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# midwest dance mechanix

SUMMER.2024



## CATALOG OF CLASSES

*summer session dates*

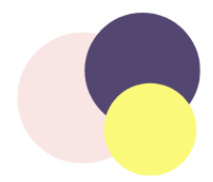
June 3rd - July 26th

No Classes on July 4th

**MDM**  
MIDWEST DANCE MECHANIX

3805 N. HYDRAULIC AVENUE | WICHITA, KS | 67219

AGE 18 MO - 5



*cognitive,  
emotional,  
social & physical  
benefits*

# *tiny dancers*

SUMMER.2024

Did you know that research confirms that dance training has cognitive, emotional, social AND physical benefits for children?!

Children who take dance classes learn valuable skills such as teamwork, self-expression, discipline, respect, memory skills and more; while at the same time making new friends and increasing their flexibility and strength!

We are proud to offer a wide variety of FUN classes designed especially for "Tiny Dancers" ages 18 months - age 5. Our classes use a progressive curriculum and include individual feedback and progress sheets for dancers, age appropriate and motivating music, and lots of imaginative and creative movements that are sure to delight the tiniest of dancers!



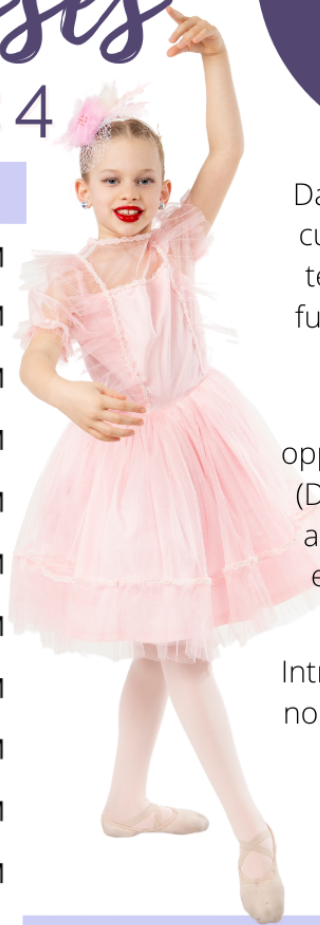
CLASS	DAY	TIME
Taps & Twirls 1 (ages 3/4)	Monday	4:30 PM - 5:15 PM
Taps & Twirls 1 (ages 3/4)	Tuesday	5:15 PM - 6:00 PM
Taps & Twirls 2 (ages 4/5)	Tuesday	6:00 PM - 6:45 PM
Taps & Twirls 2 (ages 4/5)	Wednesday	4:30 PM - 5:15 PM
Taps & Twirls 2 (ages 4/5)	Thursday	6:45 PM - 7:30 PM
Kinder-Kidz: Ballet/ Tap (ages 5/6)	Monday	5:15 PM - 6:00 PM
Kinder-Kidz: Ballet/ Tap (ages 5/6)	Monday	6:45 PM - 7:30 PM
Kinder-Kidz: Ballet/ Tap (ages 5/6)	Wednesday	6:00 PM - 6:45 PM
Kinder-Kidz: Jazz/ Hip Hop (ages 5/6)	Monday	6:00 PM - 6:45 PM
Kinder-Kidz: Jazz/ Hip Hop (ages 5/6)	Thursday	5:15 PM - 6:00 PM



# AGE 6 - 8

## mini classes SUMMER.2024

take 2 - 3  
classes per week  
for maximum  
benefit!



Dancers ages 6 - 8 use a progressive curriculum in all genres designed to teach proper technique and dance fundamentals in a fun and nurturing environment.

Dancers have performance opportunities in the Holiday Showcase (December) and Spring Recital (May) and will receive individual feedback each semester through the use of curriculum progress sheets.

Intro classes are best for students with no dance experience. Leveled classes are placement classes based on previous dance experience.

### speciality classes

CLASS	DAY	TIME
Mini Ballet 1	Tuesday	5:15 PM - 6:00 PM
Mini Ballet 1	Wednesday	4:30 PM - 5:15 PM
Mini Ballet 1	Thursday	4:30 PM - 5:15 PM
Mini Ballet 2	Wednesday	6:45 PM - 7:30 PM
Mini Ballet 2	Thursday	6:00 PM - 6:45 PM
Mini Ballet 2	Thursday	6:45 PM - 7:30 PM
Mini Ballet 3	Monday	5:30 PM - 6:15 PM
Mini Jazz 1	Tuesday	4:30 PM - 5:15 PM
Mini Jazz 1	Thursday	5:15 PM - 6:00 PM
Mini Jazz 2	Wednesday	7:30 PM - 8:15 PM
Mini Jazz 2	Thursday	4:30 PM - 5:15 PM
Mini Jazz 3	Monday	7:00 PM - 7:45 PM
Mini Tap 1	Thursday	6:45 PM - 7:30 PM
Mini Tap 2	Thursday	5:15 PM - 6:00 PM
Mini Hip Hop 1	Tuesday	6:45 PM - 7:30 PM
Mini Hip Hop 1	Thursday	6:00 PM - 6:45 PM
Mini Hip Hop 2	Thursday	6:45 PM - 7:30 PM

CLASS	DAY	TIME
Leaps & Turns 1* (Jazz 3 prerequisite)	Tuesday	6:00 PM - 6:30 PM
Contemporary 1/Lyrical 1* (Ballet or Jazz 3 prerequisite)	Tuesday	6:30 PM - 7:00 PM
Music Theatre 1* (Jazz 3 prerequisite)	Monday	6:15 PM - 7:00 PM
Acro 1**	Tuesday	4:30 PM - 5:15 PM
Acro 2**	Wednesday	4:30 PM - 5:15 PM
Acro 3**	Tuesday	8:15 PM - 9:00 PM
Acro 4**	Wednesday	5:15 PM - 6:00 PM
Acro 5**	Tuesday	7:30 PM - 8:15 PM
Strength & Conditioning* (ages 10+)	Thursday	6:00 PM - 6:45 PM
Strength & Conditioning* (ages 10+)	Thursday	8:15 PM - 9:00 PM
Strength & Conditioning* (ages 10+)	Friday	8:15 AM - 8:45 AM
Strength & Conditioning* (Adv 3+)	Friday	8:15 AM - 8:45 AM



# AGE 9 - 12

## junior classes SUMMER.2024



take 3 - 4  
classes per week  
for maximum  
benefit!

speciality classes

CLASS	DAY	TIME
Intro to Ballet & Jazz	Tuesday	6:00 PM - 7:15 PM
Junior Ballet 2	Thursday	6:45 PM - 7:30 PM
Junior Ballet 3	Monday	5:30 PM - 6:15 PM
Junior Ballet 3	Tuesday	7:45 PM - 8:30 PM
Junior Ballet 4	Tuesday	6:45 PM - 7:45 PM
Junior Ballet 4	Wednesday	7:30 PM - 8:30 PM
Intro to Ballet & Jazz	Tuesday	6:00 PM - 7:15 PM
Junior Jazz 2	Thursday	7:30 PM - 8:15 PM
Junior Jazz 3	Monday	7:00 PM - 7:45 PM
Junior Jazz 3	Tuesday	7:00 PM - 7:45 PM
Junior Jazz 4	Tuesday	5:00 PM - 6:00 PM
Intro to Tap	Tuesday	7:30 PM - 8:15 PM
Junior Tap 2	Thursday	8:15 PM - 9:00 PM
Junior Tap 3	Monday	4:45 PM - 5:30 PM
Junior Tap 3	Thursday	7:30 PM - 8:15 PM
Junior Tap 4	Monday	5:30 PM - 6:15 PM
Intro to Hip Hop	Thursday	4:30 PM - 5:15 PM
Junior Hip Hop 2	Thursday	6:00 PM - 6:45 PM
Junior Hip Hop 3	Wednesday	5:15 PM - 6:00 PM
Junior Hip Hop 4	Monday	7:45 PM - 8:30 PM

CLASS	DAY	TIME
Contemporary 2* (Ballet 4 prerequisite)	Wednesday	8:30 PM - 9:00 PM
Leaps & Turns 1* (Jazz 3 prerequisite)	Tuesday	6:00 PM - 6:30 PM
Leaps & Turns 2* (Jazz 4 prerequisite)	Tuesday	4:30 PM - 5:00 PM
Music Theatre 1* (Jazz 3 prerequisite)	Monday	6:15 PM - 7:00 PM
Music Theatre 2* (Jazz 4 prerequisite)	Tuesday	5:15 PM - 6:00 PM
Contemporary 1/Lyrical 1* (Ballet or Jazz 3 prereq)	Tuesday	6:30 PM - 7:00 PM
Lyrical 2* (Jazz 4 prerequisite)	Tuesday	6:00 PM - 6:45 PM
Acro 1**	Tuesday	4:30 PM - 5:15 PM
Acro 2**	Wednesday	4:30 PM - 5:15 PM
Acro 3**	Tuesday	8:15 PM - 9:00 PM
Acro 4**	Wednesday	5:15 PM - 6:00 PM
Acro 5**	Tuesday	7:30 PM - 8:15 PM
Strength & Conditioning* (ages 10+ & Adv. Ballet 1+)	Thursday	6:00 PM - 6:45 PM
Strength & Conditioning* (ages 10+)	Thursday	8:15 PM - 9:00 PM
Strength & Conditioning* (ages 10+)	Friday	8:15 AM - 8:45 AM
Strength & Conditioning* (Adv Ballet 3+)	Friday	8:15 AM - 8:45 AM



Dancers ages 9 - 12 use a progressive curriculum in all genres designed to teach proper technique and dance fundamentals in a fun and nurturing environment.

Dancers have performance opportunities in the Holiday Showcase (December) and Spring Recital (May) and will receive individual feedback each semester through the use of curriculum progress sheets.

Intro classes are best for students with no dance experience. Leveled classes are placement classes based on previous dance experience.

# AGE 12 - 19

## teen classes

take 4-5  
classes per week  
for maximum  
benefit!



## SUMMER.2024 speciality classes

CLASS	DAY	TIME
Intro to Ballet & Jazz	Tuesday	6:00 PM - 7:15 PM
Teen Ballet 2	Monday	7:45 PM - 8:45 PM
Teen Ballet 3	Monday	7:45 PM - 8:45 PM
Teen Ballet 4*	Monday	7:45 PM - 8:45 PM
Intro to Ballet & Jazz	Tuesday	6:00 PM - 7:15 PM
Teen Jazz 2	Monday	4:30 PM - 5:30 PM
Teen Jazz 3	Monday	4:30 PM - 5:30 PM
Teen Jazz 3	Tuesday	6:00 PM - 7:00 PM
Teen Jazz 4	Thursday	7:30 PM - 8:30 PM
Intro to Tap	Tuesday	7:30 PM - 8:15 PM
Teen Tap 2	Monday	5:30 PM - 6:15 PM
Teen Tap 3	Monday	5:30 PM - 6:15 PM
Intro to Hip Hop	Thursday	4:30 PM - 5:15 PM
Teen Hip Hop 2	Thursday	7:30 PM - 8:15 PM
Teen Hip Hop 3	Thursday	7:30 PM - 8:15 PM
Teen Hip Hop 4	Thursday	8:30 PM - 9:15 PM

Dancers ages 12+ use a progressive curriculum in all genres designed to teach proper technique and dance fundamentals in a fun and nurturing environment. Dancers have performance opportunities in the Holiday Showcase (December) and Spring Recital (May) and will receive individual feedback each semester through the use of curriculum progress sheets & individual goal setting sessions.



CLASS	DAY	TIME
Teen Contemporary/Lyrical* (Ballet 2 prerequisite)	Monday	6:15 PM - 7:00 PM
Acro 1**	Tuesday	4:30 PM - 5:15 PM
Acro 2**	Wednesday	4:30 PM - 5:15 PM
Acro 3**	Tuesday	8:15 PM - 9:00 PM
Acro 4**	Wednesday	5:15 PM - 6:00 PM
Acro 5**	Tuesday	7:30 PM - 8:15 PM
Strength & Conditioning* (ages 10+ & Adv. 1+)	Thursday	6:00 PM - 6:45 PM
Strength & Conditioning* (ages 10+)	Thursday	8:15 PM - 9:00 PM
Strength & Conditioning* (ages 10+)	Friday	8:15 AM - 8:45 AM
Strength & Conditioning* (Adv 3+)	Friday	8:15 AM - 8:45 AM



# AGE 9 & UP

## advanced ballet

### AND CONTEMPORARY & PBT CLASSES

## SUMMER 2024

Our Advanced Curriculum programming requires instructor placement in all levels and is designed to challenge students who are committed to serious dance training. Students will receive individual feedback and class evaluations each semester. Most Advanced level classes are designated as "technique only" and will not perform in our bi-annual recitals.

### speciality classes

CLASS	DAY	TIME			
Advanced Ballet 1	Monday	4:30 PM - 5:30 PM	Contemporary 2/ Lyrical 2	Wednesday	8:30 PM - 9:00 PM
Advanced Ballet 1	Monday	6:30 PM - 7:45 PM	Contemporary 3	Tuesday	7:30 PM - 8:15 PM
Advanced Ballet 1	Tuesday	6:00 PM - 7:00 PM	Contemporary 4	Wednesday	7:30 PM - 8:15 PM
Advanced Ballet 1	Wednesday	6:00 PM - 7:15 PM	Contemporary 5	Monday	7:00 PM - 7:45 PM
Advanced Ballet 1	Friday	8:45 AM - 10:00 AM	Contemporary 6	Wednesday	6:45 PM - 7:30 PM
Advanced Ballet 2	Monday	7:45 PM - 8:45 PM	Contemporary 7	Thursday	6:00 PM - 6:45 PM
Advanced Ballet 2	Tuesday	6:00 PM - 7:00 PM	Pointe 1	Monday	6:15 PM - 7:00 PM
Advanced Ballet 2	Wednesday	6:00 PM - 7:15 PM	Pointe 1	Monday	8:45 PM - 9:15 PM
Advanced Ballet 2	Friday	8:45 AM - 10:00 AM	Pointe 1	Wednesday	8:30 PM - 9:00 PM
Advanced Ballet 3	Monday	5:00 PM - 6:15 PM	Pointe 2	Monday	6:00 PM - 6:30 PM
Advanced Ballet 3	Tuesday	7:45 PM - 9:00 PM	Pointe 2	Wednesday	6:45 PM - 7:30 PM
Advanced Ballet 3	Wednesday	7:15 PM - 8:30 PM	Pointe 3	Monday	6:00 PM - 6:30 PM
Advanced Ballet 3	Friday	8:45 AM - 10:00 AM	Pointe 3	Thursday	6:45 PM - 7:30 PM
Advanced Ballet 4	Monday	4:30 PM - 6:00 PM	Adult Ballet	Monday	6:30 PM - 7:45 PM
Advanced Ballet 4	Tuesday	7:45 PM - 9:00 PM	Adult Ballet	Wednesday	6:00 PM - 7:15 PM
Advanced Ballet 4	Wednesday	4:30 PM - 6:00 PM			
Advanced Ballet 4	Thursday	4:30 PM - 6:00 PM			
Advanced Ballet 4	Friday	8:45 AM - 10:00 AM			
Advanced Ballet 5	Monday	4:30 PM - 6:00 PM			
Advanced Ballet 5	Tuesday	7:45 PM - 9:00 PM			
Advanced Ballet 5	Wednesday	4:30 PM - 6:00 PM			
Advanced Ballet 5	Thursday	4:30 PM - 6:00 PM			
Advanced Ballet 5	Friday	8:45 AM - 10:00 AM			

*2-3 ballet classes per week are recommended for advanced dancers*



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**\*TECHNIQUE ONLY**

# AGE 9 & UP

## advanced jazz

AND LYRICAL & MUSIC THEATRE CLASSES

### SUMMER.2024

Add a Leaps & Turns class & Lyrical class to maximize your jazz training!

CLASS	DAY	TIME
Advanced Jazz 1	Tuesday	6:00 PM - 7:00 PM
Advanced Jazz 2	Wednesday	4:30 PM - 5:30 PM
Advanced Jazz 3	Wednesday	4:30 PM - 5:30 PM
Advanced Jazz 3	Thursday	5:00 PM - 6:00 PM
Advanced Jazz 4	Monday	7:45 PM - 8:45 PM
Advanced Jazz 4	Wednesday	7:30 PM - 8:30 PM
Advanced Jazz 5	Monday	7:45 PM - 8:45 PM
Advanced Jazz 5	Wednesday	7:30 PM - 8:30 PM
Leaps & Turns 3	Tuesday	7:00 PM - 7:30 PM
Leaps & Turns 4	Tuesday	7:00 PM - 7:30 PM
Leaps & Turns 4/5	Wednesday	5:30 PM - 6:00 PM
Leaps & Turns 6	Wednesday	8:30 PM - 9:00 PM
Leaps & Turns 7	Wednesday	8:30 PM - 9:00 PM

## music theatre classes

CLASS	DAY	TIME
Music Theatre 2* (Jazz 4 prerequisite)	Tuesday	5:15 PM - 6:00 PM
Music Theatre 3/4	Thursday	6:45 PM - 7:30 PM

Our Advanced Curriculum programming requires instructor placement in all levels and is designed to challenge students who are committed to serious dance training. Students will receive individual feedback and class evaluations each semester. Most Advanced level classes are designated as "technique only" and will not perform in our bi-annual recitals.

## lyrical classes

CLASS	DAY	TIME
Lyrical 2	Tuesday	6:00 PM - 6:45 PM
Lyrical 3	Tuesday	8:15 PM - 9:00 PM
Lyrical 4	Tuesday	7:30 PM - 8:15 PM
Lyrical 5	Wednesday	6:00 PM - 6:45 PM
Lyrical 6	Monday	8:45 PM - 9:15 PM
Lyrical 7	Monday	8:45 PM - 9:15 PM



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MIDWEST DANCE MECHANIX

\*TECHNIQUE ONLY

# AGE 9 & UP

## advanced curriculum

### TAP, HIP HOP, ACRO & STRENGTH & STRETCH

CLASS	DAY	TIME
Advanced Tap 1	Monday	6:15 PM - 7:00 PM
Advanced Tap 2	Thursday	6:00 PM - 6:45 PM
Advanced Tap 3	Monday	7:00 PM - 7:45 PM
Advanced Tap 4	Monday	7:00 PM - 7:45 PM
Advanced Hip Hop 1	Monday	7:00 PM - 7:45 PM
Advanced Hip Hop 2	Thursday	7:30 PM - 8:15 PM
Advanced Hip Hop 3	Thursday	8:15 PM - 9:00 PM
Advanced Hip Hop 4	Wednesday	6:45 PM - 7:30 PM
Acro 1**	Tuesday	4:30 PM - 5:15 PM
Acro 2**	Wednesday	4:30 PM - 5:15 PM
Acro 3**	Tuesday	8:15 PM - 9:00 PM
Acro 4**	Wednesday	5:15 PM - 6:00 PM
Acro 5**	Tuesday	7:30 PM - 8:15 PM
Strength & Conditioning* (ages 10+)	Thursday	6:00 PM - 6:45 PM
Strength & Conditioning* (ages 10+)	Thursday	8:15 PM - 9:00 PM
Strength & Conditioning* (ages 10+)	Friday	8:15 AM - 8:45 AM
Strength & Conditioning* (Adv 3+)	Friday	8:15 AM - 8:45 AM

## SUMMER.2024



Our Advanced Curriculum programming requires instructor placement in all levels and is designed to challenge students who are committed to serious dance training. Students will receive individual feedback and class evaluations each semester and will have opportunities to perform in both the Holiday Showcase (December) and Spring Recital (May). However, many Advanced classes are "technique only" and do not perform in these performances.