



# 2024 2025 KIDS

## KIDS DANCE PROGRAMMING

### 6 to 8 Year Olds

#### Pre Ballet A

Monday 4:15-4:55pm  
Friday 4:15-4:55pm  
Friday 5:45-6:25pm  
Saturday 8:15-8:55am

#### Mini Acro A/B

(add-on class)  
Friday 3:30-4:10pm  
Friday 4:15-4:55pm

#### Pre Ballet B

Monday 5:45-6:25pm  
Wednesday 4:00-4:40pm  
Friday 5:00-5:40pm  
Saturday 8:15-8:55am

#### Mini Contemporary

(add-on class)  
Wednesday 4:45-5:25pm

#### Mini Tap

Wednesday 6:15-6:55pm  
Saturday 10:45-11:25pm

#### Mini Hop

Friday 5:15-5:55pm  
Saturday 9:00-9:40pm

#### Mini Jazz

Monday 5:00-5:40pm  
Wednesday 4:00-4:40pm  
Friday 4:30-5:10pm

#### Private Music Lessons

#### Dance Teams



### 8 to 12 Year Olds

#### Ballet 1

Monday 4:15-5:10pm  
Tuesday 4:15-5:10pm  
Thursday 4:15-5:10pm  
Friday 5:00-5:55pm  
Saturday 9:00-9:55am

#### Contemporary 1

(add-on class)  
Tuesday 5:15-6:10pm  
Friday 4:00-4:55pm  
Friday 6:00-6:55pm

#### Ballet 1B

Monday 5:15-6:10pm  
Tuesday 5:15-6:10pm  
Thursday 5:15-6:10pm  
Friday 5:00-5:55pm

#### Contemporary 1B

(add-on class)  
Tuesday 6:15-7:10pm

#### Acro 1

(add-on class)  
Friday 5:00-5:55pm  
Saturday 9:45-10:40am  
Wednesday 7:00-7:55pm

#### Jazz 1

Monday 5:15-6:10pm  
Friday 5:00-5:55pm  
Saturday 10:30-11:25am  
Saturday 10:45-11:40am

#### Acro 1B

(add-on class)  
Wednesday 7:00-7:55pm  
Friday 6:00-6:55pm

#### Jazz 1B

Monday 6:15-7:10pm  
Thursday 4:15-5:10pm

#### Progressions - Leaps, Turns 'N' Leg Holds 1B/2

(add-on class)  
Wednesday 6:00-6:55pm

#### Tap 1

Wednesday 5:15-6:10pm  
Thursday 5:15-6:10pm

#### Private Music Lessons

#### Hip Hop 1

Monday 4:15-5:10pm  
Wednesday 4:15-5:10pm  
Saturday 10:00-10:55am

#### Dance Teams

*Encouraging kids to lead inspired lives!*

*More Than Just Great Dancing!*  
Affiliated Dance Studios

★ Quality Curriculum ★ Teacher Training ★ Best Management Practices ★ Community Involvement

Register Online! [Neishas.com](https://www.neishas.com)

870 Jetty Lane, Chula Vista, CA 91914  
619-585-1133 | info@neishas.com