

Individual Syllabus Events

Pee Wee Syllabus

Pee Wee Syllabus Latin (CC)
Pee Wee Newcomer Rhythm (Sw)

Elementary Syllabus

Elementary Newcomer Rhythm (Sw)
Elementary Bonus Rhythm (CC)
Elementary Syllabus Smooth (T)
Elementary Syllabus Latin (S)
Elementary Syllabus Ballroom (W)

Junior High Syllabus

Junior High Newcomer Rhythm (Sw)
Junior High Bonus Syllabus Rhythm (CC)
Junior High Syllabus Smooth (T)
Junior High Syllabus Latin (S)
Junior High Syllabus Ballroom (W)

High School Syllabus

High School Newcomer Rhythm (Sw)
High School Bonus Syllabus Rhythm (CC)
High School Syllabus Smooth (T)
High School Syllabus Latin (R)
High School Syllabus Ballroom (QS)
Extreme Only Gold Class Event (R)

Additional Syllabus Events

Elementary Solo Ladies Samba
Elementary Solo Ladies Swing
Junior High Solo Ladies Samba
Junior High Solo Ladies Swing
High School Solo Ladies Samba
High School Solo Ladies Swing
Old-Fashioned Christmas Swing Event

*****For our old-fashioned swing dance off, choose your own partner including siblings, parents, coaches, etc. REGISTRATION NECESSARY! All couples will dance at the same time, and if you are tapped on the shoulder by a judge, you've been cut and need to exit the floor. The last 3 couples dancing will receive a ribbon!***

*****Our West Coast Swing event is open to any male/female combination of Youth/Adult couples (parents and coaches welcome)!***

*****To register for Youth Cabaret, we will need a video of the couple performing their routine in their costumes submitted to studio@extremeballroom.com no later than November 10th, 2026. We will inform you if you made the finals by November 14th.***

Individual Open Events

Pre-teen Open

Pre-teen Open Ballroom (W/T/V/F/Q)
Pre-teen Open Latin (C/S/R/P/J)

Junior Open

Junior Pre-Champ Latin (C/S/R)
Junior Pre-Champ Ballroom (W/T/Q)
Junior Pre-Champ Smooth (W/T/F)

Junior Open Ballroom (W/T/V/F/Q)
Junior Open Latin (C/S/R/P/J)
Junior Open Smooth (W/T/F/V)
Junior Open Rhythm (C/R/S/B/M)

Junior/Youth Open

All-Ladies Pre-Champ Latin (CC/S/R)

Youth Open

Youth Novice Latin (S/R)
Youth Novice Ballroom (W/Q)
Youth Novice Smooth (W/F)

Youth Pre-Champ Latin (C/S/R)
Youth Pre-Champ Ballroom (W/T/Q)
Youth Pre-Champ Smooth (W/T/F)

Youth Open Latin (C/S/R/P/J)
Youth Open Ballroom (W/T/V/F/Q)
Youth Open Rhythm (C/R/S/B/M)
Youth Open Smooth (W/T/F/V)
Youth Cabaret **up to 8 couple final

Youth/Adult West Coast Swing

Adult Open Events

Adult Pre-Champ Latin (C/S/R)
Adult Pre-Champ Ballroom (W/T/Q)
Adult Pre-Champ Smooth (W/T/F)

Adult Champ Latin (C/S/R/P/J)
Adult Champ Ballroom (W/T/V/F/Q)
Adult Champ Smooth (W/T/F/V)

*****No team events this year, plan on next year!***