



Heartbeat Performing Arts Center



September ~ June
2026/27
Class Schedule

Classes begin Sept. 12, 2026

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Past Heartbeat Performing Arts Center Productions

- **Annual Dance Recitals:** 1998-2004
- **Musical Theatre Productions 2005 to 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 and Juliet, 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, Anniversary Celebrations 10th 2008 / 15th 2013 / 20th 2018 / 25th 2023, The Tangled Story of Rapunzel, The times, the Addams Family, PASSPORT, Descendants, Black Tie & Diamonds, Lion King.*
- **Choir Performances:** Annual mid-winter concert, Heartbeat musicals, various public performances locally and in Chicago.
- **Academy Shows:** Annual academy self-produces shows from 2004 to present.
- **Vox Medusa:** Sadlers Wells Theatre and Leeds Castle, London 2007 / Sant Andreu Teatre, Barcelona 2008 / *Labyrinth*, 2014 / *Casting Shadows*, 2015 / *Rune*, 2016 / *Medusa*, 2017-2018 / *Eurydice*, 2021 / *ORACLE*, 2025
- **Shows Abroad / Travel Study:** Tokyo 2006, London 2007, Barcelona 2008, 2018, 2025, Trondheim & Oslo 2023, 2024.

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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 shows in January are 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 mid-winter, our junior and senior academies present their self-produced show, and our choirs present their choir 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' costumes and a 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 2026/2027 Policies. Classes Begin Sept. 12, 2026

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:

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 145th 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.

Questions: 952-432-7833, email: deborahheartbeatpac@gmail.com, kristinheartbeatpac@gmail.com,

♥ MAKE-UP CLASSES

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

DESS 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 2026/2027 Session
Register in person, by mail or online at www.heartbeat-studios.com

Class Hours Per Week	Tuition Per Month	Class Hours Per Week	Tuition Per Month
.50	\$50	4.25	\$229
.75	\$72	4.50	\$236
1 hr	\$85	4.75	\$243
1.25	\$100	5 hr	\$250
1.50	\$115	5.25	\$255
1.75	\$130	5.50	\$260
2 hr	\$145	5.75	\$265
2.25	\$155	6 hr	\$270
2.50	\$165	6.25	\$275
2.075	\$175	6.50	\$280
3 hr	\$185	6.75	\$285
3.25	\$194	7 hr	\$290
3.50	\$204	7.25	\$295
3.75	\$213	7.50	\$300
4 hr	\$222	8.00 or more	\$315
		Academy Pass	\$280

♥ **UNLIMITED CLASS PASS:**

Academy: \$280 per month
 Standard: \$315 per month

♥ **Drop-in Fee:** \$5 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 2026/2027 Session: Register by July 15, 2026 and pay no registration fee plus get a 5% discount on costumes for June 2027 show. Register by August 1, 2026 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.

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!



Munchkin & 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	Wednesday	5:15-6:00pm	45 m
CHILD COMBINATION AGE 5 TO 7				
Ballet & Tap	Beg / Inter	Monday	5:15-6:15pm	1 hr
Ballet & Tap	Beg / Inter	Thursday	4:30-5:30pm	1 hr
HIP HOP CHILD AGE 5 TO 7				
Child Hip Hop	Beg / Inter	Saturday	11:45am-12:30pm	45 m

Youth Age 8 - 10

Acting	*(See below for requirement)	Beg / Inter-1	Saturday	10:00am-10:45am	45 m
Acting	*(See below for requirement)	Inter-2 / Adv	Saturday	11:30am-12:30pm	1 hr
Ballet		Beginner	Thursday	6:00-6:45pm	45 m
Ballet		Intermediate	Friday	5:45-6:30pm	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		Beginning	Thursday	4:30-5:15pm	45 m
Break Dance		Intermediate	Thursday	7:15-8:00pm	45 m
Choir		All Levels	Saturday	10:45-11:30am	45 m
Combination	(Tap/Ballet/Jazz)	Beginner	Thursday	5:30-7:15pm	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	12:30-1:15pm	45 m
Jazz	*(See below for requirement)	Beginneger	Thursday	6:45-7:15pm	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	5:15-5:45pm	30 mn
Modern	*(See below for requirement)	Advance	Tuesday	5:30-6:00pm	30 mn
Tap		Beginner	Thursday	5:30-6:00pm	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

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

1. **Jr. Academy:** Students must apply and audition into at least two companies during Heartbeat's summer session. 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. Tuition for the Jr. Academy is the discount Academy Unlimited Class Pass, which includes all classes and project studio time.
2. **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 Co. class, students must enroll in **any dance and/or choir class**.
4. **Ballet, Hip Hop, Jazz, Modern, or Tap Companies:** Students audition for placement in any of these companies during our summer session. In addition to the company class, students must **enroll in at least one other foundation class** such as ballet, tap, jazz, modern, hip hop, break dance, acting or choir. **Jazz and Modern Co: members must also enroll in a ballet class.**
5. **Pre-Pointe / Pointe:** Students must be in intermediate to advanced ballet. Students advance to pointe when ready as determined by the instructor.
7. **Break Dance Company:** This class is an elite performing crew. Students must also take a **Conditioning, Strength & Stretch** class.
8. **Heart & Soul Elite Choir:** Heart & Soul placement is by choir director invitation only. Students must also take **the Jr. or Sr. Choir class**.
9. **Dance Line:** Students must also enroll in **ballet and jazz**, in the intermediate or advanced skill level, AND **Cond./Strength/Stretch class**.
10. **Leaps & Turns:** Students must also be enrolled in intermediate to advanced skill level **ballet, jazz or modern** class.
11. **Musical Theater:** Students must also be enrolled in **ballet and jazz** at the intermediate to advanced skill level.
12. **Choir Class:** Students will have a short evaluation by instructor for proper level placement.
13. **All Jazz and Modern classes** of all skill levels require students take a **ballet class** at their appropriate skill level.

Senior Age 14 (high school) - Adult

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

- Sr. Academy:** Students must apply and audition into at least two companies during Heartbeat's summer session. 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. Tuition for the Sr. Academy is the discount Academy Unlimited Class Pass, which includes all classes and project studio time.
- 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 Co. class, students must enroll in **any dance and/or choir class**.
- Ballet, Hip Hop, Jazz, Modern, or Tap Companies:** Students audition for placement in any of these companies during our summer session. In addition to the company class, students must **enroll in at least one other foundation class** such as ballet, tap, jazz, modern, hip hop, break dance, acting or choir. **Jazz and Modern Co: members must also enroll in a ballet class.**
- Pre-Pointe / Pointe:** Students must be in intermediate to advanced ballet. Students advance to pointe when ready as determined by the instructor.
- 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 **ballet and jazz**, in the intermediate or advanced skill level, AND **Cond./Stength/Stretch class**.
- Leaps & Turns:** Students must also be enrolled in intermediate to advanced skill level **ballet, jazz or modern** class.
- Musical Theater:** Students must also be enrolled in **ballet and jazz** at the intermediate to advanced skill level.
- Choir Class:** Students will have a short evaluation by instructor for proper level placement.
- All Jazz and Modern classes** of all skill levels require students take a **ballet class** at their appropriate skill level.

	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 &	4:00			4:00			8:45		Sr Flamenco
4:15		Yth/Jr.	4:15		Jr. Choir	4:15	Adult Only	Soul	4:15			4:15		Jr/Sr Choir	9:00	Jr./Sr.	Open Level
4:30	Munchkin	Pre-Pointe	4:30			4:30	Ballet/Jazz	Choir	4:30	Child	Breakdance	4:30		Beginning	9:15	Tap	
4:45	Ballet &	& Pointe	4:45	Youth		4:45	All Levels		4:45	Ballet & Tap	Beginning	4:45	Yth tap		9:30	Advanced	
5:00	Tap	Sr. Leaps	5:00	Ballet		5:00			5:00			5:00	Inter.		9:45		
5:15	Child	& Turns	5:15	Advanced		5:15	Munchkin		5:15		Jr/Sr Jazz	5:15	Yth Modern		10:00	Jr./Sr.	Yth Acting
5:30	Ballet &		5:30	Yth Modern		5:30	Ballet & Tap		5:30	Yth Tap Beg.	Intermediate	5:30	Intermediate	Jr/Sr	10:15	Tap	Beg / Inter-1
5:45	Tap	Sr. Jazz	5:45	Advanced	Sr. Choir	5:45			5:45			5:45	Yth Ballet	Ballet/Modern	10:30	Inter.	
6:00		Company	6:00	Yth Jazz		6:00	Sr.	Jr. Ballet	6:00	Yth Ballet		6:00	Intermediate	Beginning	10:45		Yth Choir
6:15	Junior		6:15	Advanced		6:15	Pre-Pointe	Company	6:15	Beg.	Jr/Sr	6:15		Jr/Sr	11:00	Sr.	
6:30	Modern		6:30	Yth Tap		6:30	Pointe		6:30		Ballet/Modern	6:30	Yth Jazz	Jazz	11:15	Hip Hop	
6:45	Company	Senior	6:45	Advanced	Junior	6:45	Sr. Ballet		6:45	Yth Jazz	Intermediate	6:45	Intermediate	Beginning	11:30	Beg - Inter	Yth Acting
7:00		Academy	7:00	Sr. Hip Hop	Acting	7:00	Company	Jr. Tap	7:00	Beg.		7:00	Yth	Jr/Sr	11:45	Child	Inter-2 / Adv
7:15	Jr. Leaps		7:15	Company	Company	7:15		Company	7:15	Jr/Sr	Breakdance	7:15	Danceline	Tap	12:00	Hip Hop	
7:30	& Turns		7:30			7:30			7:30	Conditioning	Intermediate	7:30		Beginning	12:15		
7:45			7:45			7:45			7:45	& Stretch		7:45			12:30	Yth	Jr & Sr
8:00	Senior	Junior	8:00	Jr.	Senior	8:00	Junior	Sr. Tap	8:00	Ori	Breakdance	8:00			12:45	Hip Hop	Acting
8:15	Modern	Academy	8:15	Hip Hop	Acting	8:15	Jazz	Company	8:15	Tahitian	Company	8:15			1:00		Beg-inter
8:30	Company		8:30	Company	Company	8:30	Company		8:30	Dance		8:30			1:15	Jr/Sr	
8:45			8:45			8:45			8:45			8:45			1:30	Conditioning	Jr. Hip Hop
9:00			9:00			9:00			9:00			9:00			1:45	& Stretch	Beg-Inter
9:15			9:15			9:15			9:15			9:15			2:00		
			9:30			9:30			9:30			9:30			2:15	Jr.	Sr.
						9:45									2:30	Danceline	Musical-
															2:45		Theatre
															3:00		Dance
															3:15	Sr.	Jr.
															3:30	Danceline	Musical-
															3:45		Theatre
															4:00		Dance
															4:15		
															4:30		



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www.heartbeat-studios.com / FB

WEEK-AT-A-GLANCE

September-June 2026-2027 Session / Classes Begin September 12, 2026

**HEARTBEAT
SUMMER
CABARET
& FAMILY
FESTIVAL**



**Fri. Aug. 28
5:30pm
at Heartbeat!**

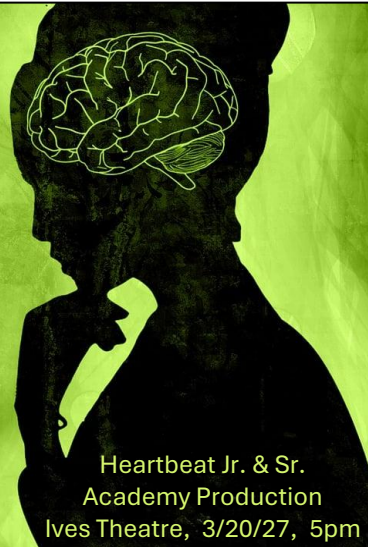


**BREATHING
THE
PAGES**



Heartbeat 29th Anniversary Production
Jan. 16, 12pm & 5pm / Ives Theatre, Bloomington, MN

Epiphany



Heartbeat Jr. & Sr.
Academy Production
Ives Theatre, 3/20/27, 5pm

Mid Winter Song

Heartbeat Youth, Junior, Senior
& Heart & Soul Choirs
Mid-Winter 2027 (Details coming soon)



Disney
**Alice in
Wonderland**

Heartbeat Annual
Musical Theatre Production
June 26 & 27, 12:00pm & 5:00pm
Ives Theatre, Bloomington, MN