

FIVE-STAR ARTISTIC SPORTS & ENTERTAINMENT ACADEMY

TRICKING/BREAK DANCING CLASS SCHEDULE 2012

(as of January, 24, 2012)

Time/Day	TUES	WED	THURS	FRI	SAT	SUN
4:30 - 6:00 pm						
6:00 – 7:00 pm	Break Dance Class 5-6 yrs					
6:00 - 7:30 pm						
7:00 – 8:00 pm	Break Dance Class 7-12 yrs					
7:00 - 8:30 pm				Tricking Class 7yrs & Up	Tricking Class 7yrs & Up	
8:00 – 9:00 pm	Break Dance Class 13 yrs & Up					
8:30 – 11:00 pm	Tricking Drop-in open Session \$10.00	Tricking Drop-in open Session \$10.00	Tricking Drop-in open Session \$10.00	Tricking Drop-in open session \$10.00	Tricking Drop-in open Session \$10.00	
Evening Skill Sessions	Break Dancing 9:00 – 10:45 pm Open Session \$10.00					

SEE REVERSE SIDE FOR CLASS DESCRIPTIONS

MAKE-UP POLICY

- In the event of class closures, students must make-up their classes **within a 2-week period.**
- There will be no other make-ups allowed.
- **Carry-over** classes from one semester to another is **not permitted.**

Please call 516-887-6600 to schedule a make-up class.

A pass is required from the front desk prior to entering class for a trial class or make-up class.

TUITION FEES

ALL STUDENTS must pay a \$ 25.00
Non-Refundable Registration/Insurance Fee
per Fall, Spring, Summer semester.

<u>Class</u>	<u>Fall</u> (19 wks)	<u>Spring</u> (19 wks)
Tricking Class		\$171
Break Dancing Class		\$285
Tricking Drop In Session	\$10	\$10
B-Boy Drop In Session	\$10	\$10

A Completed Registration Contract and Liability Waiver are required for placement into class.

*All skill session participants **MUST** be enrolled in a Five-Star class or be evaluated by a Five-Star Director to participate in any skill session.

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www.5starsportsacademy.com

TRICKING/BREAK DANCING CLASS SCHEDULE 2012

Welcome to Five-Star's Tricking and Break Dancing programs, which are designed to provide quality instruction for beginners through to advanced participants. Each class is developmentally appropriate and follows a curriculum aimed at building confidence and competence in a supportive and professional environment. Classes are grouped according to ability and we monitor our student-staff ratio of 10:1.

PROGRAM DESCRIPTIONS

The Five-Star Tricking and Break Dancing programs offer several types of classes to fit the needs for any level of participant.

Tricking - The main object of tricking is to perform an impressive visual display of movements derived from various "hard" and "soft" styles of Martial Arts, Gymnastics, Capoeira, and Break Dancing elements, to entertain a third party by way of artistic impression. Tricking will sharpen your agility and endurance, while keeping you fit and having fun. Tricking class provides students with the tools they need to build a foundation. Using a combination of line drills and work stations, students will develop the fundamentals needed to progress rapidly in Tricking.

Break Dancing - Learn the history, basics and foundational elements of true Break Dancing. Classes are designed to teach creativity, confidence, and movement using NEW SCHOOL B-Boy techniques. Learn power moves such as flairs, mills, head spins, and much, much more. Classes are for 5 yrs old and up.

**FIVE-STAR ARTISTIC SPORTS & ENTERTAINMENT ACADEMY
RESERVES THE RIGHT TO CANCEL, COMBINE OR RESCHEDULE CLASSES.**

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OUR FACILITIES

Five-Star Academy is one of the largest facilities of its type on the South Shore. Occupying over **20,000 Sq. Ft.** we offer:

- 2 Full 40' x 40' Spring/Foam Floors
- Full Size Competitive 7'x14' Floor-Level Trampoline
- 50' Tumble Track/Trampoline
- 400 Cu. Sq. Ft. Loose Foam/Resi Pit
- AA1 Spring Balance Beams
- Uneven Bars, High Bar, Parallel Bars
- Still Rings, Pommel Horse
- 2 AAI Vaulting Tables
- 3 mirrored Multi-Use Studios.
- Exclusive Rock Climbing Tread Wall