





# Heartbeat Performing Arts Center Sept-June 2025/2026

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## Calendar: Sept – June 2025-2026 Calendar

- **Early-Bird Registration Discount:**  
**FULL DISCOUNT:** Register by July 15, 2025 and pay no registration fee plus get a 5% discount on June 2026 costumes.  
**PARTIAL DISCOUNT:** Register by August 1, 2025 and pay no registration fee.
- **Classes Begin: Sept. 8**
- **MEA Break: October 16-19**
- **Halloween: October 31**
- **Thanksgiving Break: November 23 – 30**
- **Winter Holiday Break: December 21-January 1**
- **January Show Date: January 17 “Black Tie & Diamonds”**
- **MLK Day: January 19**
- **Spring Break: March 22-March 29**
- **Annual Choir Concert - TBA**
- **Academy Show: March 21, “INFLUENCE”**
- **Memorial Day: May 25**
- **June Shows: June 20 & 21, “LION KING”**



Cover photo and photo above are scenes from the myth and majesty of ancient Greece as Heartbeat-based and critically acclaimed Vox Medusa, in collaboration with Infiammati FireCircus, presented, ORACLE, (May 2025), a mesmerizing fusion of mythology, dance, and fire. ORACLE is one of several original Vox Medusa productions by founder, choreographer and creative genius, Kristin Freya, co-owner of Heartbeat.

Photos: Frankie Gomez

## Past Heartbeat Performing Arts Center Productions

- **Annual Dance Recitals:** 1998-2004
- **Musical Theater Productions 2005-Present:**

*A Fairytale Mystery, Aladdin, Alice in Wonderland, Cinderella, Toy Story, Cotton Club, Moulin Rouge, Dr. Who, Into the Snow, Jungle Book, Lord of the Rings, Peter Pan, Star Wars, Reluctant Dragon, Wizard of Oz, The Little Mermaid, Romeo & Juliet 2017, Jack & the Beanstalk, Pinocchio, Night at the Wax Museum, Off to See the Wizard, Beauty and the Beast, Sleeping Beauty, Snow White, Harry Potter & the Sorcerer's Stone, The Shape of Color, Mulan, Hearing Mother Earth, Dreaming...of, The Greatest Showman, Annual Summer Cabarets, MOVIES!, Moana, The Great Gatsby, HeartSong 25<sup>th</sup> Anniversary Celebration, The Tangled Story of Rapunzel, The Times, The Addams Family, PASSPORT, Descendants*

- **Choir Performances:** Annual Mid-Winter concert, Heartbeat productions, and various public venues.
- **Academy Show:** Annual academy self-produced shows from 2004 to present.
- **Vox Medusa:** Sadler's Wells Theatre, London 2007 / Sant Andreu Teatre, Barcelona 2008 / *Labyrinth*, 2014 / *Casting Shadows*, 2015 / *Rune*, 2016 / *Medusa*, 2017-18 / *Eurydice*, 2021/ **ORACLE**, 2025
- **Anniversary Celebration Shows:** Tenth, 2008 / Fifteenth, 2013 / Twentieth, 2018 / Twenty-fifth, 2023
- **Overseas Shows/Travel Study:** (Tokyo, 2006 / London, 2007 / Barcelona, 2008, 2018, 2025 / Trondheim & Oslo 2023, 2024)

## Heartbeat Performing Arts Center – Sept to June 2025/2026 Policies. Classes begin Sept. 8, 2025

With genuine warmth, you are welcome to Heartbeat Studios. We take pride in the fact that our professional studio teaches more than dance, singing and acting by providing life enrichment to our students through the performing arts. The students at Heartbeat are celebrated and we make learning fun! We are sensitive to using only age-appropriate music, choreography and costumes. Through our Academy Program, we develop dancers, singers and actors for college and professional careers. We teach appreciation, dedication, commitment, confidence, self-esteem and many other life skills. We teach respect for teachers, fellow students and for the performing arts. All students are equally important at Heartbeat whether they dance, sing or act for recreation or for a future profession. We have classes for everyone and “*we teach from the heart!*”

### ♥ MISSION

Heartbeat's mission is to **help** students of the performing arts recognize the value of dance, singing or acting, and respecting its perpetual rebirth in society. **Encourage** the development of each student's individuality and uniqueness through artistic expression. **Provide** each student with high quality performing arts education and **enable** them to experience its life-enriching benefits. **Give** the students opportunity to understand that the performing arts have an amazing history and are a universal language. Continually **nurture** their interest in the performing arts and appreciation of it as a personal journey to **enhance** their life.

### ♥ CLASSES TAUGHT FROM THE HEART IN A NON-COMPETITION ENVIRONMENT

Heartbeat promotes a non-competition environment where instructors teach by encouragement – not by intimidation. We are a performance studio and choose not to be involved in competitions because we appreciate and advocate dance, singing and acting as art forms and not sports. Our focus is on correct training and technique by professionals in the fields of dance, singing and acting. We provide performing opportunities throughout the year for all ages to share the beauty and emotional and intellectual stimulation of the performing arts with the public. We also want to provide long-term life-enriching experiences in the performing arts for our students. Hand-in-hand with this is our goal to develop the students' trust in dance, singing and acting, encouraging them to take on the responsibility of raising the bar on their own potential. The performing arts are more than a physical presence and we nurture a truthful, not artificial, connection between the performer and the audience. We allow the students to immerse themselves in what is happening and to internalize their artistic voice because it is only then that it is real.

### ♥ HEARTBEAT CELEBRATES DIVERSITY

*“Webster's Definition of diversity. 1 : the condition of having or being composed of differing elements : variety especially : the inclusion of different types of people (such as people of different races or cultures) in a group or organization programs intended to promote diversity in schools*

*2 : an instance of being composed of differing elements or qualities : an instance of being diverse a diversity of opinion.”* This definition could also define the performing arts. Performing artists live and thrive in diversity...in fact, it is celebrated through our universal languages of dance, music, singing and acting and experienced in all cultures around the world since the dawn of time. Webster's definition is missing something though; diversity is magnificent knowledge.

On the human side of diversity, Heartbeat's teachers and students are from a myriad of ethnic, religious, occupational, educational, cultural, and other backgrounds that range wide and wonderful; ever unique and positively beautiful. Heartbeat's guest artists come from all over the world, sharing passionately their life's work to propel diverse sparks of inspiration. Heartbeat's overseas student/teacher cultural exchange and travel study programs exist precisely to invoke, evoke and provoke diversity education and appreciation through the performing arts. It challenges our students to learn, grow and celebrate the elements and qualities of different cultures; yet grasp the sameness of the world's human inhabitants.

On the artistic side of diversity, Heartbeat offers its students training for a solid foundation in the performing arts. In tandem, is encouragement to evolve from these foundations to experience the wildly diverse properties and challenges of taking a risk, experimentation and raising the bar on personal potential. By finding their own voice at the crossroads of diversity of thought, opinion, imagination, and life's encounters; springs our students' creativity. A pinnacle of creativity is improvisation, from which the word, 'improve' can be extracted—a word that is important on so many levels.

Heartbeat cherishes diversity whether human or artistic. We are creative here, therefore if we had a flashing neon sign, it would read, “All are welcome.” In reality, our flashing neon sign is represented by our business practices, opportunities given, how we value our “Heartbeat family” and the examples we set for our students to uplift and applaud each other. Paired with the diversity of dance, music, singing and acting, are the admirable virtues of appreciation, respect and love. These are solid foundations to live and improve by.

### ♥ HEARTBEAT PERFORMING COMPANIES

Heartbeat Studios' performing companies provide a year-round opportunity for dancers, singers and actors to perform in front of an audience and to work as part of a team while improving their skills. Companies perform locally at prestigious venues and occasional out of state performances. Companies include Jr. and Sr. tap, ballet, modern, jazz, break dance and hip-hop groups, acting, Heart & Soul choir, and the professional Vox Medusa. Company auditions are held during the summer session.

### ♥ HEARTBEAT JUNIOR AND SENIOR ACADEMY PROGRAMS

The Academy Programs are designed for advanced dance, singing and acting students who are interested in a serious and focused study of performing arts. The Junior and Senior Academies present an annual self-produced show featuring original choreography, playwriting, and songs. The Junior Academy is for students ages 9 to 14, and depending on skill/maturity level, the Senior Academy is for students ages 13 to 18. Each Academy student auditions for dance, singing or acting in advanced levels for their selected major(s) as their primary focus. Major options: Ballet, Jazz, Tap, Modern, Hip Hop, Break Dance, Singing, and Acting. Senior Academy students are also enrolled in the Pedagogy program, which is learning the art of teaching dance, singing, or acting, by assisting classes in their chosen major. Contact Heartbeat for Academy program application information. A Jr/Sr Unlimited Class Pass is required for all Academy students.



### ♥ MASTER CLASSES

Heartbeat provides master classes and workshops from local and world-renowned performers, choreographers and directors throughout the year. This opportunity links our dancers with the world-wide dance community exposing them to original choreography and technical training they may not otherwise experience.

### ♥ PARTNER STUDIOS IN JAPAN, SPAIN & NORWAY

Heartbeat has established travel study/cultural exchange programs with the ARTN studio in Tokyo, Japan and Barcelona, Spain. Since 2000, students and teachers from the respective studios have traveled to study and perform with each other. Heartbeat's students and teachers have made multiple trips to Tokyo and Barcelona. In return, Heartbeat families have provided lodging for visiting students in their homes. Long-time friendships developed and lives have been enriched. In 2024, programs with schools in Norway were added.

### ♥ MULTIPLE PRODUCTIONS ANNUALLY

Heartbeat produces three musical theater shows each year. Our winter show in February is an original production featuring most of our students in acting, dance and choirs of all ages. Our June shows are the biggest and most elaborate shows of the year and include a *Matinee* production (Munchkin, Child, Youth, and Junior levels in acting, dance and choir, and selected Jr. and Sr. classes and companies), and *Evening* productions (Junior and Senior companies, teens, adults and teaching staff in acting, dance and choirs). Our delightful summer production presents our munchkin, child, youth, junior levels and junior companies in acting, dance and choir. In addition, our Academies present their self-produced show each Spring, and our choirs present an annual concert.

Costumes for our winter and summer shows are kept at a low cost, often using apparel found at home or online. Even though our June show costumes are custom-made by professional manufacturers, we always shop for the best price and quality. Costs associated for each show include: Students pay for their costumes and video recording. Students' families and other audience members are charged for the number of tickets they wish to buy for admission to a specific show.



## Heartbeat Performing Arts Center – Sept. to June 2025/2026 Policies. Classes Begin Sept. 8, 2025

Our policies and procedures help us uphold our professional standards. Please take time to read and explain them to your child. Heartbeat reserves the right to change its policies at any time.

### ♥ REGISTRATION

**New! You can now opt to register online at [www.heartbeat-studios.com](http://www.heartbeat-studios.com):**

**Registration in Person:** Office hours are Monday through Thursday, 2:00pm to 8:00pm / Friday, 2:00pm to 6:00pm / Saturday 9:00am-3:00pm. Summer Session hours are Monday-Thursday, 2:00-8:00pm / Friday, 2:00-6:00pm / Saturday by appointment.

**Registration by Mail/email:** Heartbeat Studios, 7661 West 145<sup>th</sup> Street, Apple Valley, MN 55124. Print a copy of the registration form from our website and mail it to Heartbeat or scan a completed form and email it to: [kristinheartbeatpac@gmail.com](mailto:kristinheartbeatpac@gmail.com).

**Questions:** 952-432-7833, email: [deborahheartbeatpac@gmail.com](mailto:deborahheartbeatpac@gmail.com), [kristinheartbeatpac@gmail.com](mailto:kristinheartbeatpac@gmail.com),

### ♥ MAKE-UP CLASSES

Make-up classes are permitted within 30 days of the class missed.

### DRRESS CODE

Heartbeat's Dress Code is established for the safety of the students and to provide the tools they need to learn each discipline. Students' hair for all classes must not interfere with line of vision and must be pulled back in a bun or ponytail. Students who come to class in inappropriate attire will be asked to observe the class rather than participate.

**Flamenco / Ori Tahitian / Conditioning, Strength & Stretch** Consult instructor first day of class.

**Munchkin/Child/Youth Combination** Black leotard (any style), tan tights, pink ballet shoes, black tap shoes.

**Acting** Students are barefoot, black pants, solid black shirt of any style (shirts must be free of design or print).

**Ballet** Tan tights, pink Ballet shoes and black leotard (any style). Black wrap skirt optional.

**Hip Hop** Comfortable solid black tops and bottoms. Tennis shoes not worn outside—must have clean bottoms.

**Jazz** Tan Jazz shoes, black Jazz pants or leggings and black leotard or form fitting top (any style).

**Modern** Students dance barefoot or can wear a foot thong. Black Jazz pants or leggings and black leotard or form fitting top (any style).

**Break Dance** Solid black comfortable clothing that is easy to move in (no denim jeans). Knees and elbows should be covered. Tennis shoes.

**Leaps & Turns** Tan Jazz shoes, black leotard (any style), black dance shorts or leggings.

**Tap** Black Tap shoes (flat Oxford-type) for youth through adult classes. Black Jazz pants or leggings and black top.

**Boys/Men** Attire for ballet, tap, modern and jazz: Black T-shirt, black dance pants or sweatpants. Shoes: Black ballet, jazz or tap. Modern dance is performed barefoot. Break dance and hip hop: Black long-sleeved sweat or T-shirt, black sweatpants, any style/color of tennis shoe.

**Women** Dress codes above are preferable, but you can opt to wear relaxed-fitting solid black top and leggings rather than leotard and tights in class. However, tan tights and flesh tone camisole leotard, or flesh tone body tights are required under costumes in shows.

### ♥ DANCE LEVELS

A **Beginning Level** class of any discipline covers the basic technique and vocabulary of a dance style. Beginning classes are structured for the absolute beginner through the second-year dance student. Classes are taught to clearly instruct students on correct body alignment, build muscular strength and flexibility and teach students the basic dance pattern rooted within the dance discipline.

A **Beginning/Intermediate Level** class of any discipline re-enforces the basic technique, alignment and vocabulary of a dance style as well as challenge students' minds and bodies with more complex patterns, multiple turns, developing leaps and faster foot work. Beginning II classes are structured for the second year beginning student who is preparing to move into an Intermediate level of dance.

An **Intermediate Level** class of any discipline is for students who have accomplished the basic technique, alignment and vocabulary of the particular dance style and are capable of handling challenging complex patterns, multiple turns, leaps and fast foot work. Intermediate classes are taught at a much faster pace for the student who is preparing to move to a more advanced level of dance.

An **Intermediate/Advance Level** class of any discipline is for the Intermediate level students who are ready for challenging choreography, physical endurance and flexibility. Intermediate/Advance classes are taught at a fast and demanding pace. Instructors may demonstrate dance patterns only once or twice for the students and will move quickly to the next pattern. Intermediate/Advance levels are for those who are preparing to move to Advance Level.

An **Advanced & Company Level** class of any discipline is for accomplished dance students who are ready for the ultimate challenge of tackling professional level choreography, physical endurance and flexibility. Instructors will move quickly from one pattern to the next. Advance Level is for students preparing for company or collegiate material.

### COMPANY & ACADEMY PLACEMENT

Students interested in placement into any Heartbeat junior or senior company are assessed/auditioned during our 8-week summer session. After observation by the instructor during the summer session, students desiring to advance to the company level will be notified whether they were placed. If a student did not advance to company level, they will receive recommendations for areas of improvement and suggested classes to help reach their goal. Students interested in Heartbeat's academy program must have been placed into at least two companies and completed an Academy application form prior to the start of our September to June session. Students interested in placement into the Heart & Soul Choir must schedule a private audition with Emily Colay, Choir Director.



### ♥ IMPORTANT NOTICES AND EMAILS

Written notices and emails are periodically distributed to students. It is up to the students and parents to read the information as the information is sent out. Parents are advised to regularly check their email as this is our established means of communication. Add Kristinheartbeatpac@gmail.com to your contact list to avoid important Heartbeat messages going into your spam/junk folder.

### ♥ CLASS OBSERVATION

Class observation is from the lobby areas only. Students can be dropped off and picked up, except for students too young to visit the restroom by themselves or who suffer separation anxiety. In those cases, we ask that one parent/guardian stay in Heartbeat for the duration of the child's class.

### ♥ DANCERS' ETIQUETTE

- Arrive to class on time. The first 15 minutes are crucial to a proper warm-up.
- Wear appropriate clothing and come dressed to dance, according to Heartbeat's Dress Code. Students with inappropriate attire will be asked to observe the class instead and will still be charged tuition.
- No talking during class.
- Do not talk on your cell phones or text during class time.
- No gum, food or beverage other than water is allowed in the studio.
- Respect for your teacher and fellow students is one of the most important lessons in the performing arts. Thank your teacher verbally or with applause at the end of each class. Compliment your fellow students for giving their best effort.
- Attendance in class is essential for the development of each student. Frequent absence of a student is unfair to the other students in the class, to the instructor and to the progress of the class. Having multiple absences may require that a student take private lessons to get caught up on technique, choreography, lyric and script memorization, etc. It is at the discretion of each teacher to decide whether a student can perform in a show due to frequent absences, even if a costume has been purchased.
- Come to class with a positive attitude ready to learn!

### ♥ HEALTH & SAFETY

- Young students must be walked into the building by their parent/guardian. Parents should let the teacher or front desk person know if their child is to go home with someone other than the person who dropped them off. Parents should arrive before the class ends to pick up their child. Students must be picked up on time and not left in the lobby. Heartbeat's teachers have other obligations and commitments and are extremely inconvenienced when a student is picked up late. Parents must make sure their child knows to wait inside Heartbeat, rather than outside, for their ride home.
- In the event of an injury, illness or other medical emergency of a student and his/her parent or emergency contact can't be reached, Heartbeat staff will call 911 to obtain proper medical assistance. In this instance, the student/parent will be responsible for any associated fees for medical services deemed necessary by paramedics and other medical professionals.
- In the event of a potential communicable disease, we ask that the student stays home until well.

### ♥ CLASS BEHAVIOR EDUCATION

Heartbeat is extremely concerned about the safety and well-being of its students and staff and holds safety in the studio as a very high priority. Students exhibiting behavior in class that is disrespectful, unsafe, or harmful or deemed as unsafe or harmful to any student or staff member will be asked to sit down and observe the remainder of the class. In some situations, if a student has caused harm to another person or his/her behavior is grossly disruptive, he/she will be asked to immediately leave the studio room and parents will be contacted.

♥ **REFUNDS & CLASS DROP-OUT:** During Heartbeat's September-June session, registration fee and first month's tuition are not refundable for any reason. Full refunds are given only for class cancellation by Heartbeat due to insufficient enrollment. In the event of illness or injury supported by a doctor's notice, refunds are given for the balance of unused paid tuition if the student can no longer return to class. A student dropping all classes at Heartbeat after the first month must submit a 30-day written notice to be taken off the billing cycle. Tuition will still be due during the 30-day drop-out period. During Heartbeat's Summer Session, the registration fee is not refundable for any reason. Tuition is not refundable for any reason less than two weeks prior to the first day of our summer session. Refund requests before the two weeks prior to the start of summer session will incur a 50% fee. Full refunds are given only for class cancellation by Heartbeat due to insufficient enrollment, or for illness or injury supported by a doctor's notice as detailed above.



**TUITION RATES & FEES Sept-June 2025/2026 Session**  
**Register in person, by mail or online at [www.heartbeat-studios.com](http://www.heartbeat-studios.com)**

Class Hours Per Week	Tuition Per Month	Class Hours Per Week	Tuition Per Month
.50	\$50	4.25	\$213
.75	\$69	4.50	\$218
1 hr	\$81	4.75	\$222
1.25	\$98	5 hr	\$232
1.50	\$114	5.25	\$242
1.75	\$129	5.50	\$249
2 hr	\$139	5.75	\$252
2.25	\$151	6 hr	\$259
2.50	\$158	6.25	\$262
2.75	\$168	6.50	\$269
3 hr	\$171	6.75	\$276
3.25	\$178	7 hr	\$280
3.50	\$185	7.25	\$286
3.75	\$190	7.50	\$291
4 hr	\$210	7.75	\$296
		8.00 hr	\$299

**Parent Discount!** Parents of students at Heartbeat can take any number of classes at 50% discount. Academy student parents can take one class free and all others at 50% discount. Take advantage of this benefit and enjoy!

♥ **UNLIMITED CLASS PASS:**

**Academy Pass: \$276 per month**  
**Standard Pass: \$299 per month**

♥ **Drop-in Fee:** \$3 added to per class fee

♥ **Registration:** \$25 per family  
 \$15 returning family

♥ **Returned Check Fee:** \$30

♥ **Late Payment Fee:** \$15

♥ **Private Lesson:** \$1.20 per minute (24 hour cancellation notice required or account will be charged).

**Refunds & Class Drop-Out:**

Refer to Refund & Class Drop-out policy outlined on page 4.

**Early-Bird Registration Discounts:**

**Sept.-June 2025/2026 Session:** Register by July 15, 2025 and pay no registration fee plus get a 5% discount on costumes for June 2026 show. Register by August 1, 2025 and pay no registration fee.

**What if a student in the summer audition period won't know company placement results before the early-bird discount ends?** Results for company auditions won't be known until the end of each summer session in August. To take advantage of the discount, auditioning students should therefore go ahead and register for required classes specific to the companies for which they are auditioning. If a student is not placed in the desired company for the Sept.-June session, recommendation will be made for classes to switch to as a plan of action to help the student in future auditions.





## MUNCHKIN / CHILD - Ages 3 to 7

## Munchkin &amp; Child Age 3 - 7

MUNCHKIN COMBINATION AGE 3 TO 4		Skill Level	Day	Time	Length
Ballet & Tap		Beginner	Monday	4:30-5:15pm	45 m
Ballet & Tap		Beginner	Thursday	4:30-5:15pm	45 m
CHILD COMBINATION AGE 5 TO 7					
Ballet & Tap		Beg / Inter	Monday	5:15-6:15pm	1 hr
Ballet & Tap		Beg / Inter	Thursday	5:15-6:15pm	1 hr
HIP HOP CHILD AGE 5 TO 7					
Child Hip Hop		Beg / Inter	Thursday	6:30-7:15pm	45 m
Youth Age 8 - 10					
Acting	*(See below for requirement)	Beginning	Saturday	10:00am-11:00am	1 hr
Acting	*(See below for requirement)	Inter-Adv	Saturday	11:45am-12:45pm	1 hr
Ballet		Beginner	Thursday	5:15-6:00pm	45 m
Ballet		Intermediate	Friday	5:15-6:00pm	45 m
Ballet		Advance	Tuesday	4:45-5:30pm	45 m
Yth/Jr Pre-Pointe	*(See below for requirement)	Advance	Monday	4:15-5:00pm	45 m
Break Dance		Beg-Inter	Thursday	7:15-8:00pm	45 m
Choir		All Levels	Saturday	11:00-11:45am	45 m
Combination	(Tap/Ballet/Jazz)	Beginner	Thursday	4:45-6:30pm	1.75 hr
Combination	(Tap/Ballet/Modern/Jazz)	Intermediate	Friday	4:45-7:00pm	2.25 hr
Combination	(Ballet/Modern/Jazz/Tap)	Advance	Tuesday	4:45-7:00pm	2.25 hr
Dance Line	*(See below for requirement)	Int/Adv	Friday	7:00-7:45pm	45 m
Hip Hop		All Levels	Saturday	12:45-1:30pm	45 m
Jazz	*(See below for requirement)	Beginnner	Thursday	6:00-6:30pm	30 m
Jazz	*(See below for requirement)	Intermediate	Friday	6:30-7:00pm	30 m
Jazz	*(See below for requirement)	Advance	Tuesday	6:00-6:30pm	30 m
Modern	*(See below for requirement)	Intermediate	Friday	6:00-6:30pm	30 mn
Modern	*(See below for requirement)	Advance	Tuesday	5:30-6:00pm	30 mn
Tap		Beginner	Thursday	4:45-5:15pm	30 m
Tap		Intermediate	Friday	4:45-5:15pm	30 m
Tap		Advance	Tuesday	6:30-7:00pm	30 m

## \*CLASS REQUIREMENTS for Youth

\* Acting Class:

Students must also enroll in Youth Choir or any dance class. To build skills in projection and performability, it is recommended that acting students take both Youth Choir and a dance class.

\* Dance Line:

Students must be enrolled in advanced or intermediate level of ballet and jazz.

\* Yth/Jr Pre-pointe:

Students must also be enrolled in an advanced or intermediate ballet class. Regular ballet shoes are worn in class until the instructor advances students to pointe shoes based on their readiness.

\* Youth Jazz Class, all levels:

Students must also be enrolled in a ballet class for technique development.

\* Youth Modern Class, all levels:

Students must also be enrolled in a ballet class for technique development.



Junior Age 11 - 13					7
<b>Jr. Academy</b>	*(See below for requirement)	Academy	Monday	8:00-9:15pm	1.25 hr
<b>Acting</b>	*(See below for requirement)	Open Level	Saturday	12:45-1:45pm	1 hr
<b>Jr. Acting Company</b>	*(See below for requirement)	Adv/Company	Tuesday	6:45-8:00pm	1.25 hr
<b>Ballet/Modern</b>		Beginning	Friday	5:00-5:45pm	45 m
<b>Ballet/Modern</b>		Intermediate	Thursday	8:00-9:00pm	1 hr
<b>Ballet</b>	*(See below for requirement)	Adv/Company	Wednesday	8:00-9:00pm	1 hr
<b>Yth/Jr Pre-Pointe</b>	*(See below for requirement)	Advance	Monday	4:15-5:00pm	45 m
<b>Break Dance</b>		Beg-Inter	Thursday	7:15-8:00pm	45 m
<b>Break Dance</b>	*(See below for requirement)	Adv/Company	Thursday	8:00-9:00pm	1 hr
<b>Junior Choir</b>	(See below for choir placement)	All levels	Tuesday	4:15-5:45pm	1.5 hr
<b>Heart &amp; Soul Choir</b>	*(See below for requirement)	Company Rehearsal	Wednesday	4:00-6:00pm	2 hr
<b>Combination Ballet/Modern, Jazz, Tap</b>		Beg-Int	Friday	5:00-7:15pm	2.25 hr
<b>Dance Line</b>	*(See below for requirement)	Advance	Saturday	2:30-3:30pm	1 hr
<b>Conditioning, Strength &amp; Stretch</b>	*(Note below)	Open Level	Thursday	7:15-8:00pm	45 m
<b>Conditioning, Strength &amp; Stretch</b>	*(Note below)	Open Level	Saturday	1:30-2:30pm	1 hr
<b>Hip Hop</b>		Beg-Inter	Saturday	1:45-2:30pm	45 m
<b>Hip Hop</b>	*(See below for requirement)	Adv/Company	Tuesday	8:00-9:00pm	1 hr
<b>Jazz</b>		Beginner	Friday	5:45-6:30pm	45 m
<b>Jazz</b>		Intermediate	Saturday	11:00am-12:00pm	1 hr
<b>Jazz</b>	*(See below for requirement)	Adv/Company	Wednesday	6:00-7:00pm	1 hr
<b>Jr. Leaps &amp; Turns</b>	*(See below for requirement)	Inter-Adv	Monday	7:15-8:00pm	45 m
<b>Modern/Ballet</b>		Beginning	Friday	5:00-5:45pm	45 m
<b>Modern/Ballet</b>		Intermediate	Thursday	8:00-9:00pm	1 hr
<b>Modern</b>		Adv/Company	Monday	6:15-7:15pm	1 hr
<b>Jr Musical Theater Dance</b>	*(See below for requirement)	Advance	Saturday	3:30-4:30pm	1 hr
<b>Ori Tahiti</b>		Open Level	Thursday	6:15-7:15pm	1 hr
<b>Tap</b>		Beginning	Friday	6:30-7:15pm	45 m
<b>Tap</b>		Intermediate	Saturday	10:00-11:00am	1 hr
<b>Tap</b>	*(See below for requirement)	Adv/Company	Wednesday	7:00-8:00pm	1 hr

#### CLASS REQUIREMENTS FOR JUNIOR

- Jr. Academy:** Students must have successfully auditioned into at least two companies during Heartbeat's summer session and be evaluated for inclusion into this excellerated program. The companies can include any combination of dance disciplines, acting or choir. In addition to the Jr. Academy class, students must enroll in required classes for each company in which they are a member and submit a completed academy application form. Tuition for the Jr. Academy is the discounted Academy Unlimited Class Pass, which includes all classes and studio rental for academy projects.
- Acting Class / Jr. Acting Co.: CLASS** - Students must also enroll in any dance class and/or choir class of their choice. **JR. ACTING CO.** - Students must audition into this company during Heartbeat's summer session. In addition to the acting company class, students must also enroll in any dance class of their choice and/or a choir class. Actors will benefit greatly from taking both a dance class and choir class if possible.
- Ballet, Hip Hop, Jazz, Modern, or Tap Companies:** Students must audition into any of these companies during Heartbeat's summer session. In addition to the company class, students must also enroll in at least one other foundation class such as ballet, tap, jazz, modern, hip hop, break dance, leaps & turns or musical theater dance. **Jazz and Modern Co, members must also enroll in a ballet class.**
- Pre-Pointe / Pointe: PRE-POINTE** - Students must have successfully auditioned into the Jr. Ballet Company. Students advance to pointe when ready as determined by instructor. **POINTE** - Students must be advance/company level in ballet. Placement into pointe class is by teacher.
- Break Dance Company:** This class is an elite performing crew. Students must also take a Conditioning, Strength & Stretch class.
- Heart & Soul Elite Choir:** Heart & Soul placement is by choir director invitation only. Students must also take the Jr. or Sr. Choir class.
- Dance Line:** Students must also enroll in at least one foundation class: ballet, jazz, modern, or musical theatre in intermediate - advanced skill level, AND Cond./Stength/Stretch class.
- Leaps & Turns:** Students must also be enrolled in advance level ballet, jazz or modern class.
- Musical Theater:** Students must also be enrolled in ballet or jazz at the intermediate - advanced level.
- Choir Class:** Students will have a short evaluation by instructor for proper level placement.

## Senior Age 14 (high school) - Adult

<b>Sr. Academy</b>	*(See below for requirement)	Academy	Monday	6:45-8:00pm	1.25 hr
<b>Acting</b>	*(See below for requirement)	Beg-Inter	Saturday	12:45-1:45pm	1 hr
<b>Acting</b>	*(See below for requirement)	Adv/Company	Tuesday	8:00-9:15pm	1.25 hr
<b>Ballet/Modern</b>		Beginning	Friday	5:00-5:45pm	45 m
<b>Ballet/Modern</b>		Intermediate	Thursday	8:00-9:00pm	1 hr
<b>Ballet</b>	*(See below for requirement)	Adv/Company	Wednesday	6:45-8:00pm	1.25 hr
<b>Pre-Pointe &amp; Pointe</b>	*(See below for requirement)	Inter-Advance	Wednesday	6:00-6:45pm	45 m
<b>Break Dance</b>		Beg-Inter	Thursday	7:15-8:00pm	45 m
<b>Break Dance</b>	*(See below for requirement)	Adv/Company	Thursday	8:00-9:00pm	1 hr
<b>Choir</b>	(See below for choir placement)	All Levels	Tuesday	5:15-6:45pm	1.5 hr
<b>Heart &amp; Soul Choir</b>	*(See below for requirement)	Company Rehearsal	Wednesday	4:00-6:00pm	2 hr
<b>Sr. Dance Line</b>	*(See below for requirement)	Advance	Saturday	3:30-4:30pmpm	1 hr
<b>Conditioning, Strength &amp; Stretch</b>	*(Note below)	Open Level	Thursday	7:15-8:00pm	45 m
<b>Conditioning, Strength &amp; Stretch</b>	*(Note below)	Open Level	Saturday	1:30-2:30pm	1 hr
<b>Flamenco</b>		Open Level	Saturday	9:00am-10:00am	1 hr
<b>Hip Hop</b>		Beg-Inter	Saturday	12:00-12:45pm	45 m
<b>Hip Hop</b>	*(See below for requirement)	Adv/Company	Tuesday	7:00-8:00pm	1 hr
<b>Jazz</b>		Beginner	Friday	5:45-6:30pm	45 m
<b>Jazz</b>		Intermediate	Saturday	11:00am-12:00pm	1 hr
<b>Jazz</b>	*(See below for requirement)	Adv/Company	Monday	5:45-6:45pm	1 hr
<b>Sr. Leaps &amp; Turns</b>	*(See below for requirement)	Inter-Adv	Monday	5:00-5:45pm	45 m
<b>Modern/Ballet</b>		Beginning	Friday	5:00-5:45pm	45 mn
<b>Modern/Ballet</b>		Intermediate	Thursday	8:00-9:00pm	1 hr
<b>Modern</b>	*(See below for requirement)	Adv/Company	Monday	8:00-9:00pm	1 hr
<b>Sr. Musical Theatre</b>	*(See below for requirement)	Advance	Saturday	2:30-3:30pm	1hr
<b>Ori Tahiti</b>		Open Level	Thursday	6:15-7:15pm	1 hr
<b>Tap</b>		Beginning	Friday	6:30-7:15pm	45 m
<b>Tap</b>		Intermediate	Saturday	10:00-11:00am	1 hr
<b>Tap</b>		Advance	Saturday	9:00-10:00am	1 hr
<b>Tap</b>	*(See below for requirement)	Adv/Company	Wednesday	8:00-9:00pm	1 hr

## CLASS REQUIREMENTS FOR SENIOR

- Sr. Academy:** Students must have successfully auditioned into at least two companies during Heartbeat's summer session and be evaluated for inclusion into this excellerated program. The companies can include any combination of dance disciplines, acting or choir. In addition to the Sr. Academy class, students must enroll in required classes for each company in which they are a member and submit a completed academy application form. Tuition for the Sr. Academy is the discounted Academy Unlimited Class Pass, which includes all classes and studio rental for academy projects.
- Acting Class / Sr. Acting Co.:** **CLASS** - Students must also enroll in any dance class and/or choir class of their choice. **SR. ACTING CO.** - Students must audition into this company during Heartbeat's summer session. In addition to the acting company class, students must also enroll in any dance class of their choice and/or a choir class. Actors will benefit greatly from taking both dance class and choir class if possible.
- Ballet, Hip Hop, Jazz, Modern, or Tap Companies:** Students must audition into any of these companies during Heartbeat's summer session. In addition to the company class, students must also enroll in at least one other foundation class such as ballet, tap, jazz, modern, hip hop, break dance, leaps & turns or musical theater dance. **Jazz and Moden Co, members must also enroll in a ballet class.**
- Pre-Pointe / Pointe:** **PRE-POINTE** - Students must have successfully auditioned into the Sr. Ballet Company. Students advance to pointe when ready as determined by instructor. **POINTE** - Students must be advance/company level in ballet. Placement into pointe class is by teacher.
- Break Dance Company:** This class is an elite performing crew. Students must also take a Conditioning, Strength & Stretch class and a hip hop class
- Heart & Soul Elite Choir:** Heart & Soul placement is by choir director invitation only. Students must also take the Jr. or Sr. Choir class.
- Dance Line:** Students must also enroll in at least one foundation class: ballet, jazz, modern, or musical theatre at the intermediate-advanced skill level, AND Cond./Stength/Stretch class.
- Leaps & Turns:** Students must also be enrolled in advance level ballet, jazz or modern class.
- Musical Theater:** Students must also be enrolled in ballet or jazz at the intermediate - advance skill level .
- Choir Class:** Students will have a short evaluation by instructor for proper level placement.



	Mon. A	B	Tues. A	B	Wed. A	B	Thurs. A	B	Fri. A	B	Sat. A	B
4:00			4:00		4:00	Heart & Soul	4:00		4:00		9:00	Sr Flamenco Open Level
4:15		Yth/Jr.	4:15	Jr. Choir	4:15	MEDUSA	4:15		4:15		9:15	Tap
4:30	Munchkin	Pre-Pointe	4:30		4:30	Company	4:30	Munchkin	4:30		9:30	Advanced
4:45	Ballet & Tap	& Pointe	4:45	Yth Ballet	4:45	Rehearsal	4:45	Ballet & Tap	4:45	Yth tap	9:45	
5:00		Sr. Leaps & Turns	5:00	Advanced	5:00		5:00	Beginning	5:00	Inter.	10:00	Yth Acting Beginning
5:15	Child Ballet & Tap		5:15	Advanced	5:15		5:15	Yth Ballet	5:15	Yth Ballet	10:15	Jr./Sr. Tap
5:30			5:30	Yth Modern	5:30		5:30	Beginning	5:30	Inter.	10:30	Inter.
5:45		Sr. Jazz	5:45	Advanced	5:45		5:45	Tap	5:45		10:45	
6:00		Company	6:00	Yth Jazz	6:00	Jr. Jazz	6:00	Yth Jazz	6:00	Yth Modern	11:00	Yth Choir All Levels
6:15	Junior		6:15	Advanced	6:15	Company	6:15	Beginning	6:15	Inter.	11:15	
6:30	Modern		6:30	Yth Tap	6:30		6:30	Child Hip Hop	6:30	Yth Jazz	11:30	
6:45	Company	Senior	6:45	Advanced	6:45	Pointe	6:45	Dance	6:45	Inter.	11:45	Yth Acting Inter-Adv
7:00		Academy	7:00	Sr. Hip Hop	7:00	Company	7:00		7:00	Yth Dance	12:00	Sr. Hip Hop Beg-Inter
7:15	Jr. Leaps & Turns		7:15	Company	7:15		7:15	Jr/Sr Cond, Strength & Stretch	7:15	Line	12:15	
7:30			7:30		7:30		7:30	Beg/Inter.	7:30	Int/Adv	12:30	
7:45			7:45		7:45		7:45		7:45		12:45	Jr/Sr Acting Beg-Inter
8:00	Senior	Junior	8:00	Jr.	8:00	Sr. Tap	8:00	Break	8:00		1:00	Youth Hip Hop Beg/Int
8:15	Modern	Academy	8:15	Hip Hop	8:15	Company	8:15	Dance	8:15		1:15	
8:30	Company		8:30	Company	8:30		8:30	Company	8:30		1:30	Conditioning
8:45			8:45		8:45		8:45	Inter.	8:45		1:45	Strength & Stretch Class
9:00			9:00		9:00		9:00		9:00		2:00	
9:15			9:15		9:15		9:15		9:15		2:15	Jr. Dance Line
			9:30		9:30		9:30		9:30		2:30	Advanced
					9:45						2:45	Sr Musical Theatre Advanced
											3:00	
											3:15	Jr. Musical Theatre Advanced
											3:30	
											3:45	Sr Dance Line
											4:00	Advanced
											4:15	
											4:30	
											4:45	

Heartbeat Performing Arts Center Contact Information:

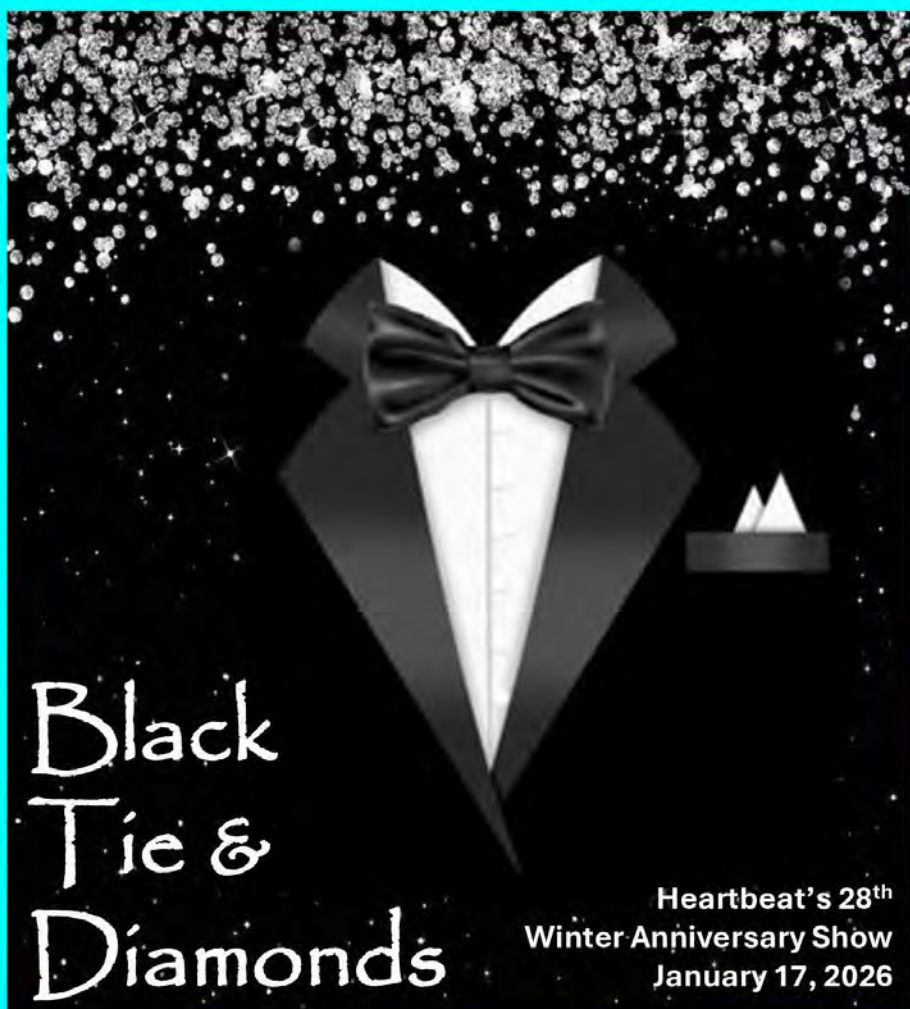
7661 West 145th Street, Apple Valley, MN 55124  
952-432-7833 / deborahheartbeatpac@gmailcom / Kristinheartbeatpac@gmail.com  
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WEEK-AT-A-GLANCE

September-June 2025-2026 Session / Classes Begin September 8, 2025



## COMING ATTRACTIONS 2026

A black tuxedo jacket with a white shirt and a black bow tie is centered against a black background. The background is covered in a dense pattern of small, white, diamond-shaped sparkles. To the right of the tuxedo, a white pocket square is visible in a black pocket.

**Black  
Tie &  
Diamonds**

Heartbeat's 28<sup>th</sup>  
Winter Anniversary Show  
January 17, 2026

A close-up of several yellow light bulbs hanging from black cords against a bright yellow background. One bulb in the center is lit, glowing white.

**Influence**

**Jr. & Sr. Academy Show  
"INFLUENCE"  
March 21, 2026**



### **MIDWINTERSONG**

Heartbeat Choir Concert  
Youth, Junior, Senior,  
Heart & Soul  
March 2026 TBD  
Director: Emily Colay

**June 20 & 21, 2026**

The title "THE LION KING" is written in a large, stylized, orange font with black outlines. The word "THE" is smaller and positioned above "LION". The background features a colorful, geometric pattern of triangles and zig-zags in yellow, green, and black.

**THE  
LION KING**

Disney's LION KING Jr. is presented through special arrangement  
with Music Theatre International (MTI). All authorized performance  
materials are also supplied by MTI. [www.MTIShows.com](http://www.MTIShows.com)>