

Class Schedule for Clifton Dance Academy & Performing Arts Center

Located minutes from Manassas, Centreville, Burke, Fairfax Station and Woodbridge

Ages 2-6

Age 2-3 - PRE-DANCE, TUMBLING & CREATIVE MOVEMENT

Saturdays...10:00-10:40 am

Age 3-4 - PRINCESS BALLET & TAP

Tuesday.....9:45-10:30 am

Fridays.....9:45-10:30 am

Saturdays.....10:45-11:25 am

Ages 3-5 - LITTLE NINJA'S MARTIAL ARTS

Mondays.....12:30-1:00 pm

Thursdays..11:15-11:45 am

Ages 3-6 - LITTLE NINJA'S KARATE

Saturdays.....3:15-3:45 pm

Sundays.....2:15-2:45 pm

Ages 5-7 - LITTLE STARS BALLET, TAP & JAZZ

Mondays.....4:30-5:10 pm

Tuesdays.....4:30-5:10 pm

Thursdays.....4:30-5:10 pm

Saturdays.....11:30-12:10 pm

Ages 5-6 - JR HIP HOP

Wednesdays.....4:30-5:10 pm

Fridays.....4:30-5:10 pm

Parents: Fall Registration is now open. Contact Virginia at (703) 973-1933 to register. Heads Up! Virginia also owns VA Spa & Salon as well and sometimes answers the phone-with either greeting.

Reg Fee \$35 (Ages 2-6) Year Round (School age children that have started Kindergarten and 1st and 2nd Grades ages (5-7) are based on a Summer & Fall Session.)

Tuition \$88/per class, paid monthly

Ages 7-15

BALLET & JAZZ (Ages 7-10)

Thursdays5:15-6:10 pm

Saturdays.....10:45-11:25 am

BALLET & JAZZ (Ages 11-15)

Tuesdays5:15-6:10 pm

Saturdays.....1:00-1:40 am

TAP & JAZZ REVOLUTION (Ages 7-10)

Mondays.....5:15-6:10 pm

TAP & JAZZ REVOLUTION (Ages 11-15)

Mondays.....6:15-7:10 pm

HIP HOP DANCE CREW (Ages 7-11)

Wednesdays.....5:15-6:10 pm

Fridays.....5:15-6:10 pm

HIP HOP DANCE CREW (Ages 12-15)

Wednesdays.....6:15-7:10 pm

Fridays.....6:15-7:10 pm

ALL BOYS HIP HOP PERFORMANCE GROUP

Sundays.....12:00-12:55 pm

ALL GIRLS HIP HOP PERFORMANCE GROUP

Sundays.....1:00-1:55 pm

MARTIAL ARTS

Tuesdays.....6:16-7:10 pm Kids/Family

Thursdays.....6:16-7:10 pm Kids/Family

Saturdays.....4:00-4:45 pm

Sundays.....3:00-3:45 pm

HOMESCHOOL

Mondays.....1:15-1:45 pm (Martial Arts)

Tuesdays.....12:45-1:45 pm (Martial Arts)

Thursdays.....12:00-12:45 pm (Martial Arts)

Mondays.....3:15-4:15 pm (Tap & Jazz Rev)

Tues & Thurs.....3:15-4:15 pm (Ballet & Jazz)

Wed & Fri.....3:15-4:15 pm (Hip Hop DC)

ZUMBA FOR THE WHOLE FAMILY

Friday.....7:15-8:15 pm

School Year Session - Registration Required

Reg Fee: \$35 Dance/Martial Arts Tuition \$88/month - Zumba Fitness Tuition \$65/month Multiple family/child discounts. See front side.

Teens Adults & Seniors

ALL BOYS HIP HOP PERFORMANCE GROUP

Sundays.....12:00-12:55 pm

ALL GIRLS HIP HOP PERFORMANCE GROUP

Sundays.....1:00-1:55 pm

CARDIO KICK F IT

Mon, Tues, Wed, & Fri.....7:00-7:45 am

BEGINNING FITNESS - ADULTS & SENIORS

Tuesdays and Fridays.....11:30-12:30 pm

NIA FITNESS

Monday and Thursdays.....7:15-8:15 pm

ZUMBA GOLD—LOW IMPACT

Fridays.....7:15-8:15 pm

Sundays.....11:00-11:55 pm

FAMILY ZUMBA

Fridays.....7:15-8:15 pm

NINJA MASTERS KARATE - ADULTS 13+

Saturdays.....5:00-5:55 pm

Sundays.....4:00-4:55 pm

TRADITIONAL HATHA YOGA

Sundays.....9:00-10:00 am

WOMEN'S SELF DEFENSE CLASS

Tuesdays.....7:15-8:15 pm

Thursdays.....8:15-9:15 pm

WOMEN'S LINE DANCE

Wednesdays.....7:15-8:15 pm

WEST COAST SWING

Mondays.....8:15-9:15 pm

COUNTRY 2-STEP

Wednesdays.....8:15-9:15 pm

Reg Fee: \$35 Dance/Martial Arts Tuition \$88/month - Fitness Tuition \$65/month Multiple family/child discounts. See front side.