

Summer 2024

UCD
U CAN DANZ! DANCE COMPANY



MONDAY
June 17

TUESDAY
June 18

WEDNESDAY
June 19

THURSDAY
June 20

FRIDAY
June 21

PEACH COLOR BOXES:

Catered towards recreational dancers!
No experience necessary.

PURPLE COLOR BOXES:

Junior Comp Dancers

OMBRE' Private Lessons:

Open to Premier & Junior Comp Dancers

TEAL COLOR BOXES:

Premier Comp Dancers

Summer program is subject to change at any time.

QUESTIONS? CONTACT US!

officeadmin@ucandanz.com

Call or text:
952.607.5255



**ONLINE REGISTRATION WILL
OPEN ON MAY 1, 2024**

**PREMIER COMP
SUMMER DAILY TRAINING**
Conditioning, Flexibility,
Strength & Stretch
10:00-11:00 am

**JUNIOR COMP
SUMMER ACCELERATION**
Strength & Stretch, plus
Turns & Jumps Technique
ALL AGES - 11:30-12:45
Dancers will be placed in
appropriate levels.
ADD ACRO to your night!
**ACRO ADD-ON - JR COMP
SUMMER ACCELERATION**
ALL AGES - 12:45-1:15

BOYS HIP HOP & Tricks
6:00-6:45 pm

ADULT CLASS
6:45-7:30 pm

**LIGHTS DOWN
ADVANCED COMBO CLASS**
7:30-8:30 pm

**PREMIER COMP
SUMMER DAILY TRAINING**
Conditioning, Flexibility,
Strength & Stretch
10:00-11:00 am

**JUNIOR COMP
SUMMER ACCELERATION**
Strength & Stretch, plus
Turns & Jumps Technique
ALL AGES - 11:30-12:45
Dancers will be placed in
appropriate levels.
ADD ACRO to your night!
**ACRO ADD-ON - JR COMP
SUMMER ACCELERATION**
ALL AGES - 12:45-1:15

**LIGHTS DOWN
ADVANCED COMBO CLASS**
1:30-2:30 pm



MONDAY
June 24

TUESDAY
June 25

WEDNESDAY
June 26

THURSDAY
June 27

FRIDAY
June 28

PREMIER COMPETITION TEAMS - INTENSIVES WEEK 1 OF 2
MON, TUES, WED - 9 AM - 12:30 PM

PREMIER COMP
SUMMER DAILY TRAINING
Conditioning, Flexibility,
Strength & Stretch
10:00-11:00 am

TECH & COMBOS
with Miss Marissa
BEG/INTERM
TECH - 9:00-10:00
COMBO - 10:00-10:45
INTERM/ADVANCED
TECH 10:45-11:45
COMBO 11:45-12:30

JUNIOR COMP
SUMMER ACCELERATION
Strength & Stretch, plus
Turns & Jumps Technique

ALL AGES - 11:30-12:45

Dancers will be placed in
appropriate levels.
ADD ACRO to your night!

ACRO ADD-ON - JR COMP
SUMMER ACCELERATION
ALL AGES - 12:45-1:15

PRIVATE LESSONS
with Miss Marissa
30-minute sessions
1:00-3:00 pm

BOYS HIP HOP & Tricks
6:00-6:45 pm

ADULT CLASS
6:45-7:30 pm

LIGHTS DOWN
ADVANCED COMBO CLASS
7:30-8:30 pm

JUNIOR COMP
SUMMER ACCELERATION
Strength & Stretch, plus
Turns & Jumps Technique
ALL AGES - 1:00-2:15
Dancers will be placed in
appropriate levels.
ADD ACRO to your night!
ACRO ADD-ON - JR COMP
SUMMER ACCELERATION
ALL AGES - 2:15-2:45

JUNIOR COMPETITION TEAMS - INTENSIVES WEEK 1 OF 2
MON, TUES, WED - 4:30 PM - 7 PM

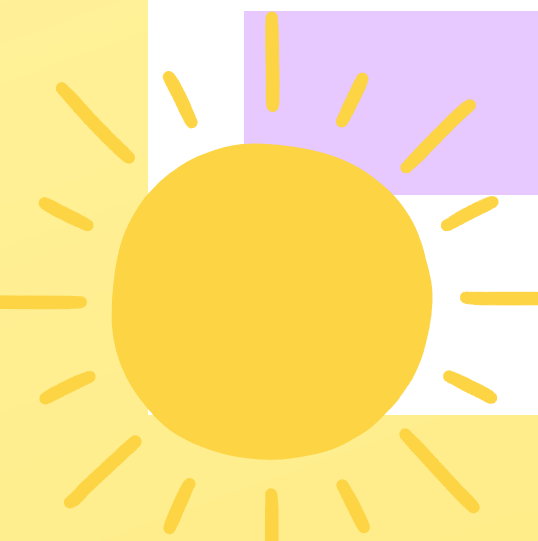
CANDY THEME
DANCE CLASS
1:45-2:30 - Pre-1st gr
2:30-3:30 - 2nd Gr. & Up



PRINCESS & FAIRY THEME
DANCE CLASS
1:45-2:30 - Pre-1st gr
2:30-3:30 - 2nd Gr. & Up



SUPERHERO THEME
DANCE CLASS
1:45-2:30 - Pre-1st gr
2:30-3:30 - 2nd Gr. & Up



MONDAY
July 1

TECH & COMBOS
with Miss Marissa

BEG/INTERM

TECH - 9:00-10:00

COMBO - 10:00-10:45

INTERM/ADVANCED

TECH 10:45-11:45

COMBO 11:45-12:30

PRIVATE LESSONS
with Miss Marissa

30-minute sessions

1:00-3:00 pm

JUNIOR COMP
SUMMER ACCELERATION

Strength & Stretch, plus
Turns & Jumps Technique

ALL AGES - 5:30-6:45

Dancers will be placed in
appropriate levels.

ADD ACRO to your night!

ACRO ADD-ON - JR COMP
SUMMER ACCELERATION

ALL AGES - 6:45-7:15

TUESDAY
July 2

JUMPS & TURNS
with Miss Marissa

30-min Strength & Stretch

45-min Jumps & 45-min Turns

BEG/INTERM Level

9:00- 11:00 am

INTERM/ADV Level

11:00 - 1:00 pm

ADVANCED ELITE Level

1:30 - 3:30 pm

JUNIOR COMP
SUMMER ACCELERATION

Strength & Stretch, plus
Turns & Jumps Technique

ALL AGES - 5:30-6:45

Dancers will be placed in
appropriate levels.

ADD ACRO to your night!

ACRO ADD-ON - JR COMP
SUMMER ACCELERATION

ALL AGES - 6:45-7:15

WEDNESDAY
July 3

PREMIER COMP
SUMMER DAILY TRAINING

Conditioning, Flexibility,
Strength & Stretch

10:00-11:00 am

JUNIOR COMP
SUMMER ACCELERATION

Strength & Stretch, plus
Turns & Jumps Technique

ALL AGES - 11:30-12:45

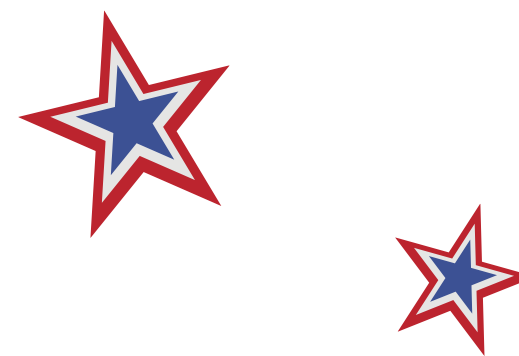
Dancers will be placed in
appropriate levels.

ADD ACRO to your night!

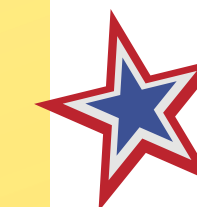
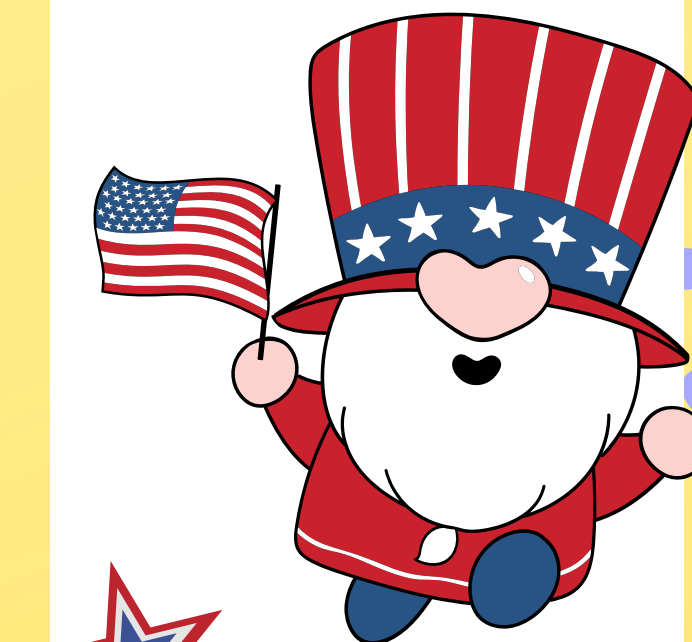
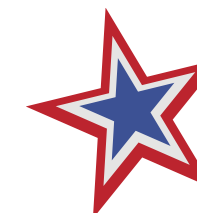
ACRO ADD-ON - JR COMP
SUMMER ACCELERATION

ALL AGES - 12:45-1:15

THURSDAY
July 4



FRIDAY
July 5



MONDAY
July 8

TUESDAY
July 9

WEDNESDAY
July 10

THURSDAY
July 11

FRIDAY
July 12

JUNIOR COMPETITION TEAMS - INTENSIVES WEEK 2 OF 2
MON, TUES, WED - 9:00 am - 11:30 each day

LYRICAL STYLE CLASS
1:45-2:30 - Pre-1st gr
2:30-3:30 - 2nd Gr. & Up



JAZZ STYLE CLASS
1:45-2:30 - Pre-1st gr
2:30-3:30 - 2nd Gr. & Up



BALLET CLASS
1:45-2:30 - Pre-1st gr
2:30-3:30 - 2nd Gr. & Up



SUMMERO 

PREMIER COMPETITION TEAMS - INTENSIVES WEEK 2 OF 2
MON, TUES, WED - 4:30-8:30 PM each day



PREMIER COMP
SUMMER DAILY TRAINING
Conditioning, Flexibility,
Strength & Stretch
10:00-11:00 am

JUNIOR COMP
SUMMER ACCELERATION

Strength & Stretch, plus
Turns & Jumps Technique

ALL AGES - 11:30-12:45

Dancers will be placed in
appropriate levels.
ADD ACRO to your night!

ACRO ADD-ON - JR COMP

SUMMER ACCELERATION

ALL AGES - 12:45-1:15

BOYS HIP HOP & Tricks
6:00-6:45 pm

ADULT CLASS
6:45-7:30 pm

LIGHTS DOWN
ADVANCED COMBO CLASS
7:30-8:30 pm

**STRENGTH,
CONDITIONING
& COMBOS**
with Miss Marissa

BEG/INTERM Level
9:30-10:15 - S & C
10:15-11:00 - Combos

INTERM/ADV Level
11:00-11:45 - S & C
11:45-12:30 - Combos

PRIVATE LESSONS
with Miss Marissa
30-minute sessions
1:00-3:00 pm

JUNIOR COMP
SUMMER ACCELERATION

Strength & Stretch, plus
Turns & Jumps Technique

ALL AGES - 1:00-2:15

Dancers will be placed in
appropriate levels.
ADD ACRO to your night!

ACRO ADD-ON - JR COMP

SUMMER ACCELERATION

ALL AGES - 2:15-2:45

MONDAY
July 15

TECH & COMBOS
with Miss Marissa

BEG/INTERM

TECH - 9:00-10:00
COMBO - 10:00-10:45

INTERM/ADVANCED

TECH 10:45-11:45
COMBO 11:45-12:30

PRIVATE LESSONS
with Miss Marissa

30-minute sessions
1:00-3:00 pm

JUNIOR COMP

SUMMER ACCELERATION

Strength & Stretch, plus
Turns & Jumps Technique

ALL AGES - 3:30-4:45

Dancers will be placed in
appropriate levels.

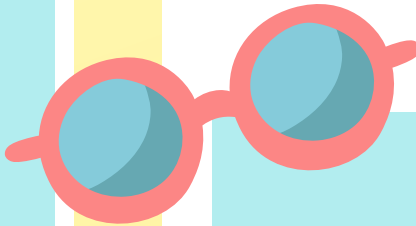
ADD ACRO to your night!

ACRO ADD-ON - JR COMP

SUMMER ACCELERATION

ALL AGES - 4:45-5:15

TUESDAY
July 16



TWO-DAY ELITE TRAINING WORKSHOP
with Miss Marissa for PREMIER DANCERS
Day One - Strength & Stretch - and TURN Training
Day Two - Strength & Stretch - and LEAPS/JUMPS Training

9:00 - 11:00 - Beginner/Intermediate Level
11:00 -1:00 pm - Intermediate/Advanced Level
1:30 pm - 3:30 pm - Advanced Elite Level

JUNIOR COMP

SUMMER ACCELERATION

Strength & Stretch, plus
Turns & Jumps Technique

ALL AGES - 3:30-4:45

Dancers will be placed in
appropriate levels.

ADD ACRO to your night!

ACRO ADD-ON - JR COMP

SUMMER ACCELERATION

ALL AGES - 4:45-5:15

WEDNESDAY
July 17

JUNIOR COMP

SUMMER ACCELERATION

Strength & Stretch, plus
Turns & Jumps Technique

ALL AGES - 3:30-4:45

Dancers will be placed in
appropriate levels.

ADD ACRO to your night!

ACRO ADD-ON - JR COMP

SUMMER ACCELERATION

ALL AGES - 4:45-5:15

THURSDAY
July 18

PREMIER COMP
SUMMER DAILY TRAINING
Conditioning, Flexibility,
Strength & Stretch
10:00-11:00 am

JUNIOR COMP

SUMMER ACCELERATION

Strength & Stretch, plus
Turns & Jumps Technique

ALL AGES - 11:30-12:45

Dancers will be placed in
appropriate levels.

ADD ACRO to your night!

ACRO ADD-ON - JR COMP

SUMMER ACCELERATION

ALL AGES - 12:45-1:15

BOYS HIP HOP & Tricks

6:00-6:45 pm

ADULT CLASS

6:45-7:30 pm

LIGHTS DOWN
ADVANCED COMBO CLASS
7:30-8:30 pm

FRIDAY
July 19

**STRENGTH,
CONDITIONING
& COMBOS**
with Miss Marissa

BEG/INTERM Level

9:30-10:15 - S & C
10:15-11:00 - Combos

INTERM/ADV Level

11:00-11:45 - S & C
11:45-12:30 - Combos

PRIVATE LESSONS
with Miss Marissa

30-minute sessions
1:00-3:00 pm

JUNIOR COMP

SUMMER ACCELERATION

Strength & Stretch, plus
Turns & Jumps Technique

ALL AGES - 1:00-2:15

Dancers will be placed in
appropriate levels.

ADD ACRO to your night!

ACRO ADD-ON - JR COMP

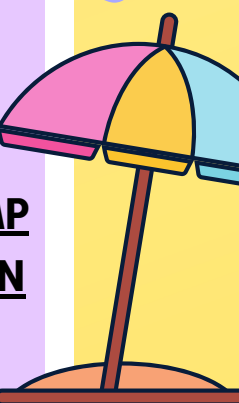
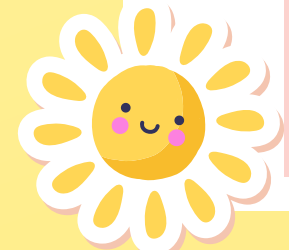
SUMMER ACCELERATION

ALL AGES - 2:15-2:45

TAYLOR SWIFT THEMED MINI CAMP

MON, TUES, WED --- DANCE & SMALL CRAFT

5:30-6:30 - PreSchool-1st grade 6:30-7:30 - 2nd Grade & Up



MONDAY
July 22

TUESDAY
July 23

WEDNESDAY
July 24

THURSDAY
July 25

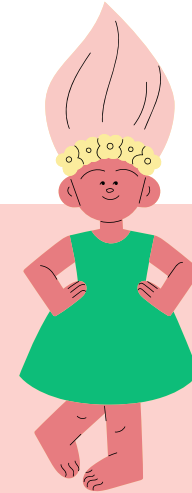
FRIDAY
July 26



TROLLS THEMED MINI CAMP

MON, TUES, WED --- DANCE & SMALL CRAFT

10:00-11:00 - Preschool-1st grade 11:00-12noon - 2nd Grade & Up



JUNIOR COMPETITION TEAMS - PRE-AUDITION WORKSHOP - OPTIONAL

MON, TUES, WED - 4:30-6:30 PM each day

PREMIER COMPETITION TEAMS - PRE-AUDITION WORKSHOP - OPTIONAL

MON, TUES, WED - 6:30-8:30 PM each day



PREMIER COMP
SUMMER DAILY TRAINING
Conditioning, Flexibility,
Strength & Stretch
10:00-11:00 am

JUNIOR COMP
SUMMER ACCELERATION
Strength & Stretch, plus
Turns & Jumps Technique
ALL AGES - 11:30-12:45

Dancers will be placed in
appropriate levels.
ADD ACRO to your night!

ACRO ADD-ON - JR COMP
SUMMER ACCELERATION
ALL AGES - 12:45-1:15

BOYS HIP HOP & Tricks
6:00-6:45 pm

ADULT CLASS
6:45-7:30 pm

LIGHTS DOWN
ADVANCED COMBO CLASS
7:30-8:30 pm

**STRENGTH,
CONDITIONING
& COMBOS**
with Miss Marissa
BEG/INTERM Level
9:30-10:15 - S & C
10:15-11:00 - Combos
INTERM/ADV Level
11:00-11:45 - S & C
11:45-12:30 - Combos

PRIVATE LESSONS
with Miss Marissa
30-minute sessions
1:00-3:00 pm

JUNIOR COMP
SUMMER ACCELERATION
Strength & Stretch, plus
Turns & Jumps Technique
ALL AGES - 1:00-2:15
Dancers will be placed in
appropriate levels.
ADD ACRO to your night!
ACRO ADD-ON - JR COMP
SUMMER ACCELERATION
ALL AGES - 2:15-2:45

MONDAY
July 29

TECH & COMBOS
with Miss Marissa

BEG/INTERM

TECH - 9:00-10:00

COMBO - 10:00-10:45

INTERM/ADVANCED

TECH 10:45-11:45

COMBO 11:45-12:30

PRIVATE LESSONS
with Miss Marissa

30-minute sessions

1:00-3:00 pm

TUESDAY
July 30

TWO-DAY ELITE TRAINING WORKSHOP
with Miss Marissa for PREMIER DANCERS
Day One - Strength & Stretch - and TURN Training
Day Two - Strength & Stretch - and LEAPS/JUMPS Training

9:00 - 11:00 - Beginner/Intermediate Level

11:00 - 1 pm - Intermediate/Advanced Level

1:30 pm - 3:30 pm - Advanced Elite Level

WEDNESDAY
July 31

THURSDAY
Aug 1

PREMIER COMP
SUMMER DAILY TRAINING
Conditioning, Flexibility,
Strength & Stretch
10:00-11:00 am

JUNIOR COMP
SUMMER ACCELERATION

Strength & Stretch, plus
Turns & Jumps Technique

ALL AGES - 11:30-12:45

Dancers will be placed in
appropriate levels.

ADD ACRO to your night!

ACRO ADD-ON - JR COMP
SUMMER ACCELERATION
ALL AGES - 12:45-1:15

BOYS HIP HOP & Tricks
6:00-6:45 pm

ADULT CLASS
6:45-7:30 pm

LIGHTS DOWN
ADVANCED COMBO CLASS
7:30-8:30 pm

FRIDAY
Aug 2

PRIVATE LESSONS
with Miss Marissa
30-minute sessions
9:00 am - 12 noon

PREMIER COMP
SUMMER DAILY TRAINING
Conditioning, Flexibility,
Strength & Stretch
10:00-11:00 am

JUNIOR COMP
SUMMER ACCELERATION
Strength & Stretch, plus
Turns & Jumps Technique
ALL AGES - 11:30-12:45

Dancers will be placed in
appropriate levels.
ADD ACRO to your night!

ACRO ADD-ON - JR COMP
SUMMER ACCELERATION
ALL AGES - 12:45-1:15

TAYLOR SWIFT THEMED MINI CAMP

MON, TUES, WED --- DANCE & SMALL CRAFT

10:00-11:00 - Preschool-1st grade 11:00-12 noon - 2nd Grade & Up



JUNIOR COMP
SUMMER ACCELERATION

Strength & Stretch, plus
Turns & Jumps Technique

ALL AGES - 5:30-6:45

Dancers will be placed in
appropriate levels.

ADD ACRO to your night!

ACRO ADD-ON - JR COMP
SUMMER ACCELERATION
ALL AGES - 6:45-7:15

JUNIOR COMP
SUMMER ACCELERATION

Strength & Stretch, plus
Turns & Jumps Technique

ALL AGES - 5:30-6:45

Dancers will be placed in
appropriate levels.

ADD ACRO to your night!

ACRO ADD-ON - JR COMP
SUMMER ACCELERATION
ALL AGES - 6:45-7:15

JUNIOR COMP
SUMMER ACCELERATION

Strength & Stretch, plus
Turns & Jumps Technique

ALL AGES - 5:30-6:45

Dancers will be placed in
appropriate levels.

ADD ACRO to your night!

ACRO ADD-ON - JR COMP
SUMMER ACCELERATION
ALL AGES - 6:45-7:15



MONDAY
Aug 5

TUESDAY
Aug 6

WEDNESDAY
Aug 7

THURSDAY
Aug 8

FRIDAY
Aug 9



**CANDY THEME
DANCE CLASS**
10:00-10:45 - Pre-1st gr
10:45-11:45 - 2nd Gr. & Up



**PRINCESS & FAIRY THEME
DANCE CLASS**
10:00-10:45 - Pre-1st gr
10:45-11:45 - 2nd Gr. & Up



**SUPERHERO THEME
DANCE CLASS**
10:00-10:45 - Pre-1st gr
10:45-11:45 - 2nd Gr. & Up

**PREMIER COMP
SUMMER DAILY TRAINING**
Conditioning, Flexibility,
Strength & Stretch
10:00-11:00 am

**PREMIER COMP
SUMMER DAILY TRAINING**
Conditioning, Flexibility,
Strength & Stretch
10:00-11:00 am

BOYS HIP HOP & Tricks
6:00-6:45 pm

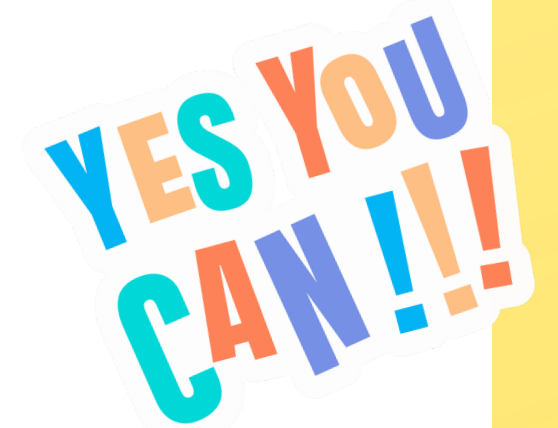
ADULT CLASS
6:45-7:30 pm

**LIGHTS DOWN
ADVANCED COMBO CLASS**
7:30-8:30 pm



JUNIOR COMPETITION TEAMS - PLACEMENT/AUDITION WEEK
MON, TUES, WED - 4:30-6:30 PM each day

PREMIER COMPETITION TEAMS - AUDITION WEEK
MON, TUES, WED - STARTING AT 6:30 PM each day



MONDAY

Aug 12

TUESDAY

Aug 13

WEDNESDAY

Aug 14

THURSDAY

Aug 15

FRIDAY

Aug 16

RESERVED FOR PREMIER & JUNIOR COMPETITION TEAMS - CHOREOGRAPHY WORKSHOPS
Specific dates and times to be determined later into the Summer

MONDAY

Aug 19

TUESDAY

Aug 20

WEDNESDAY

Aug 21

THURSDAY

Aug 22

FRIDAY

Aug 23

RESERVED FOR PREMIER & JUNIOR COMPETITION TEAMS - CHOREOGRAPHY WORKSHOPS
Specific dates and times to be determined later into the Summer

MONDAY
Aug 26

TUESDAY
Aug 27

WEDNESDAY
Aug 28

THURSDAY
Aug 29

FRIDAY
Aug 30

MONDAY
Sept 2

TUESDAY
Sept 3

WEDNESDAY
Sept 4

THURSDAY
Sept 5

FRIDAY
Sept 6



MONDAY
Sept 9

TUESDAY
Sept 10

WEDNESDAY
Sept 11

THURSDAY
Sept 12

FRIDAY
Sept 13

DANCE SEASON 2024-2025 BEGINS! FIRST WEEK OF CLASSES!