placement Required Minimum Age 6	360 Black Leotard Black Spandex Shorts Barefoot	Performs in acro production routine in two shows at June recital. Production rehearsal is Friday, May 16, 2025.
Level 2 30 - 45 minutes	Staff Placement Required	360 Black Leotard Black Spandex Shorts Barefoot	Performs in acro production routine in two shows at June recital. Production rehearsal is Friday, May 16, 2025.
Level 3 30 - 45 minutes	Staff Placement Required	360 Black Leotard Black Spandex Shorts Barefoot	Performs in acro production routine in two shows at June recital. Production rehearsal is Friday, May 16, 2025.
Level 4 30 - 45 minutes	Staff Placement Required	360 Black Leotard Black Spandex Shorts Barefoot	Performs in acro production routine in two shows at June recital. Production rehearsal is Friday, May 16, 2025.
Level 5 45 minutes	Staff Placement Required	360 Black Leotard Black Spandex Shorts Barefoot	Performs in acro production routine in two shows at June recital. Production rehearsal is Friday, May 16, 2025.
Level 6 45 minutes	Staff Placement Required	360 Black Leotard Black Spandex Shorts Barefoot	Performs in acro production routine in two shows at June recital. Production rehearsal is Friday, May 16, 2025.

COMBO



At Studio 360 we understand the value of families time and budget! We have created unique combo classes where dancers can explore the different styles! Ballet/Tap is explored in our Combo 1 and Combo 2 level. In Combo 3 and Combo 4 dancers explore ballet, jazz, and contemporary styles that will keep them excited to continue their passion for dance!

CLASS	AGE	REQUIRED ATTIRE	CLASS NOTES
Combo 1 45 minutes	Tiny Mini	360 Pink Leotard Classic Pink Tights 360 Tap Shoes & Ballet Shoes	Dancers learn both tap and ballet. Dancers perform 1 routine in the June show. Some Combo 1 sections perform in two shows in June.
Combo 2 60 minutes	Tiny Mini	360 Pink Leotard Classic Pink Tights 360 Tap Shoes & Ballet Shoes	Dancers learn both tap and ballet. Dancers perform 1 routine in two shows in June!
Combo 3 120 minutes	Mini Youth	360 Black Leotard Classic Pink Tights Half-Soles & Ballet Shoes	Dancers dance 45 minutes ballet, 30 minute contemporary/lyrical, and 30 minutes jazz/skills. Dancers perform in two routines in two recital shows in June. Dancers that want to participate in the Ballet Production can do so by registering for an additional ballet class. Dancers wanting to tap can register for additional 30 minute tap class.
Combo 4 120 minutes	Mini Youth	360 Black Leotard Classic Pink Tights Half-Soles & Ballet Shoes	Dancers dance 45 minutes ballet, 30 minute contemporary/lyrical, and 30 minutes jazz/skills. Dancers perform in two routines in two recital shows in June. Dancers that want to participate in the Ballet Production can do so by registering for an additional ballet class. Dancers wanting to tap can register for additional 30 minute tap class.

Note: Youth Combo 4 was previously Pre-Teen/Teen Combo in 2023/2024

MOVEMENT CLASSES

Movement Class is a class for our more experienced dancers in the junior/senior levels. This fast-paced class will challenge dancers in memorization and execution as they will learn new combos frequently and execute advanced skills and techniques. Styles will range from contemporary, lyrical, jazz, modern, and hip-hop.



CLASS	AGE	REQUIRED ATTIRE	CLASS NOTES
Junior Movement 30 minutes	Junior Senior	360 Black Leotard Tights Optional 360 Half- Soles	Dancers will learn one routine to perform in two shows in the recital in June.
Advance Junior Movement 30 Minutes	Junior Senior	360 Black Leotard Tights Optional 360 Half- Soles	Dancers will learn one routine to perform in two shows in the recital in June.

SKILLS CLASSES

Skills classes are designed for dancers to work on turns, jumps, leaps, and other tricks that make dance routines have the WOW factors!

CLASS	AGE	REQUIRED ATTIRE	CLASS NOTES
Future All Star Prep Class 30 minutes	Tiny Mini	360 Black Leotard Tights Optional 360 Half- Soles	Technique class only. Dancers interested in joining 360 All Stars in the future but want to increase their skills this is the perfect class for you!
Advance Junior Movement 30 Minutes	Junior Senior	360 Black Leotard Tights Optional 360 Half- Soles	Dancers will learn one routine to perform in two shows in the recital in June.

BALLET



Led by Ms. Portia Wade, The American Ballet Theater curriculum is renowned for its unique approach to ballet education. Through the ABT program at 360, students are taught about body mechanics, posture, alignment and coordination, music theory, performance techniques and more. This curriculum focuses on improving the overall quality of the dancer's technique and performance, allowing them to achieve a higher level of artistry and expressiveness while on stage.

CLASS	AGE	REQUIRED ATTIRE	CLASS NOTES
Mini Ballet	Staff Placement Required Minimum Age 6	360 Black Leotard 360 Ballet Skirt *optional Classic Pink Ballet Tights Pink Ballet Shoes *skin matching tights/shoes available	Dancers will learn a Nutcracker variation to be performed at a small performance on Saturday, December 7th. Dancers perform in the Ballet Recital Production in two shows in June. Production rehearsal is Friday, May 16, 2025.
Youth Ballet	Staff Placement Required	360 Black Leotard 360 Ballet Skirt *optional Classic Pink Ballet Tights Pink Ballet Shoes *skin matching tights/shoes available	Dancers will learn a Nutcracker variation to be performed at a small performance on Saturday, December 7th. Dancers perform in the Ballet Recital Production in two shows in June. Production rehearsal is Friday, May 16, 2025.
Junior/Senior Ballet	Staff Placement Required	360 Black Leotard 360 Ballet Skirt *Option Classic Pink Ballet Tights Pink Ballet Shoes *skin matching tights/shoes available	Dancers will learn a Nutcracker variation to be performed at a small performance on Saturday, December 7th. Dancers perform in the Ballet Recital Production in two shows in June. Production rehearsal is Friday, May 16, 2025.
Pointe	Staff Placement Required	360 Black Leotard 360 Ballet Skirt *Option Classic Pink Ballet Tights Pink Ballet Shoes *skin matching tights/shoes available *Pointe shoes fitting required at Marks Dancewear in Des Moines	Dancers will learn a Nutcracker variation to be performed at a small performance on Saturday, December 7th. Dancers perform in the Ballet Recital Production in two shows in June. Production rehearsal is Friday, May 16, 2025.