

Find Your Place at Sol – Class Options by Age

Welcome to our Age Group Class Guide! At Sol Dance Studio, we understand that every family, every dancer, and every schedule is unique. That's why we've built our programs with flexibility, balance, and your child's joy in mind. Explore class options by age below—and see what your dancer can shine in this season!

A Message From Miss Sarah

Hi families!

I'm so glad you've landed here. Whether this is your first time joining us at Sol or you've danced with us for years, I want you to know one thing: this schedule was built with your family in mind.

As a mom of four, I know first-hand what it means to juggle sports, school, clubs, and maybe just the occasional quiet evening. That's why, for our Sunbeam Series (our recreational program), I've worked hard to schedule two genre options on most weekdays—often back-to-back. That way, your child can dance in one class or create a custom "combo night" that fits your rhythm.

For our older dancers, most classes are scheduled after 5:00 PM so they can stay connected to their after-school activities, clubs, or teams. We want dance to complement their lives—not compete with it.

Putting this schedule together took hundreds of hours—yes, really! I've spent that time because I care deeply about building something that works, that's functional, and that leaves room for the beautiful chaos of life.

Thank you for trusting Sol with your child's dance journey. I can't wait to see them in class.

With warmth and gratitude,
Miss Sarah
Studio Director, Sol Dance Studio

Sunbeam Series – Ages 5–6

Day	Time	Class	Combo Suggestion
Monday	3:30–4:15	Tap	Pair with Musical Theatre
Monday	4:15–5:00	Musical Theatre	Add after Tap
Tuesday	3:30–4:15	Ballet (Age 5)	Foundational
Tuesday	4:15–5:00	Acro	Pair with Ballet
Tuesday	5:00–5:45	Ballet (Age 6)	Foundational
Tuesday	5:00–5:45	Hip Hop	Pairs with Acro or Musical Theatre
Tuesday	5:45–6:30	Song & Dance	Add after Hip Hop or Ballet
Wednesday	3:15–4:00	Hip Hop	Pairs with Jazz
Wednesday	4:15–5:00	Jazz	Pairs with Hip Hop
Thursday	5:15–6:00	Ballet	Foundational
Saturday	9:45–10:30	Ballet	Saturday starter
Saturday	10:30–11:15	Hip Hop	Make it three in a row!
Saturday	11:15–12:00	Musical Theatre	Add after Hip Hop
Saturday	12:00–12:45	Acro	Finish your Saturday stacker strong
Saturday	12:00–1:15	Ballet/Jazz/Tap Combo	Full experience sampler

Sunbeam Series – Ages 7–9

Day	Time	Class	Combo Suggestion
Monday	5:30–6:15	Jazz	Standalone or pair with Hip Hop or Tap later in week
Tuesday	4:00–4:45	Hip Hop	Pairs with Acro
Tuesday	5:00–5:45	Acro	Add before Musical Theatre
Tuesday	5:45–6:30	Song & Dance (Ages 5–9)	Add after Acro
Tuesday	6:30–7:30	Breakdancing (Ages 8–12)	Energetic alternate option
Wednesday	4:00–4:45	Boys Hip Hop	Fun, energetic option!
Wednesday	4:45–5:30	Acro	Add before Musical Theatre
Wednesday	6:00–6:45	Musical Theatre	Add after Acro or take Jazz on different day
Thursday	3:45–4:30	Open Ballet	Foundational
Thursday	4:30–5:15	Tap	Pair with Ballet
Friday	3:30–4:15	Jazz Tech	Extend Tap or Jazz training
Saturday	9:00–9:45	Ballet	Saturday starter
Saturday	9:45–10:30	Hip Hop	Make it three in a row!
Saturday	10:30–11:15	Jazz	Pair with Hip Hop or Musical Theatre
Saturday	11:15–12:00	Musical Theatre	Add after Jazz

Sunbeam Series – Ages 10–12

Day	Time	Class	Combo Suggestion
Monday	3:30–4:15	Boys Hip Hop	Fun, focused start to the week
Monday	6:15–7:00	Hip Hop	Pair with Jazz right after
Monday	7:00–7:45	Jazz	Add after Hip Hop
Tuesday	5:45–6:30	Acro	Combo with Jazz or Tap
Tuesday	6:30–7:30	Breakdancing (Ages 8–12)	Energetic alternate!
Tuesday	6:30–7:30	Open Ballet	Foundational
Tuesday	7:30–8:15	Tap	Add after Lyrical or Acro
Wednesday	7:00–7:45	Musical Theatre	Midweek spotlight!
Thursday	3:30–4:15	Hip Hop	Pair with Jazz earlier in week
Thursday	5:15–6:00	Jazz Tech	Boost precision & power
Thursday	6:45–7:30	Lyrical	Combo with Tap or Acro
Friday	3:30–4:30	Tricks & Tumbling	Add Acro for full experience

Sunbeam Series – Ages 13–18

Day	Time	Class	Combo Suggestion
Monday	6:15–7:00	Jazz Tech	Pair with Ballet
Monday	7:00–8:00	Ballet	Foundational
Tuesday	6:30–7:15	Teen Hip Hop	Pair with Tap
Tuesday	7:30–8:15	Tap	Add after Hip Hop
Wednesday	7:00–7:45	Musical Theatre	Solo spotlight!
Thursday	6:00–6:45	Teen Contemporary/Lyrical	Pair with Jazz
Thursday	6:45–7:30	Teen Jazz	Follow Contemporary
Friday	3:30–4:30	Tricks & Tumbling	Combine with Acro
Friday	5:15–6:00	Teen Acro	Add after Tumbling