

NEW HEIGHTS
Dance Academy

HCC | Dance

ASCEND

ADULT DANCE
EXPERIENCE

FOR AGES 30+

JULY 31 - AUG 2
TAMPA, FL

ASCEND

ADULT DANCE EXPERIENCE

LOCATION & PARKING

HCC Dance Program
1505 E Palm Ave, Tampa, FL 33605



Enter parking lot from 15th Street
Pick up parking pass from entrance of Studio 1 (yellow star)
Friday night will be in Studio 1
Level 2 & 3 Classes on Sat/Sun will be held in Studio 1
Level 1 classes on Sat/Sun will be held in Studio 2 (pink star)

JULY 31 – AUG 2, 2026
TAMPA, FL

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ADULT DANCE EXPERIENCE

FACULTY



MEREDITH BUTULIS



ASHLEY ARNOLD



AMANDA GUADETTE



BRIAN GONZALEZ



SEAN MCDONALD



KATE PAGANO



DESIREE SHAPRIO



JENNE VERMES



RICKY WHITFIELD

ASCEND

ADULT DANCE EXPERIENCE

SCHEDULE- FRIDAY

ALL LEVELS

**LOCATION: 1505 E PALM AVE
2ND FLOOR MAIN DANCE STUDIO**

5:30p- Check In Begins

6:00p- Bonus Jazz Cardio Class w/ Ashley

*Wear something you can move in along
with socks or jazz shoes!*

6:45p- Meet & Greet w/ Light Snacks & Drinks

7:30p- Performance Exhibition

8:00p- Event Ends

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SCHEDULE - SATURDAY

Level 1

9:00-9:45a-Warm-Up/Yoga w/ Desiree
9:45a-10:45a- Ballet w/ Brian
11:00a-12:00p- Commercial Jazz w/ Ricky
12:00-1:00p- Jazz Technique Conditioning w/ Kate

Level 2

1:00-1:45p - Warm Up/Yoga w/ Desiree
1:45-2:45p- Ballet w/ Brian
3:00-4:00p- Jazz Technique Conditioning w/ Kate
4:00-5:00p- Commercial Jazz w/ Ricky

Level 3

9:00-9:45a - Warm Up/Yoga w/ Desiree
9:45-10:45a- Jazz Technique Conditioning w/ Kate
11:00a-12:00p- Ballet w/ Brian
12:00-1:00p- Commercial Jazz w/ Ricky

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SCHEDULE - SUNDAY

Level 1

9:00-9:45a-Align & Activate w/ Meredith
9:45a-10:45a- Musical Theatre Jazz w/ Sean
11:00a-12:00p- Lyrical w/ Amanda
12:00-1:00p- Tap w/ Jenne

Level 2

1:00-1:45p - Align & Activate w/ Meredith
1:45-2:45p- Lyrical w/ Amanda
3:00-4:00p-Tap w/ Jenne
4:00-5:00p- Musical Theatre Jazz w/ Sean

Level 3

9:00-9:45a - Align & Activate w/ Meredith
9:45-10:45a- Tap w/ Jenne
11:00a-12:00p- Musical Theatre Jazz w/ Sean
12:00-1:00p- Lyrical w/ Amanda

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FAQ'S

WHEN SHOULD I ARRIVE?

Plan to arrive 20–30 minutes before your first scheduled class to park, check in, and get settled.

WHAT SHOULD I WEAR?

Any attire you're comfortable moving in! Bring any dance shoes you own, but socks and/or clean sneakers are acceptable too! .

CAN I SWITCH LEVELS?

Level changes may be accommodated if space allows. See Cassie at the event if you'd like to make level adjustments.

CAN I STILL ATTEND IF I HAVE TO MISS ANY CLASSES?

Yes! We'd love to have you for as much of the experience as you can attend.

WILL FOOD BE PROVIDED?

Some snacks and drinks will be available but you should bring water, snacks, and lunch (if doing a full day of classes). You can also purchase lunch nearby at Ybor restaurants!

WHEN DO I TAKE LUNCH IF I'M DOING TWO LEVELS?

Lunch is from 1–1:45p while the afternoon session starts with warm-up

CAN I TAKE PHOTOS AND VIDEOS?

Yes! We encourage you to capture your experience. Just be respectful of instructors and classmates.

WHO DO I CONTACT IF I HAVE QUESTIONS?

You can email NewHeightsDanceTampa@gmail.com or text 813-522-8221

Cassie will be on site all weekend and available for questions as well