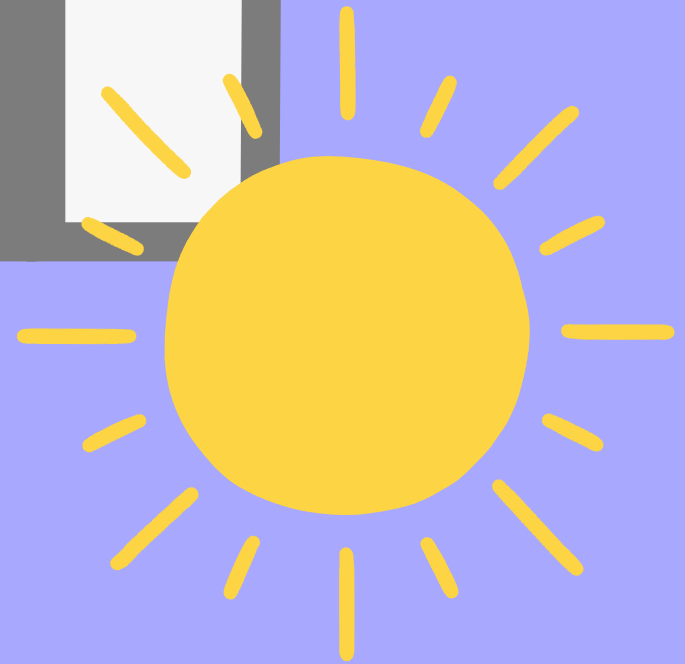


SUMMER 2026



UCD
U CAN DANZ! DANCE COMPANY

MONDAY June 1

PURPLE COLOR BOXES:

Junior Comp Dancers and any recreational dancers looking for Technique training.

TEAL COLOR BOXES:

Open to Junior Comp moving to Premier, and PREMIER DANCERS.

OMBRE COLOR BOXES:

Open to JUNIOR & PREMIER

Summer program is subject to change at any time.

QUESTIONS? CONTACT US!

officeadmin@ucandanz.com

Call or text:

952.607.5255

PRIVATE LESSONS for Nationals

3:20-5:30 pm - 20 min each

Nationals Rehearsal for the
2025-26 Comp Teams
5:30-8:20 pm

TUESDAY June 2

Full descriptions and requirements are listed on the final pages of this document. Please make sure to read this information carefully before registering.



PRIVATE LESSONS for Nationals

2:30-4:00 pm - 20 min each

WEDNESDAY June 3

PRIVATE LESSONS for Nationals

3:20-5:20 pm - 20 min each

Nationals Rehearsal for the
2025-26 Comp Teams
5:30-8:20 pm

THURSDAY June 4

PRIVATE LESSONS for Nationals

2:30-4:00 pm - 20 min each

FRIDAY June 5

PREMIER COMP MOMENTUM & MOVEMENT

Intermediate 9:00-10:30 am
Intermediate Plus 10:30-12 noon
Elite 12 noon-1:30 pm

PRIVATE LESSONS for Nationals

1:45-3:00 pm - 20 min each



MONDAY

June 8

SUMMER TRAINING
Premier Comp
9:00 am - 10:00 am

JUNIOR COMP
SUMMER ACCELERATION
Strength & Stretch, plus
Turns & Jumps Technique
All ages - 10:00-11:15 am
Dancers will be placed in
appropriate levels
ADD ACRO/TRICKS class too

ACRO/TRICKS - Junior
All ages - 11:15-11:45 am

PRIVATE LESSONS
with Miss Avery
2:00-4:00 pm - 30 min each

PRIVATE LESSONS
for Nationals
2:30-4:00 pm - 20 min each

PREMIER COMP
TECHNIQUE
Intermediate 4:00-5:30 pm
Intermediate Plus 5:30-7:00 pm
Elite 7:00-8:30 pm

TUESDAY

June 9

SUMMER TRAINING
Premier Comp
9:00 am - 10:00 am



PRIVATE LESSONS
for Nationals
3:20-5:20 pm - 20 min each

Nationals Rehearsal for the
2025-26 Comp Teams
5:30-8:20 pm

WEDNESDAY

June 10

SUMMER TRAINING
Premier Comp
9:00 am - 10:00 am

JUNIOR COMP
SUMMER ACCELERATION
Strength & Stretch, plus
Turns & Jumps Technique
All ages - 10:00-11:15 am
Dancers will be placed in
appropriate levels
ADD ACRO/TRICKS class too

ACRO/TRICKS - Junior
All ages - 11:15-11:45 am

PRIVATE LESSONS
with Miss Avery
2:00-4:00 pm - 30 min each

PRIVATE LESSONS
for Nationals
2:30-4:00 pm - 20 min each

PREMIER COMP
MOMENTUM & MOVEMENT
Intermediate 4:00-5:30 pm
Intermediate Plus 5:30-7:00 pm
Elite 7:00-8:30 pm

THURSDAY

June 11

SUMMER TRAINING
Premier Comp
9:00 am - 10:00 am



PRIVATE LESSONS
for Nationals
3:20-5:20 pm - 20 min each

Nationals Rehearsal for the
2025-26 Comp Teams
5:30 pm & send off party

FRIDAY

June 12

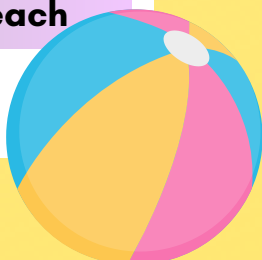
PREMIER COMP
STRENGTH & FLEX
Intermediate 9:00-10:30 am
Intermediate Plus 10:30-12 noon
Elite 12 noon-1:30 pm

PRIVATE LESSONS
for Nationals
1:45-2:30 pm - 20 min each

JUNIOR COMP
SUMMER ACCELERATION
Strength & Stretch, plus
Turns & Jumps Technique
All ages - 10:00-11:15 am
Dancers will be placed in
appropriate levels
ADD ACRO/TRICKS class too

ACRO/TRICKS - Junior
All ages - 11:15-11:45 am

PRIVATE LESSONS
with Miss Avery
2:00-4:00 pm - 30 min each



MONDAY
June 15

TUESDAY
June 16

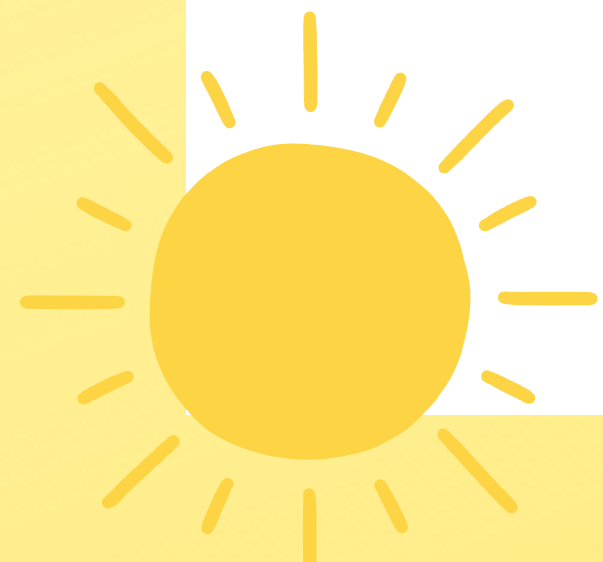
WEDNESDAY
June 17

THURSDAY
June 18

FRIDAY
June 19

**STUDIO CLOSED THIS WEEK - AS OUR DANCERS & STAFF
TRAVEL TO COMPETE AT NATIONALS 2026**
watch our dancers via livestream on starzdancecomp.com

UCD
U CAN DANZ! DANCE COMPANY



MONDAY
June 22

Enjoy
SUMMER



TUESDAY
June 23

PREMIER COMP
STRENGTH & FLEX

Intermediate 9:00-10:30 am
Intermediate Plus 10:30-12 noon
Elite 12 noon-1:30 pm

LIGHTS DOWN
COMBO CLASS

Junior Comp 5:45-6:30 pm
Premier Int/Int+ 6:30-7:30 pm
Premier Elite 7:30-8:30 pm

WEDNESDAY
June 24

SUMMER TRAINING
Premier Comp

9:00 am - 10:00 am

PRIVATE LESSONS
with Miss Avery

2:00-4:00 pm - 30 min each

PRIVATE LESSONS
with Miss Marissa

2:30-4:00 pm - 20 min each

PREMIER COMP
TECHNIQUE

Intermediate 4:00-5:30 pm
Intermediate Plus 5:30-7:00 pm
Elite 7:00-8:30 pm

JUNIOR COMP
SUMMER ACCELERATION

Strength & Stretch, plus
Turns & Jumps Technique

All ages - 5:30-6:45 pm

Dancers will be placed in
appropriate levels
ADD ACRO/TRICKS class too

ACRO/TRICKS - Junior
All ages - 6:45-7:15 pm

THURSDAY
June 25

SUMMER TRAINING
Premier Comp

9:00 am - 10:00 am

PRIVATE LESSONS
with Miss Avery

2:00-4:00 pm - 30 min each

PRIVATE LESSONS
with Miss Marissa

2:30-4:00 pm - 20 min each

PREMIER COMP
COMBOS

Intermediate 4:00-5:30 pm
Intermediate Plus 5:30-7:00 pm
Elite 7:00-8:30 pm

JUNIOR COMP
SUMMER ACCELERATION

Strength & Stretch, plus
Turns & Jumps Technique

All ages - 5:30-6:45 pm

Dancers will be placed in
appropriate levels
ADD ACRO/TRICKS class too

ACRO/TRICKS - Junior
All ages - 6:45-7:15 pm

FRIDAY
June 26

PREMIER COMP
STRENGTH & FLEX

Intermediate 9:00-10:30 am
Intermediate Plus 10:30-12 noon
Elite 12 noon-1:30 pm

LIGHTS DOWN
COMBO CLASS

Junior Comp 2:00-2:45 pm
Premier Int/Int+ 2:45-3:45 pm
Premier Elite 3:45-4:45 pm

JUNIOR COMP
SUMMER ACCELERATION

Strength & Stretch, plus
Turns & Jumps Technique

All ages - 10:00-11:15 am

Dancers will be placed in
appropriate levels
ADD ACRO/TRICKS class too

ACRO/TRICKS - Junior
All ages - 11:15-11:45 am



MONDAY
June 29

TUESDAY
June 30

WEDNESDAY
July 1

THURSDAY
July 2

FRIDAY
July 3

PREMIER COMPETITION TEAMS - INTENSIVES WEEK 1 OF 2
MON, TUES, WED - 9:00 am-12:30 pm each day

SUMMER

JUNIOR COMPETITION TEAMS - INTENSIVES WEEK 1 OF 2
MON, TUES, WED - 5:00-7:00 pm each day

SUMMER TRAINING
Premier Comp
9:00 am - 10:00 am

PRIVATE LESSONS
with Miss Avery.
2:00-4:00 pm - 30 min each

PRIVATE LESSONS
with Miss Marissa
2:30-4:00 pm - 20 min each

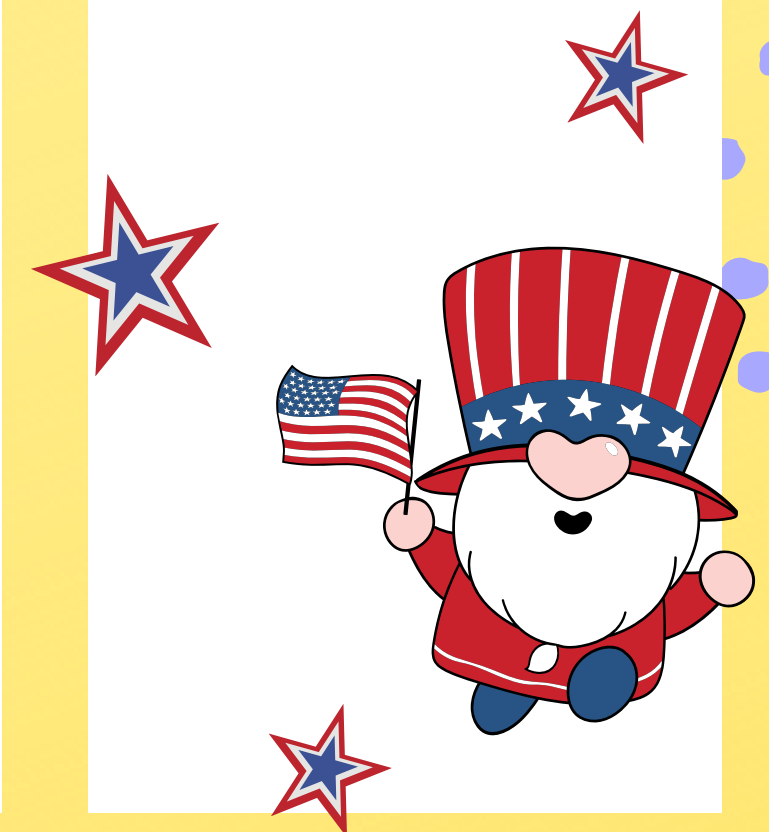
PREMIER COMP
TECHNIQUE
Intermediate 4:00-5:30 pm
Intermediate Plus 5:30-7:00 pm
Elite 7:00-8:30 pm

JUNIOR COMP
SUMMER ACCELERATION
Strength & Stretch, plus
Turns & Jumps Technique
All ages - 5:30-6:45 pm
Dancers will be placed in
appropriate levels
ADD ACRO/TRICKS class too

ACRO/TRICKS - Junior
All ages - 6:45-7:15 pm

PREMIER COMP
STRENGTH & FLEX
Intermediate 9:00-10:30 am
Intermediate Plus 10:30-12 noon
Elite 12 noon-1:30 pm

LIGHTS DOWN
COMBO CLASS
Junior Comp 2:00-2:45 pm
Premier Int/Int+ 2:45-3:45 pm
Premier Elite 3:45-4:45 pm



MONDAY

July 6

SUMMER TRAINING
Premier Comp
9:00 am - 10:00 am

JUNIOR COMP
SUMMER ACCELERATION
Strength & Stretch, plus
Turns & Jumps Technique
All ages - 10:00-11:15 am
Dancers will be placed in
appropriate levels
ADD ACRO/TRICKS class too

ACRO/TRICKS - Junior
All ages - 11:15-11:45 am

PRIVATE LESSONS
with Miss Avery.
2:00-4:00 pm - 30 min each

PRIVATE LESSONS
with Miss Marissa
2:30-4:00 pm - 20 min each

PREMIER COMP
TECHNIQUE
Intermediate 4:00-5:30 pm
Intermediate Plus 5:30-7:00 pm
Elite 7:00-8:30 pm

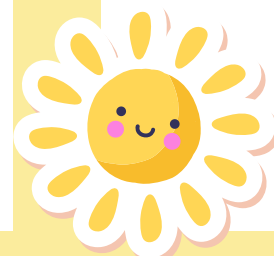
TUESDAY

July 7

PREMIER COMP
STRENGTH & FLEX
Intermediate 9:00-10:30 am
Intermediate Plus 10:30-12 noon
Elite 12 noon-1:30 pm

JUNIOR COMP
SUMMER ACCELERATION
Strength & Stretch, plus
Turns & Jumps Technique
All ages - 10:00-11:15 am
Dancers will be placed in
appropriate levels
ADD ACRO/TRICKS class too

ACRO/TRICKS - Junior
All ages - 11:15-11:45 am



WEDNESDAY

July 8

SUMMER TRAINING
Premier Comp
9:00 am - 10:00 am

PRIVATE LESSONS
with Miss Avery.
2:00-4:00 pm - 30 min each

PRIVATE LESSONS
with Miss Marissa
2:30-4:00 pm - 20 min each

PREMIER COMP
MOMENTUM & MOVEMENT
Intermediate 4:00-5:30 pm
Intermediate Plus 5:30-7:00 pm
Elite 7:00-8:30 pm

JUNIOR COMP
SUMMER ACCELERATION
Strength & Stretch, plus
Turns & Jumps Technique
All ages - 5:30-6:45 pm
Dancers will be placed in
appropriate levels
ADD ACRO/TRICKS class too

ACRO/TRICKS - Junior
All ages - 6:45-7:15 pm

THURSDAY

July 9

SUMMER TRAINING
Premier Comp
9:00 am - 10:00 am

PRIVATE LESSONS
with Miss Avery.
2:00-4:00 pm - 30 min each

PRIVATE LESSONS
with Miss Marissa
2:30-4:00 pm - 20 min each

PREMIER COMP
COMBOS
Intermediate 4:00-5:30 pm
Intermediate Plus 5:30-7:00 pm
Elite 7:00-8:30 pm

JUNIOR COMP
SUMMER ACCELERATION
Strength & Stretch, plus
Turns & Jumps Technique
All ages - 5:30-6:45 pm
Dancers will be placed in
appropriate levels
ADD ACRO/TRICKS class too

ACRO/TRICKS - Junior
All ages - 6:45-7:15 pm

FRIDAY

July 10

PREMIER COMP
STRENGTH & FLEX
Intermediate 9:00-10:30 am
Intermediate Plus 10:30-12 noon
Elite 12 noon-1:30 pm

LIGHTS DOWN
COMBO CLASS
Junior Comp 2:00-2:45 pm
Premier Int/Int+ 2:45-3:45 pm
Premier Elite 3:45-4:45 pm

JUNIOR COMP
SUMMER ACCELERATION
Strength & Stretch, plus
Turns & Jumps Technique
All ages - 10:00-11:15 am
Dancers will be placed in
appropriate levels
ADD ACRO/TRICKS class too

ACRO/TRICKS - Junior
All ages - 11:15-11:45 am



MONDAY
July 13

TUESDAY
July 14

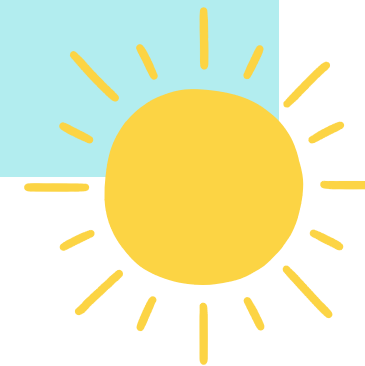
WEDNESDAY
July 15

THURSDAY
July 16

FRIDAY
July 17

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

PREMIER COMPETITION TEAMS - INTENSIVES WEEK 2 OF 2
MON, TUES, WED - 5:00-8:30 pm each day



PREMIER COMP
MOMENTUM & MOVEMENT
Intermediate 9:00-10:30 am
Intermediate Plus 10:30-12 noon
Elite 12 noon-1:30 pm

PRIVATE LESSONS
with Miss Marissa
1:45-3:00 pm - 20 min each

JUNIOR COMP
SUMMER ACCELERATION
Strength & Stretch, plus
Turns & Jumps Technique
All ages - 10:00-11:15 am
Dancers will be placed in
appropriate levels
ADD ACRO/TRICKS class too

ACRO/TRICKS - Junior
All ages - 11:15-11:45 am

SMALL GROUP AUDITIONS
PREMIER COMP
4:00-7:00 pm

PREMIER COMP
STRENGTH & FLEX
Intermediate 9:00-10:30 am
Intermediate Plus 10:30-12 noon
Elite 12 noon-1:30 pm

LIGHTS DOWN
COMBO CLASS
Junior Comp 2:00-2:45 pm
Premier Int/Int+ 2:45-3:45 pm
Premier Elite 3:45-4:45 pm

JUNIOR COMP
SUMMER ACCELERATION
Strength & Stretch, plus
Turns & Jumps Technique
All ages - 10:00-11:15 am
Dancers will be placed in
appropriate levels
ADD ACRO/TRICKS class too

ACRO/TRICKS - Junior
All ages - 11:15-11:45 am

MONDAY July 20

SUMMER TRAINING
Premier Comp
9:00 am - 10:00 am

JUNIOR COMP
SUMMER ACCELERATION
Strength & Stretch, plus
Turns & Jumps Technique
All ages - 10:00-11:15 am
Dancers will be placed in
appropriate levels
ADD ACRO/TRICKS class too

ACRO/TRICKS - Junior
All ages - 11:15-11:45 am

PRIVATE LESSONS
with Miss Avery.
2:00-4:00 pm - 30 min each

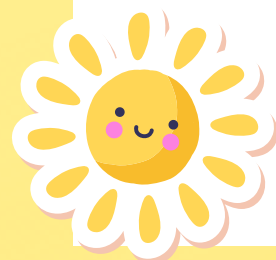
PRIVATE LESSONS
with Miss Marissa
2:30-4:00 pm - 20 min each

PREMIER COMP
TECHNIQUE
Intermediate 4:00-5:30 pm
Intermediate Plus 5:30-7:00 pm
Elite 7:00-8:30 pm

TUESDAY July 21

PREMIER COMP
STRENGTH & FLEX
Intermediate 9:00-10:30 am
Intermediate Plus 10:30-12 noon
Elite 12 noon-1:30 pm

LIGHTS DOWN
COMBO CLASS
Junior Comp 5:45-6:30 pm
Premier Int/Int+ 6:30-7:30 pm
Premier Elite 7:30-8:30 pm



WEDNESDAY July 22

SUMMER TRAINING
Premier Comp
9:00 am - 10:00 am

PRIVATE LESSONS
with Miss Avery.
2:00-4:00 pm - 30 min each

PRIVATE LESSONS
with Miss Marissa
2:30-4:00 pm - 20 min each

PREMIER COMP
MOMENTUM & MOVEMENT
Intermediate 4:00-5:30 pm
Intermediate Plus 5:30-7:00 pm
Elite 7:00-8:30 pm

JUNIOR COMP
SUMMER ACCELERATION
Strength & Stretch, plus
Turns & Jumps Technique
All ages - 5:30-6:45 pm
Dancers will be placed in
appropriate levels
ADD ACRO/TRICKS class too

ACRO/TRICKS - Junior
All ages - 6:45-7:15 pm

THURSDAY July 23

SUMMER TRAINING
Premier Comp
9:00 am - 10:00 am

PRIVATE LESSONS
with Miss Avery.
2:00-4:00 pm - 30 min each

PRIVATE LESSONS
with Miss Marissa
2:30-4:00 pm - 20 min each

PREMIER COMP
COMBOS
Intermediate 4:00-5:30 pm
Intermediate Plus 5:30-7:00 pm
Elite 7:00-8:30 pm

JUNIOR COMP
SUMMER ACCELERATION
Strength & Stretch, plus
Turns & Jumps Technique
All ages - 5:30-6:45 pm
Dancers will be placed in
appropriate levels
ADD ACRO/TRICKS class too

ACRO/TRICKS - Junior
All ages - 6:45-7:15 pm

FRIDAY July 24

PREMIER COMP
STRENGTH & FLEX
Intermediate 9:00-10:30 am
Intermediate Plus 10:30-12 noon
Elite 12 noon-1:30 pm



MONDAY
July 27

TUESDAY
July 28

WEDNESDAY
July 29

THURSDAY
July 30

FRIDAY
July 31

JUNIOR COMPETITION TEAMS - PRE-AUDITION WORKSHOP - OPTIONAL
MON, TUES, WED - 5:00-6:30 pm each day

PREMIER COMPETITION TEAMS - PRE-AUDITION WORKSHOP - OPTIONAL
MON, TUES, WED - 6:30-8:30 pm each day



PRIVATE LESSONS
with Miss Marissa
2:30-4:00 pm - 20 min each

PREMIER COMP
TECHNIQUE TIME
Intermediate 4:00-5:30 pm
Intermediate Plus 5:30-7:00 pm
Elite 7:00-8:30 pm

PREMIER COMP
STRENGTH & FLEX
Intermediate 9:00-10:30 am
Intermediate Plus 10:30-12 noon
Elite 12 noon-1:30 pm

PRIVATE LESSONS
with Miss Marissa
1:45 -3 pm - 20 min each



MONDAY
Aug 3

TUESDAY
Aug 4

WEDNESDAY
Aug 5

THURSDAY
Aug 6

FRIDAY
Aug 7

go for it

JUNIOR COMPETITION TEAMS - PLACEMENT/AUDITION WEEK
MON, TUES, WED - 5:00-6:30 pm each day

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

**YES YOU
CAN!!!**

MONDAY
Aug 10

TUESDAY
Aug 11

WEDNESDAY
Aug 12

THURSDAY
Aug 13

FRIDAY
Aug 14

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

MONDAY
Aug 17

TUESDAY
Aug 18

WEDNESDAY
Aug 19

THURSDAY
Aug 20

FRIDAY
Aug 21

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

MONDAY
Aug 24

MONDAY
Aug 31

MONDAY
Sept 7

LABOR DAY

MONDAY
Sept 14

TUESDAY
Aug 25

TUESDAY
Sept 1

TUESDAY
Sept 8

PRODUCTION REHEARSALS - PREMIER ONLY - SCHEDULE TBD

TUESDAY
Sept 15

WEDNESDAY
Aug 26

WEDNESDAY
Sept 2

WEDNESDAY
Sept 9

WEDNESDAY
Sept 16

THURSDAY
Aug 27

THURSDAY
Sept 3

THURSDAY
Sept 10

THURSDAY
Sept 17

FRIDAY
Aug 28

FRIDAY
Sept 4

FRIDAY
Sept 11

FRIDAY
Sept 18

COMP DANCE SEASON 2026-2027 BEGINS! FIRST WEEK OF REGULAR CLASSES!

PREMIER COMP TECHNIQUE

Everything technique catered to each level! Turns, leaps, jumps, flexibility, balance, core – ALL OF IT! We'll start with cardio, strength training, and stretch – then jump right into technique. This will be very specifically targeted to each level so dancers see maximum results through their training. Technique skills are the building blocks! Summer is the time to focus on this aspect of training and break down new skills to keep improving!

PREMIER STRENGTH & FLEX

This class will start with unique strengthening drills designed to improve movement and skills. This will be followed by a deep stretch to build the core muscles and flexibility for dancers to reach their full potential with technique and choreography. Consistency is key for strength and flexibility! Dancers will finish the class with a guided meditation to reset their mind and calm their body.

CLASS DESCRIPTIONS

ALL COMP – LIGHTS DOWN COMBO

Similar to the COMBO DAY description but adding a unique vibe with the LIGHTS DOWN. Having the low light environment can help the dancers be more comfortable to experiment with new movement.

PREMIER MOMENTUM & MOVEMENT

This is the class that dancers will see the most growth into the following year with their routines and choreography. This class will combine choreo with technique at each level to work on connecting the two together. This is a technique and combo class combined in a unique way – incorporating across-the-floors and center work to improve movement quality and transitions! We'll start with strength and stretch beforehand and then move into something different every week – pushing dancers at their specific level with skills and movement.

PREMIER COMP COMBOS

This class will include a warm-up/strengthening exercises and a stretch before the dancers learn a combo – usually 45 seconds of choreo. These combo will be a different style each class, and are designed to push the dancers and improve their movement quality. Learning choreography is an essential skill for dancers to develop adaptability with their movement. The more combos they learn, the quicker they pick up choreography – this is a learned skill and only comes with repetition. These will be fun, unique, and allow for the dancers to let loose with their movement!

PRE-AUDITION WORKSHOP

Not required, but highly recommended. Help set your dancer up for a successful audition. Dancers will learn their audition routine and technique skills during this workshop. Dancers that are not able to attend this workshop will be responsible for learning the combos from a video on their own.

ACRO/TRICKS Junior Comp

Add this class onto your Summer Acceleration Class. Dancers will work on handstands, cartwheels, round offs, bridges, walkovers, and multiple variations of each. Limited class size.

PRIVATE LESSONS for all

Is your dancer wanting to have some one-on-one time with a teacher? 20 & 30-min Private Lessons are available for tech, flexibility and/or acro/tricks.

PREMIER COMP SUMMER TRAINING

Come start your day with a full body workout – with all your dance friends! It's important for dancers to stay conditioned over the summer months. Coming to this class on a regular basis will help your overall stamina and dance movement. **FREE CLASS!!!**



PREMIER COMP INFORMATION

PREMIER COMP - Summer Requirements

- **Choose at least 10** of the 24 Classes listed. You can mix and match as you wish, but if you need to limit your classes, dancers will get the most out of the top three.
 - PREMIER COMP TECHNIQUE
 - PREMIER COMP STRENGTH & FLEX
 - PREMIER COMP MOMENTUM & MOVEMENT
 - PREMIER COMP COMBOWe encourage you to come to as many as you can. Consistency is key for dancers! Come often!!!
- **Premier Competition Team INTENSIVES and AUDITIONS**
June 29-30-July 1 (Week 1) July 13-14-15 (Week 2) Aug. 3-4-5 (Audition Wk)
This is a package price and can not be prorated or removed if your dancer misses any of the classes.
- **OPTIONAL but highly encouraged to attend.**
PRE-AUDITION Workshop July 27-28-29

PREMIER COMP LEVELS

Teachers will send home evaluations for each dancer, which will include summer recommendations and levels.

Last updated 06.01.26

JUNIOR COMP INFORMATION

JUNIOR COMP - Summer Requirements

- **Choose at least 10** of the 17 JR Comp Acceleration Classes.
We encourage you to come to as many as you can. Consistency is key for dancers! Come often!!!
- **Junior Competition Team INTENSIVES and AUDITIONS**
June 29-30-July 1 (Week 1) July 13-14-15 (Week 2) Aug. 3-4-5 (Audition Week)
This is a package price and can not be prorated or removed if your dancer misses any of the classes.
- **OPTIONAL but highly encouraged to attend.**
JUNIOR Competition Team PRE-AUDITION Workshop July 27-28-29

