



HANDBOOK

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R O C K S T A R A C A D E M Y O F D A N C E

What is Rock U?



Rock U is Rockstar's daytime training program designed for dancers who want to expand their skills through focused, high-quality instruction.

Classes are held twice daily on Wednesdays and Thursdays from 12:00 PM–2:00 PM and offer training in a wide variety of styles including Hip Hop, Acrobatics, Progressing Ballet Technique (PBT), Lyrical, Contemporary, Ballroom, and more.

Students will learn from Rockstar's experienced faculty as well as special guest instructors who bring fresh perspectives and industry expertise throughout the season. Rock U is dedicated exclusively to dance education and is not a homeschooling or academic program.

Rock U is a 6-month training program that runs from September through November, takes a break during December, and resumes from January through March.

Open to dancers from any studio, Rock U provides an encouraging environment where students can train, grow, and be inspired alongside dancers from across the community.

WE ARE ROCKSTAR



PRICING STRUCTURE

Monthly Pricing

\$195	<i>1 Day Pricing</i>
\$295	<i>2 Day Pricing</i>

Semester Pricing

\$950	<i>1 Day Pricing</i>
\$1600	<i>2 Day Pricing</i>

Includes all 6 months of Rock U





Complete Schedule

SEPTEMBER

Wednesday

Thursday

9/2		9/3	
9/9		9/10	
9/16		9/17	
9/23		9/24	
9/30			

JANUARY

Wednesday

Thursday

1/6		1/7	
1/13		1/14	
1/20		1/21	
1/27		1/28	

OCTOBER

Wednesday

Thursday

		10/1	
10/7		10/8	
10/14		10/15	
10/21		10/22	
10/28		10/29	

FEBRUARY

Wednesday

Thursday

2/3		2/4	
2/10		2/11	
2/17		2/18	
2/24		2/25	

NOVEMBER

Wednesday

Thursday

11/4		11/5	
11/11		11/12	
11/18		11/19	
11/25		11/26	

MARCH

Wednesday

Thursday

3/3		3/4	
3/10		3/11	
3/17		3/18	
3/24		3/25	
3/31			

Monthly Modules

Each month, RockU will be introducing a brand new module. These modules will allow students the opportunity to elevate their training in 6 different avenues of dance. With a unique staff and a new focus each month, RockU is the perfect place for every dancer to take the next step toward their professional career.

September – Skills & Tricks

Build a strong technical foundation by developing flexibility, strength, balance, turns, leaps, acrobatic skills, and tricks that improve overall performance.

October – Dance Team

Learn from current and former college dancers what it takes to excel on a dance team- through pom classes, performance quality training, and developing the skills needed for auditions and game-day routines.

November – Technique

Focus on proper body placement, alignment, control, and execution to create cleaner movement and build confidence in every style of dance.

January – Commercial

Explore the fast-paced world of commercial dance by learning performance skills, camera training, and choreography inspired by music videos, concerts, television, and live entertainment.

February – Choreography

Discover the creative process behind building routines as you learn musicality, storytelling, transitions, formations, and how to create choreography with intention.

March – Industry

Prepare for opportunities beyond the studio by learning about auditions, networking, professionalism, resumes, headshots, social media, and careers in the dance industry.