

Our Team Mission

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

LEARN
TEAMWORK
PERSEVERANCE
GROWTH
SUCCESS
INSPIRATION

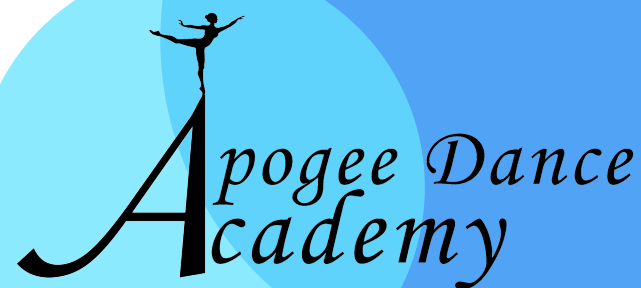
Location

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

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

Contact Us

apogeedanceacademy@att.net
www.apogeedanceacademy.com



2025-26

EXTREME TEAM

GUIDE



At a Glance

Scheduling

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

Squad Levels

Squads will determine which technique classes best suit each dancer's needs. These squad levels are also decided during Extreme Week auditions. *Additional leveling may be required for specialties like tap and tumble.*

Competition Choreography

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

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

Competitions & Conventions

The Extreme and Nugget Team attends 4 regional competitions a year. Our dance season classes run from September-June. Competition weekends range from Feb-June. We will also be attending a national competition in early summer 2026.

We will also attend one mandatory convention in Providence in November of 2025 and an optional convention in the spring. All required dates are given in August 2025 at our mandatory team meeting.

Extreme Week August 11-15th, 2025

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



Our competition team offers a comprehensive and enriching experience for all dancers.

With their tuition, they receive:

- A minimum of 6 hours of weekly technique in various styles, including ballet, jumps & turns, tap, contemporary, acro, and pilates.
- One team production dance, which rehearses for 30 minutes each week.
- Training with highly qualified staff, including instructors with collegiate degrees in dance and multiple certifications, such as Acrobatic Arts.
- The opportunity to participate in our Big/Little program, where dancers mentor younger students, fostering leadership and community.
- Lasting friendships built through teamwork, collaboration, and shared experiences in the dance world.

\$225/month

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

*\$300/month max - 5-10 groups

COME FOR DANCE, STAY FOR FAMILY

Apogee Nuggets

This is an opportunity for dancers between the ages of 5-8 to join the competitive world. The Nugget Team will be at the studio 1-2 nights a week. Below is what is included in the Nugget Team tuition and experience.

- Our Nugget team has their own weekly ballet, tap and jazz technique classes (30 mins each). These classes include the technical elements and vocabulary required for the competitive level.
- One weekly mandatory tumble class to build flexibility and skills.
- One team dance that rehearses weekly. This dance will be performed at each competition during our season.
- Each dancer will be assigned a big which is an incredible opportunity to be mentored by an older dancer.

There is also an opportunity to be placed into 1-4 additional group dances to be performed at each competition. Each group has a weekly rehearsal.



\$130/month

Additional groups will be \$15/month per routine