

## Our Team Mission

Apogee Dance Academy strives to achieve the highest level of development in our dancers. We work to provide quality instruction to our students while not only improving their talent but also instilling character. We encourage the use of dance as both a discipline and a guide to living a healthy lifestyle. We emphasize time management, self advocacy and determination. Our Extreme Team works diligently to be at the highest level of excellence in their craft. We are truly a family, placing the group above self.

LEARN  
TEAMWORK  
PERSEVERANCE  
GROWTH  
SUCCESS  
INSPIRATION

### Location

Less than one mile off I-84. Take exit 32 eastbound or westbound.

**122 Spring Street Unit D6/7  
Southington, CT 06489**

### Contact Us

apogeedanceacademy@att.net  
www.apogeedanceacademy.com



## EXTREME TEAM GUIDE



## At a Glance

### Scheduling

Our class/choreography schedule is released after Extreme Week and remains consistent until June. Team dancers are generally in the studio 3-4 nights a week anywhere from 4-9:30pm. We do not hold group rehearsals on the weekends.

### Squad Levels

Squads will determine which technique classes best suit each dancer's needs. These squad levels are also decided during Extreme Week auditions.

### Competition Choreography

**Groups-** Rehearse a mandatory 30 minutes weekly. Genres and groupings are determined during Extreme Week.

**Solos-** Are determined upon auditions. There is an additional \$350 choreography fee and private lessons are \$30/30 minutes

### Competitions & Conventions

The Extreme Team attends 4 regional and one national competition a year. Our season classes run from September-June.

Competitions range from Feb-June. We also have the opportunity to attend conventions where we train with master teachers from throughout the country. All required dates are given prior to the first day of our new season.

# Extreme Week

## August 16-21st, 2021

This required week of master classes is for new and existing team members. It is during this time dancers will be assessed and placed into levels and dances for the new season.

**COME FOR  
DANCE,  
STAY FOR  
FAMILY**



## Team Pricing

The Extreme Team Base Fee for dancers aged 7 and up includes the required team production dance choreography and a minimum of 6 hours weekly technique classes. Technical classes include training in multiple genres by our award winning staff ie. ballet, tap, jumps and turns, hip hop & contemporary

**\$225/month**

additional competitive groups can be added for \$15/month per routine

## Apogee Nuggets

This is an opportunity for dancers ages 4-6 to join the competitive world. Nuggets will attend an additional hour of class a week on top of a required ballet class. During this time they will learn technical elements and choreography for a jazz and tap dance which will be performed at each competition during our season.

**\$80/month**

required ballet class is an additional \$35/month