

# INTENSITY

## DANCE TEAM

-No Regrets-

### 2024-2025 IDT Heber Team Required Class Bundles

\*\*Director Approval

#### **IDT Senior Team Req. Class Bundle**

(12-18 yr olds) 5 classes 5.5 hours/week  
**\$270.00/mo.** (save \$35.00/mo. tuition)

IDT Black Team\*\* (Mon. 2:30-4:00 p.m.)  
IDT Black Tm. Technique (Mon. 4:00-5:00 p.m.)  
IDT Turns (Mon. 6:15-7:15 p.m. Aug.-Jan.)  
IDT Senior Team (Mon 5:30-7:00 p.m. Feb.-May)  
IDT Black Team Ballet (Mon. 5:00-6:00 p.m.)  
IDT Acro 2 or 3 (Tue. 4:00-5:00 p.m.)

#### **IDT Hip Hop Team Req. Class Bundle**

As only team—without Senior, Black or Gold Team  
(12-18 yr. olds) 3 classes/week 3.25 hours/week  
**\$150.00/mo.** (save \$25.00/mo. tuition)

IDT Hip Hop Team (Tues. 5:00-6:15 p.m.)\*  
IDT Hip Hop Acro (Tues. 4:00- 5:00 p.m.)  
IDT Hip Hop Combo Class (Mon. 6:00 – 7:00 p.m.)

#### **IDT Black Team Req. Class Bundle**

(12-17 year olds) 5 classes/week/5.5 hours/week  
**\$250.00/mo.** (save \$25.00/mo. tuition)

IDT Black Team\*\* (Mon. 2:30-4:00 p.m.)  
IDT Blk. Tm. Technique (Mon. 4:00-5:00 p.m.)  
IDT Black Team Ballet (Mon..5:00-6:00 p.m.)\*  
IDT Turns (Mon..6:15-7:15 8o p.m.)  
IDT Acro 3 (Tue. 4:00-5:00 p.m.) or Acro 2 (Thurs. 5:00-6:00 p.m. (skills based)

#### **IDT Gold Team Req. Class Bundle**

(9-12 yr. olds) 4 classes/week 4.25 hours/week  
**\$195.00/mo.** (save \$25.00/mo. Tuition)

IDT Gold Team Tech. (Mon..3:00-4:00 p.m.)  
IDT Gold Team\*\* (Mon. 4:00-5:15 p.m.)  
IDT Gold Tm. Ballet (Wed. 5:00- 6:00 p.m.)

Choose One of the following:  
IDT Acro 2(Tue. 5:45-6:30 p.m.) OR  
IDT Turns (Mon..6:15-7:15 p.m.)

#### **IDT Black Team II Req. Class Bundle**

(12-17 year olds) 3 classes/week 3.25 hours/week  
**\$175.00/mo.**(save \$25.00/mo. tuition)

IDT Black Team Ballet (Mon.. 5:00-6:00 p.m.)\*  
IDT Black Team II\*\*(Tue. 6:15-7:30 p.m.)  
IDT Black Team II Tech (Th. 7:00-8:00 p.m.) +Turns,  
Acro (approved to add classes to  
personal schedule) Highly Recommended, not Required

#### **IDT Junior Team Req, Class Bundle**

(6-8 year. olds) 3 classes/week 2.5 hours/week  
**\$150.00/mo.** Save \$25.00/mo. on Tuition

IDT Junior Team\*\* (Tue. 4:00- 5:00 p.m.)  
IDT Jr. Team Tech.(Tue. 5:00 -5:45 p.m.)  
IDT Ballet 2 (Thurs. 4:15 - 5:00 p.m.)

Acro (approved to add classes to personal schedule) Highly Recommended, not Required

#### **IDT Contemporary Team Req. Class Bundle**

As only team—without Senior, Black or Gold Team  
(12-18 yr. olds) 3 classes/week 3.25 hours/week  
**\$150.00/mo.** (save \$25.00/mo. tuition)

IDT Contemporary Team (Wed. 3:30-4: 45 p.m.)\*  
IDT Ballet 5 (Wed. 4:45-5:45 p.m.)  
IDT Senior Technique (Thurs. 7:00-8:00 p.m.)

#### **IDT Junior Hip Hop Team Req. Class Bundle**

As only team—without Junior or Gold Team  
(7-10 yr. olds) 3 classes/week 3.25 hours/week  
**\$150.00/mo.** (save \$25.00/mo. tuition)

IDT Junior Hip Hop Team (Mon 5:15 -6:15 p.m.)\*  
IDT Acro Level 2 (Tues. 5:45- 6:30 p.m.)  
IDT Junior Hip Hop Class (Thurs.6:00 – 7:00 p.m.)

#### **IDT Senior Cheer Team Class Bundle**

As only team—without Senior or Black Team (10-16 year olds)  
2 Classes- 2 hours/week  
**\$125.00/mo.** (save \$10.00/mo. tuition)

IDT Senior Cheer Team\*\* (Thurs. 6:00-7:00 p.m.)  
IDT Acro 2/3 (Tues. 4:00-5:00 p.m.)

#### **IDT Junior Cheer Team Req, Class Bundle**

(6-9 year. olds) 2 classes/week 2 hours/week  
**\$125.00/mo.** Save \$25.00/mo. on Tuition

IDT Junior Cheer Team\*\* (Thurs. 5:00 – 6:00 p.m.)  
IDT Acro 2(Tue. 5:45 -6:30 p.m.)