



Your Stage. Our Stage. One Stage.

DANCE TRAINING PACKAGES FOR KIDS & TEENS

Four ways to bring your dancer into the spotlight — from recreational exploration to dedicated, competition-ready training. Every package includes a schedule built around your dancer's assigned classes.



FOR EXPLORERS

STAGE REC

\$175

PER MONTH

1 day / week · 2 classes

A lighter-touch introduction for recreational dancers who want quality training without a big weekly commitment.

- ✦ Training 1 day per week, 2 classes included
- ✦ Technique, movement & confidence building
- ✦ Ideal for first-timers and casual dancers
- ✦ Low-pressure environment to explore interest in dance

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FOR BEGINNERS

STAGE 1

\$250

PER MONTH

2 days / week

Builds a strong foundation for beginner-level dancers who are ready for a regular training rhythm.

- ✦ Training 2 days per week
- ✦ Technique & movement development
- ✦ Confidence & performance training
- ✦ Classes based on dancer's assigned schedule

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MOST BOOKED



FOR GROWING DANCERS

STAGE 2

\$350

PER MONTH

3 days / week

For dancers ready to commit to consistent training, more variety, and faster growth.

- ✦ Training 3 days per week
- ✦ Expanded technique & performance training
- ✦ Increased class variety
- ✦ Classes based on dancer's assigned schedule

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FOR DEDICATED DANCERS

STAGE 3

\$450

PER MONTH

4 days / week

The highest level of weekly training for dancers pursuing serious growth and stage-readiness.

- ✦ Training 4 days per week
- ✦ Advanced technique & performance development
- ✦ Increased training hours & class variety
- ✦ Classes based on dancer's assigned schedule

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Not sure which stage fits your dancer? Our team places every dancer into a class schedule based on age, level, and goals — a quick conversation with us helps you choose between recreational, foundational, and advanced tracks before you enroll.

STAGE STUDIOS

Call or text [301-500-4010](tel:301-500-4010) · 844-STAGEMD · DMV Area, Maryland