

Join us for Fall Fun at

# Rootz



Programs & Classes for Ages 0-18



Relevé Dance • Theater • Fitness • And More!



FALL SESSION: AUGUST 19 - DECEMBER 20, 2024

7 Waukegan Road, Deerfield • (224) 269-0004 • [GETROOTZ.COM](http://GETROOTZ.COM)

# RELEVÉ DANCE

## ALL AROUND DANCE TECHNIQUE (HIP HOP, JAZZ, LYRICAL)

This is a program designed for dancers who want to take their dance training to the next level in the styles of hip hop, jazz and lyrical. Whether you are looking to prepare for a future dance company team or enhance your current endurance, style, form and technique, this class is for you. Each week, the class will concentrate on different aspects of dance, striving to improve dancer's overall technical ability.

## BALLET/ACRO

This combination class will include 45 minutes of ballet technique and 45 minutes of acrobatics each week.

**INTERMEDIATE:** This class is for students with intermediate experience that can execute a clean cartwheel, handstand and bridge.

**ADVANCED:** This class is for students with advanced experience that can execute a clean walkover, aerial and feel comfortable working on a handspring.

## CHEER

This class will work on all the elements of cheer: jumps, stunting, team building and basic tumbling. Participants will learn a routine that will be performed in our end of the year Recital!

## CONTEMPORARY

Contemporary dance is comprised of jazz and ballet technique connecting the mind and body through movement.

## CORE CONDITIONING

This class is dedicated solely to our Core dancers to work on the fundamentals of technique, including strengthening, flexibility and stamina which is needed at their competitive level. We will work on proper form in their turns and leaps and more to properly build development of progressively advanced steps. Additionally, we will work on acro skills to enhance agility, strength, and to help incorporate tricks into choreography gracefully. This class fulfills the extra technique class requirement for all Core dancers.

## DISNEY DANCE

Each week, Disney fans will learn new moves to their favorite Disney songs. Come sing along with us as we dance to our favorite tunes!

## HIP HOP TRICKS

Dancers will work on isolations, control and resistance while finding texture and levels in their movement. Dancers will also progress towards safely learning how to do baby freezes, headstands and more!

## KIDZ BOP

Set to the tune of the popular Kidz Bop series of music, students will learn beginning jazz and hip hop techniques and routines.

## LYRICAL

This expressive form of dance blends ballet, jazz, and modern using emotional expression.

## PARENT & CHILD BALLET

Parents and toddlers come ready to dance as we warm up together, pretend to be princes and princesses, build strength and flexibility, and learn very basic dance vocabulary. This class is a great precursor to our Princess Ballet classes.

## PARENT & CHILD DANCE

Join us for a 30 minute class full of creative movement and music. This high energy class uses elements of dance to stimulate coordination, balance, music interpretation, motor development, and creative movement.

## POMS

A movement based class that focuses on sharp arm movements, execution of choreographic visuals and skills performed with high energy.

*Combination classes split instruction between each genre to give dancers a terrific base and fantastic exposure to various types of dance and movement.*

## PRE-POINTE BALLET

Students begin preparing the legs and feet for pointe work through a combination of pre-pointe appropriate exercises and ballet technique. This class requires that students are prepared physically and technically so students can focus on strengthening their feet, ankles, core, and back. Prerequisite: 2-3 years of ballet training and must pass the audition or be invited to enroll.

## PRINCESS BALLET

In this unique class, students will enhance their balance & poise as well as hand/feet coordination through basic ballet skills. At the end of class, we will dance at the Magic Ball.

## SO YOU THINK YOU CAN DANCE

Have you seen the popular show "So You Think You Can Dance?" Dancers will have a blast learning new genres every two weeks. Ballet, Hip Hop, Tap, Jazz and Poms are just some of the styles your dancer will get to experience. This fast paced class will keep your dancer moving and having fun.

## TEEN TECHNIQUE

For the serious student who wants to increase their dance training, this class will boost their contemporary and jazz technique.

## TOT HOP

Dancers will learn fun pre-hip hop moves and combinations, performed to their favorite music.

## TRANSITIONAL 2'S BALLET

Loved ones and toddlers attend together as they stretch, use props as they dance and learn basic ballet vocabulary. As the session progresses, little ones will begin to execute sections of the class independently. In January, loved ones transition out of the class completely and the little ones will enjoy the Princess Ballet Class for the remainder of the school year.

## TUTUS & TENNIS SHOES

Young dancers learn a basic introduction to ballet technique as well as freestyle hip hop.



## EARLY CHILDHOOD DANCE (SESSION CLASSES: NON-RECITAL)

CLASS	AGES/GRADES	SESSION	MON	TUE	WED	THU	FRI	SAT	SUN
Ballet & Tap	3.5-5.5 years	Fall 2024						2:10-3:00pm	
Disney Dance	3-4.5 years	Fall 2024	9:30-10:20am 2:00-2:50pm	1:00-1:50pm	10:30-11:20am	10:30-11:20am		10:30-11:20am	10:10-11:00am 12:15-1:05pm
Hip Hop & Poms	3-4.5 years	Fall 2024			1:00-1:50pm	2:00-2:50pm	1:00-1:50pm	2:00-2:50pm	12:00-12:50pm
Hip Hop: Boys	3.5-5.5 years	Fall 2024					4:10-5:00pm	2:00-2:50pm	
Kidz Bop	3-4.5 years	Fall 2024		2:00-2:50pm				12:10-1:00pm 1:00-1:50pm	9:10-10:00am
Parent & Child Ballet	1.5-2.5 years	Fall 2024		9:30-10:00am 10:30-11:00am		10:30-11:00am	9:20-9:50am	9:00-9:30am	9:35-10:05am
Parent & Child Dance	1.5-2.5 years	Fall 2024	10:30-11:00am		9:30-10:00am		9:55-10:25am	9:35-10:05am	9:00-9:30am 10:15-10:45am
Princess Ballet	2.5-3.5 years	Fall 2024	9:30-10:15am 10:30-11:15am	9:30-10:15am 10:30-11:15am	9:30-10:15am 10:30-11:15am	9:30-10:15am	9:30-10:15am	9:15-10:00am	10:10-10:55am 11:00-11:45am
So You Think You Can Dance	3.5-5 years	Fall 2024				2:00-2:50pm		11:00-11:50am	10:00-10:50am 1:15-2:05pm
Tot Hop	2.5-3.5 years	Fall 2024	9:30-10:15am 10:30-11:15am	9:30-10:15am	9:30-10:15am		10:30-11:15am	9:10-9:55am	9:15-10:00am 10:45-11:30am
Transitional 2's Ballet	2-3.5 years	2024/2025 School Year				9:30-10:15am	10:30-11:15am		
Tutus & Tennis Shoes	3-4.5 years	Fall 2024	1:00-1:50pm			1:00-1:50pm		12:10-1:00pm	9:00-9:50am 11:10am-12:00pm

# RELEVÉ DANCE

## YOUTH AND TEEN DANCE (SESSION CLASSES: NON-RECITAL)

CLASS	AGES/GRADES	SESSION	MON	TUE	WED	THU	FRI	SAT	SUN
All Around Dance Technique (Hip Hop, Jazz, Lyrical)	Grade 1-3	Fall 2024						2:15-3:15pm	
	Grade 3-5	Fall 2024		4:00-5:00pm				1:15-2:15pm	11:15am-12:15pm
	Grade 6-8	Fall 2024		6:45-7:45pm	7:15-8:15pm				
Ballet	Grade 1-3	Fall 2024							1:00-2:00pm
	Grade 4-6	Fall 2024	6:30-7:30pm						
Ballet & Hip Hop	Grade K-2	Fall 2024					10:00-11:00am	12:30-1:30pm	
Ballet & Tap	Grade K-2	Fall 2024				4:00-5:00pm			
	Grade 1-3	Fall 2024						1:45-2:45pm	
Ballet/Acro I (Beginners)	Grade 1+	2024/2025 School Year						11:15am-12:45pm	
Ballet/Acro II (Intermediate)	Grade 1+	2024/2025 School Year	5:00-6:30pm					11:15am-12:45pm	
Ballet/Acro III (Advanced)	Grade 4+	2024/2025 School Year	5:00-6:30pm						
Contemporary	Grade 6-8	Fall 2024			6:45-7:45pm			11:30am-12:30pm	
	Grade 9-12	Fall 2024		7:00-8:00pm					
Hip Hop	Grade 1-3	Fall 2024			3:00-3:55pm				
	Grade 3-5	Fall 2024						1:30-2:30pm	
	Grade 6-8	Fall 2024	7:30-8:30pm		6:30-7:30pm			2:15-3:15pm	2:15-3:15pm
Hip Hop & Jazz	Grade K-2	Fall 2024						2:00-3:00pm	
	Grade 2-4	Fall 2024			3:00-3:55pm				2:00-3:00pm
Hip Hop & Poms	Grade K-2	Fall 2024						11:15am-12:15pm	
	Grade 1-3	Fall 2024	3:55-4:55pm					12:15-1:15pm	
Hip Hop & Tap	Grade K-2	Fall 2024						12:00-1:00pm	
Hip Hop Tricks	Grade 1-3	Fall 2024				5:00-6:00pm			
	Grade 3-5	Fall 2024		6:30-7:30pm					
Pre-Pointe Ballet	Grade 6+	2024/2025 School Year	7:30-8:30pm						
Pre-Teen Technique	Grade 4-8	Fall 2024	6:00-7:00pm						
Teen Hip Hop	Grade 9-12	Fall 2024	7:30-8:30pm	7:30-8:30pm					2:30-3:30pm
Teen Technique	Grade 9-12	Fall 2024			6:00-7:00pm				



## DANCE RECITAL PROGRAM (YEAR-LONG CLASSES)

CLASS	AGES/GRADES	SESSION	MON	TUE	WED	THU	FRI	SAT	SUN
Ballet & Hip Hop	3.5-5.5 years	2024/2025 School Year		1:00-1:50pm	10:30-11:15am		1:00-1:50pm		
				2:00-2:50pm					
	4-6 years	2024/2025 School Year				4:10-5:00pm			
Ballet & Jazz	Grade K-2	2024/2025 School Year	4:00-5:00pm						
	4-6 years	2024/2025 School Year						12:45-1:35pm	
Ballet & Tap	3.5-5.5 years	2024/2025 School Year						9:00-10:00am	
					1:00-1:50pm		9:25-10:15am		
Cheer	Grade K-2	2024/2025 School Year			5:00-6:00pm				
	Grade 1-3	2024/2025 School Year						10:15-11:15am	
Hip Hop	4-6 years	2024/2025 School Year						10:00-10:50am	
Hip Hop & Jazz	3.5-5.5 years	2024/2025 School Year	1:00-1:50pm	10:30-11:20am	2:00-2:50pm				
			2:00-2:50pm						
	Grade K-2	2024/2025 School Year		3:55-4:55pm	3:00-3:55pm				9:30-10:30am
Hip Hop & Poms	3.5-5.5 years	2024/2025 School Year		1:00-1:50pm		1:00-1:50pm			
				2:00-2:50pm					
	Grade 1-3	2024/2025 School Year				3:55-4:55pm			
Hip Hop: Boys	Grade K-2	2024/2025 School Year				3:55-4:55pm		12:45-1:45pm	
Jazz & Tap	Grade 1-3	2024/2025 School Year					4:00-5:00pm		
Lyrical & Hip Hop	Grade 1-3	2024/2025 School Year			4:00-4:55pm				

Recital classes run during the 2024-2025 school year. Each recital class works on a dance routine which will be presented in costume at our end of year recital on **Sunday, May 18, 2025**.

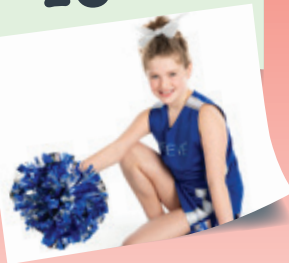
# DANCE COMPANY

Relevé Dance Company is a competitive dance and performance team in association with the Relevé at Rootz dance and cheer program.



## RELEVÉ CHEER

Cheer Performance  
**TEAM TRYOUTS**  
(Entering Grade 1+)  
**May 28**



## RELEVÉ DANCE

**COMPANY AUDITIONS**  
Performance Teams: Grade 1 and Up  
Competition Teams: Grade 2 and Up  
**May 20-23**



### PERFORMANCE TEAMS

Performance Teams are for dancers or cheerleaders that are looking to develop their skills and showcase for their friends and family. Performance Teams rehearse weekly over the course of the school year to prepare for three to four performances between January and May at local venues, such as: Chicago Bulls Games, Northbrook Court, JCC, Great America and the Genesee Theater. No additional class is required to be on a Performance Team.

### PERFORMANCE TEAMS

CLASS	AGES/GRADES	SESSION	MON	TUE	WED	THU	FRI	SAT	SUN
Performance - Cheer	Grades 1+	2024/2025 School Year			7:00-9:00pm				
Performance - Cheer	Grades 1+	2024/2025 School Year			5:00-6:30pm				
Performance - Cheer	Grades 1+	2024/2025 School Year		6:00-7:30pm					
Performance - Cheer	Grades 1+	2024/2025 School Year				4:00-5:30pm			
Performance - Cheer	Grades 1+	2024/2025 School Year						2:30-4:00pm	
Performance - Cheer	Grades 1+	2024/2025 School Year						1:00-2:30pm	
Performance - Hip Hop	Grades 1-3	2024/2025 School Year	4:00-5:30pm						
Performance - Hip Hop	Grades 1-3	2024/2025 School Year			5:00-6:30pm				
Performance - Hip Hop	Grades 3-6	2024/2025 School Year				4:00-5:30pm			
Performance - Hip Hop Boys	Grades 1-3	2024/2025 School Year		4:00-5:30pm					
Performance - Jazz	Grades 1-3	2024/2025 School Year				4:00-5:30pm			
Performance - Lyrical	Grades 1-3	2024/2025 School Year		4:00-5:30pm					

### COMPETITION TEAMS: GRADE 2 AND UP

Competition Teams are a serious commitment that allows the dancer to build strength, flexibility and technique while learning their routine(s) for competitions. Teams rehearse weekly over the course of the school year to prepare for two to three competitions as well as two performances at local venues, such as Chicago Bulls Games, Northbrook Court and Genesee Theater. Due to the competitive nature, the Competition Program is by audition only and not all dancers will be accepted.

### COMPETITION TEAMS

CLASS	AGES/GRADES	SESSION	MON	TUE	WED	THU	FRI	SAT	SUN
Competition - Hip Hop	Grade 3+	2024/2025 School Year	5:30-7:30pm						
Competition - Hip Hop	Grade 5+	2024/2025 School Year	5:30-7:30pm						
Competition - Hip Hop Boys	Grade 3+	2024/2025 School Year		5:00-6:30pm					
Competition- Core	Grade 2+	2024/2025 School Year	M & W 4:00-6:00pm		M & W 4:00-6:00pm				
Competition - Core	Grade 2+	2024/2025 School Year		Tu & Th 5:00-7:00pm		Tu & Th 5:00-7:00pm			
Competition - Core	Grade 4+	2024/2025 School Year		Tu & Th 5:30-7:30pm		Tu & Th 5:30-7:30pm			
Competition - Core	Grade 4+	2024/2025 School Year		Tu & Th 5:30-7:30pm		Tu & Th 5:30-7:30pm			
Competition - Elite	Grade 9+	2024/2025 School Year		8:00-9:00pm					
Competition - Lyrical	Grade 3+	2024/2025 School Year			6:00-8:00pm				
Competition - Musical Theater	Grade 3+	2024/2025 School Year				6:00-8:00pm			
Core Conditioning	Grade 2-5	2024/2025 School Year		4:00-5:00pm					
Core Conditioning	Grade 6+	2024/2025 School Year	6:30-7:30pm						

## BROADWAY & ME (STAGES)

Each week, little Broadway fans and caregivers are introduced to exciting new songs, characters, and stories as Broadway Musicals are brought to life by a team of professional teaching artists. Each class features a different Broadway show and incorporates activities that are designed to support your little one's physical, cognitive, social-emotional, and language development while offering individualized attention and encouragement!

## GUITAR STARS- BEGINNER

Beginning musicians will learn the fundamentals of guitar playing, including holding the guitar and pick, proper fret-hand finger position, sight reading, playing by ear, and playing basic songs.

## PLANES, TRAINS, & AUTOMOBILES

Start your engines! Come take a ride with us as we build train tracks, make dump trucks, and build flying machines. This dramatic play course is designed to be your child's first "away from a caregiver" class. Our adventures will sharpen their imagination, kick start their motor skills, and ignite their passion for flying.



# Rootz THEATER COMPANY

(Grades 4-8)  
**Auditions**  
May 28, 29 or 30



## SHOW CHOIR: ROOTZ ROCKAPELLA

Students will have the chance to be part of a singing and dancing performance group. Working with a music director and choreographer, students will learn showtunes, jazz standards and even pop songs for an end of session performance.

## SUPERHEROES

Do you have what it takes to save the world? Children benefit from imaginative play and imitating their favorite superheroes. In this class, your child and fellow superheroes will help save the world in this interactive and high-energy class through cooperative games, team building skills, literature and more.

## MUSIC

CLASS	AGES/GRADES	SESSION	MON	TUE	WED	THU	FRI	SAT	SUN
Broadway & Me (Stages)	0-3 years	Fall 2024	9:30-10:15am 10:30-11:15am			10:30-11:15am			
Guitar Stars- Beginner	Grade 2+	Fall 2024							11:00am-12:00pm
Show Choir: Rootz Rockapella	Grade K-3	Fall 2024	3:50-4:50pm						

## ENRICHMENT

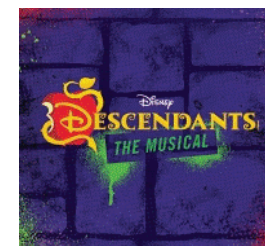
CLASS	AGES/GRADES	SESSION	MON	TUE	WED	THU	FRI	SAT	SUN
Planes, Trains, and Automobiles	2.5-3.5 years	Fall 2024				9:30-10:15am			
Superheroes	3.5-5 years	Fall 2024	1:00-1:50pm						

## BROADWAY TOTS

This introduction to theater is great for our littlest actors, as we sing, dance, act and most importantly, have fun learning new skills about ourselves and our "cast" of friends in class! Through improv games and imaginative play, we pretend to be different characters, and we will even perform a short medley of songs at the end of the session!

## BROADWAY BOUND

Using teamwork, theater games, technique exercises and imaginative play, we will work together to create a mini-musical for our families at the end of the session.



## BROADWAY STARS

In this introduction to musical theater, students will learn the basic principles of theater to develop confidence both onstage and off. Through instruction and collaboration, Broadway Stars teaches children about the process of theater as well as creating a final production. The final product is a 30-40 minute Broadway Junior musical. Join us this Fall for Disney Descendants the Musical. **Each cast will have 1 final performance for friends and family at Christian Heritage in Northfield the weekend of 12/7-12/8. Specific date and time TBA.**

## IMPROV

Improvisation is the art of acting without a script. This class will introduce kids to the basics of performing and help develop self-confidence on and off stage. We offer a supportive, fun environment so children can learn to express themselves through verbal communication and physical expression.



## THEATER COMPANY

Theater Company is an advanced audition-only musical theater program for actors ready for a more robust production. This progression from Broadway Stars provides an in-depth experience with acting, voice and movement, characterization and general performance skills. Join us this Fall for Disney High School Musical Jr. **Each cast will have 1 final performance for friends and family at Christian Heritage in Northfield on Sunday, December 15. Specific time TBA.**

## THEATER CREW CLUB

Students interested in the behind the scenes aspects of theater will have a stage crew experience. Throughout the session, our crew club will brainstorm, design and create props, help to determine costumes, build set pieces, and learn what it takes to put on a show. Once it is time to bring our shows to the stage, Crew Club members become actively involved in both tech rehearsals and performances acting as prop masters, stagehands behind the scenes, costume assistants for quick changes, microphone assistants, house crew and more. While it is not mandatory, we ask that our Crew Club members attend as many tech rehearsals and performances their schedules allow December 2 - 15, 2024. Specific days and times TBA.

## THEATER

CLASS	AGES/GRADES	SESSION	MON	TUE	WED	THU	FRI	SAT	SUN
Broadway Tots	3-4 years	Fall 2024		10:30-11:15am 1:05-1:50pm	10:30-11:15am 2:00-2:45pm	10:30-11:15am 2:00-2:45pm	2:00-2:45pm	9:00-9:45am	
Broadway Bound	4-6 years	Fall 2024	2:00-2:50pm	2:00-2:50pm	1:00-1:50pm	1:00-1:50pm	1:00-1:50pm	10:00-10:50am	9:00-9:50am
Broadway Stars	Grade 1-3	Fall 2024	5:00-6:30pm	5:00-6:30pm	4:00-5:30pm	5:00-6:30pm	4:00-5:30pm	11am-12:30pm	
Improv	Grade 2+	Fall 2024	6:45-7:45pm						
Theater Company	Grade 4-8	2024/2025 School Year			5:45-7:30pm	6:45-8:30pm			
Theater Crew Club	Grade 3+	Fall 2024		6:45-7:45pm					



## GYM JAM

This parent and child class has options for every stage of your child's development.

**CRAWLERS:** This class is aimed towards our crawlers, ages 6-12 months. Join us for a 30 minute class, incorporating familiar songs and music, play, and exploration in our gymnasium!

**WALKERS:** Geared to our little ones, this class is aimed for our "early walkers", ages 12-18 months. Join us for a 30 minute jam-packed class where the child and loved one together will explore play structures, while enjoying music, tumbling, and more!

**RUNNERS:** Join us for a 45 minute class full of fun while simultaneously exploring basic tumbling skills, and building strength and flexibility. The suggested age for this class is 1.5-2.5, or when they are fully on the move!

**TRANSITIONAL 2'S:** Loved ones and toddlers attend together as they learn basic tumbling skills and vocabulary, stretch, increase flexibility, along with learning routine and songs. As the session progresses, the little ones will begin to execute sections of the class independently. In January, loved ones will transition out of the class completely and the little ones will enjoy the Tumbling Tots class for the remainder of the school year.



## TUMBLING

No matter your skill level, we have a class for you!

### TUMBLING TOTS & TUMBLING:

Students will work on emerging gymnastics skills in an energetic and creative environment. This class is a wonderful place to build strength and flexibility while having fun and learning cool new acrobatic skills.

**BEGINNER:** In this class participants will become familiar with the basic skills of floor, such as bridges, back bends, head/handstands, cartwheels/roundoffs, front/back rolls and more.

**INTERMEDIATE:** To qualify for this level, your child must be able to execute a clean cartwheel, roundoff, handstand and back bend (going down to bridge from standing position) unassisted. In this class, participants will be introduced to more advanced skills such as front/back walkovers and front/back handsprings.

**ADVANCED INTERMEDIATE:** To qualify for this class, your child must be able to execute both a front/back walkover on floor unassisted (no spot) and front/back handspring with minimal assistance. In this class, participants will be introduced to more advanced skills such as mastering front/back handsprings and running tumbling.

**ADVANCED:** To qualify for this class, your child must be able to execute a standing back handspring unassisted, front handspring unassisted and a roundoff back handspring unassisted. In this class, participants will learn more advanced skills such as front/back tucks and cross floor sequence tumbling.

## CHEERLEADING

This recreational class is designed for participants who want to learn about the sport and how to execute all elements of cheer. Cheer will focus on the basics including team building, motions, jumps, stunting and executing technique.

## JR. NINJA WARRIORS

Get ready for an obstacle course fitness adventure! Warriors will enjoy high energy games and team-building activities which teach cooperation, patience, and problem solving. Participants will love working their way through exciting obstacles and playing many types of games, sports, and fitness challenges while boosting their self-confidence along the way.

## KIDZ FIT

Let's get moving! We combine fitness with fun to help kids develop healthy habits while enjoying active play. Balls, hula hoops, jump ropes, parachutes and more will help guide us through our activities. Kidz Fit helps to build your child's strength, endurance and confidence through a great workout with the focus on active play.

## PULSE:

### MINI NINJA WARRIORS

A high energy fitness based class designed to challenge and empower our youngest warriors, our mini ninja warriors enjoy obstacle courses, relay races, noodle wars, fitness challenges and more. We teach kids foundational movement patterns including squats, planks and push ups while also challenging our warriors with fitness abilities such as speed, power and balance.

## STRETCH-N-GROW FUNTASTIC FITNESS (PARENT & CHILD)

Come burn off some of that toddler energy! Each week your child will be working on their gross motor skills using colorful age-appropriate equipment and up-beat music. Running, jumping, balancing, galloping and throwing are just some of the skills we focus on. Adults will be participating in the activities with their child so dress for action!

## YOGA

Join us on a yoga journey that your child will never forget! We will use breathing techniques, learn yoga poses, increase flexibility and strength, develop coordination, and explore relaxation tools.



# FITNESS

CLASS	AGES/GRADES	SESSION	MON	TUE	WED	THU	FRI	SAT	SUN
Cheerleading	4-6 years	Fall 2024		4:00-4:50pm					12:20-1:10pm
	Grade K-2	Fall 2024			3:00-3:55pm	4:00-4:55pm		2:35-3:30pm	
	Grade 1-4	Fall 2024	4:00-4:55pm			6:00-6:55pm			
Gym Jam: Crawlers	6-12 months	Fall 2024	11:30am-12:00pm		11:30am-12:00pm				
Gym Jam: Walkers	12-18 months	Fall 2024		11:30am-12:00pm		10:30-11:00am			
Gym Jam: Runners	1.5-2.5 years	Fall 2024	9:30-10:15am		10:30-11:15am	9:30-10:15am			
Gym Jam: Transitional 2's	2-3.5 years	2024/2025 School Year	10:30-11:15am						
Jr. Ninja Warriors	3-4.5 years	Fall 2024			1:00-1:50pm				
Kidz Fit	3.5-5.5 years	Fall 2024	2:00-2:50pm		2:00-2:50pm				
Pulse: Mini Ninja Warriors	4-6 years	Fall 2024						9:00-10:00am	9:00-10:00am
	Grade 1-4	Fall 2024						10:00-11:00am	10:00-11:00am
Stretch-N-Grow FUNtastic Fitness (Parent & Child)	1.5-3 years	Fall 2024		9:30-10:15am					
Tumbling	3-4.5 years	Fall 2024	1:00-1:50pm	2:00-2:50pm		1:00-1:50pm	1:00-1:50pm		
	3.5-5.5 years	Fall 2024	2:00-2:50pm	1:00-1:50pm	9:30-10:20am	2:00-2:50pm	2:00-2:50pm	3:40-4:30pm	
Tumbling I (Beginner)	Grade K-2	Fall 2024			4:00-4:55pm	5:00-5:55pm			11:15am-12:15pm
Tumbling II (Intermediate)	Grade 1+	Fall 2024	6:35-7:30pm	5:00-5:55pm					1:20-2:15pm
Tumbling III (Advanced Intermediate)	Grade 2+	Fall 2024	7:35-8:30pm		7:00-8:00pm				
Tumbling IV (Advanced)	Grade 3+	Fall 2024		7:35-8:30pm		7:00-8:00pm			
Tumbling Tots	2.5-3.5 years	Fall 2024		10:30-11:15am					
Yoga	Grade Pre K-3	Fall 2024	4:15-5:15pm		4:00-5:00pm				

# IMPORTANT 2024-2025 DATES AT



## Fall Session: August 19 - December 20, 2024

Monday, August 19	Fall Session Begins
Monday, September 2	Rootz Closed
Thursday, October 3	Rootz Closed
Saturday, October 12	Rootz Closed
Thursday, October 31	Rootz Closes Early (No Classes after 3pm)
Wednesday, November 27 - Sunday, December 1	Rootz Closed
Friday, December 20	Fall Session Ends
Winter Break: December 21 – January 5, 2025 (No Regular Classes)	

AUGUST						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

SEPTEMBER						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

OCTOBER						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

NOVEMBER						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

DECEMBER						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

## Winter Session: January 6 – March 21, 2025

Monday, January 6	Winter Session Begins
Friday, March 21	Winter Session Ends
Spring Break: March 22 – March 30, 2025 (No Regular Classes)	

JANUARY						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

FEBRUARY						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	

MARCH						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

## Spring Session: March 31 – May 30, 2025

Monday, March 31	Spring Session Begins
Friday, April 18	Rootz Closed
Sunday, April 20	Rootz Closed
Sunday, May 18	Rootz Closed- Recital Day
Monday, May 26	Rootz Closed
Friday, May 30	Rootz Spring Session Ends

APRIL						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

MAY						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31



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