

Classes 2023 / 2024

Junior School
Parent& Tot, Creative Movement, Pre-Ballet, Pre-Primary & Primary
(18months -6yrs old)

Attend once per week.

Dancers must be the minimum age requirement by Oct 31 .

5yr& 6yr old students may also add **Beginner Jazz** and **Hip Hop** to their program.

CLASS	AGE	DAY	TIME	TEACHER
PARENT AND TOT	18 ^{MTH} -2	SATURDAY	9:00-9:30	RaZ
CREATIVE MOVEMENT	3	SATURDAY	9:00-9:45	NO
PRE- BALLET	4	SATURDAY	9:45-10:30	NO
PRE- BALLET	4	WEDNESDAY	4:45-5:30	EC
PRE-PRIMARY	5	SATURDAY	9:30-10:30	RaZ
PRE-PRIMARY	5	WEDNESDAY	5:30-6:15	JR
PRIMARY	6	SATURDAY	9:30-10:30	JC
PRIMARY	6	THURSDAY	5:00-6:00	MAS
BEGINNER JAZZ (PRE-PRIMARY / PRIMARY)	5/6	SATURDAY	10:30-11:30	BM
HIP HOP BEGINNER (5-7years)	5-7	MONDAY	4:45-5:45	LM

LOWER SCHOOL

Level 1

Dancers attend Ballet (2x per week) and may add jazz and Hip hop to their program.

CLASS	AGE	DAY	TIME	TEACHER
BALLET GRADE 1	7	SATURDAY	10:30-11:30	JC
BALLET GRADE 1	7	MONDAY	5:45-6:45	CJ
JAZZ 1	7-8	SATURDAY	11:30-12:30	BM
HIP HOP BEGINNER (5-7)	5-7	MONDAY	4:45-5:45	LM

Level 2				
Dancers attend Ballet (2x per week) and may add jazz and Hip hop to their program.				
<i>CLASS</i>	<i>AGE</i>	<i>DAY</i>	<i>TIME</i>	<i>TEACHER</i>
BALLET GRADE 2	8	SATURDAY	10:30-11:45	MAS
BALLET GRADE 2	8	WEDNESDAY	6:15-7:30	JR
JAZZ 2	8	SATURDAY	11:45-12:45	JC
HIP HOP JUNIOR (8-11)	8 - 11	MONDAY	6:45-7:45	NM
Level 3				
Dancers attend Ballet (2x per week)				
<i>CLASS</i>	<i>AGE</i>	<i>DAY</i>	<i>TIME</i>	<i>TEACHER</i>
BALLET GRADE 3	9	SATURDAY	11:45-1:00	MAS
BALLET GRADE 3	9	MONDAY	4:30-5:45	CJ
MODERN 3	9	MONDAY	5:45-6:45	NM
JAZZ 3	9	SATURDAY	1:00-2:00	JC
HIP HOP JUNIOR (8-11)	8-11	MONDAY	6:45-7:45	NM

Level 4

Dancers attend Ballet (2x per week)

Dancers in Youth Performance Class 1 Require: 2 Ballet , 1Jazz, 1Modern, 1yoga , performance class .

Dancers are invited into YPC by the Director when she feels they are technically ready.

<i>CLASS</i>	<i>AGE</i>	<i>DAY</i>	<i>TIME</i>	<i>TEACHER</i>
BALLET GRADE 4	10	THURSDAY	4:30-6:00	CJ
BALLET GRADE 4	10	WEDNESDAY	4:30-6:00	MAS
MODERN 4	10	THURSDAY	6:00-7:00	JB
JAZZ 4	10	WEDNESDAY	6:15-7:15	LC
HIP HOP JUNIOR (8-11)	8-11	MONDAY	6:45-7:45	NM
YOGA(Performance 1)		SUNDAY	10:30-11:30	RZ
PERFORMANCE CLASS 1 By invite		SUNDAY	9:30-10:30	MAS

Level 5

Dancers attend Ballet (2-3x per week).

Dancers INVITED into Performance Class 1 Require: 2 Ballet , 1Jazz, 1Modern, yoga, performance class

Dancers are invited into YPC by the Director when they are technically ready.

<i>CLASS</i>	<i>AGE</i>	<i>DAY</i>	<i>TIME</i>	<i>TEACHER</i>
BALLET GRADE 5	11	THURSDAY	6:00-7:30	CJ
BALLET GRADE 5		WEDNESDAY	6:00-7:30	MAS
JAZZ 5		WEDNESDAY	7:30-8:30	LC
MODERN 5		THURSDAY	5:00-6:00	JB
HIP HOP Jr 8-11yrs		MONDAY	6:45-7:45	AB
Yoga (performance 1)		SUNDAY	10:30-11:30	RZ
PERFORMANCE CLASS 1 by invitation		SUNDAY	9:30-10:30	MAS

UPPER SCHOOL

Level 6

*** new program 2023 ***

TEEN BEGINNER

Intermediate Foundation level

For dancers just beginning with little to no experience or attending 1x per week .
Lead by senior faculty

<i>CLASS</i>	<i>AGE</i>	<i>DAY</i>	<i>TIME</i>	<i>TEACHER</i>
TEEN BALLET Intermediate Foundation	11+	WEDNESDAY	7:30-8:30	MAS
TEEN LYRICAL JAZZ	11	WEDNESDAY	8:30-9:30	LC
HIP HOP SENIOR (11-14)	11-14	TUESDAY	5:00-6:00	GS

UPPER SCHOOL

Level 8

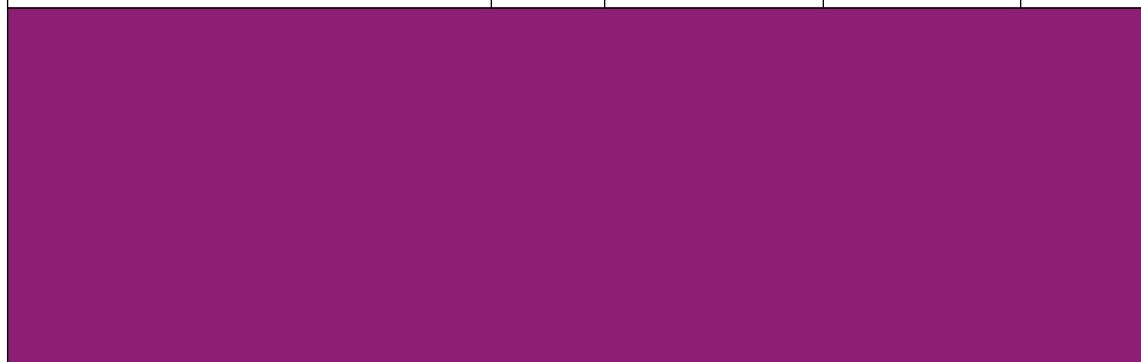
Intermediate

Dancers attend Ballet (2-4x per week).

Dancers Participating in Performance Class 2 Require:
3 Ballet, 1 Pointe Conditioning , 1 yoga , 1jazz, 1Modern,1 performance class, 1 Classical Variations

<i>CLASS</i>	<i>AGE</i>	<i>DAY</i>	<i>TIME</i>	<i>TEACHER</i>
BALLET INTERMEDIATE	12	SUNDAY	10:45-12:15	MAS
BALLET INTERMEDIATE		SATURDAY	12:30-2:00	CJ
BALLET INTERMEDIATE		THURSDAY	7:00-8:30	JB
INTERMEDIATE POINTE & CONDITIONING		THURSDAY	6:00-6:45	MAS
MODERN INTERMEDIATE		TUESDAY	5:00-6:00	LC
MODERN INTERMEDIATE		TUESDAY	6:00-7:00	LC
JAZZ INTERMEDIATE		TUESDAY	6:00-7:00	JC
JAZZ INTERMEDIATE		SATURDAY	2:00-3:00	JC
SENIOR HIP HOP (11-14)		TUESDAY	5:00-6:00	GS
YOGA(Performance 2)		SUNDAY	9:30-10:30	RZ

Performance 2		SUNDAY	12:30-1:30	JR
Classical Variations 1		SUNDAY	1:30-2:30	JR
Classical Variations 2 (INTER YR 2)		SUNDAY	1:45-2:45	MAS/CJ



Advanced Foundation = Level 9

Dancers attend Ballet (3-4 x per week).

Dancers participating in CDTS must be invited by the Artistic Director

CDTS Requires:

3 ballet, 1 pointe Conditioning, 1 Classical Variations, 1Jazz, 1Modern
(dancers in this level may combine Advanced foundation & Advance 1 ballet levels)

<i>CLASS</i>	<i>AGE</i>	<i>DAY</i>	<i>TIME</i>	<i>TEACHER</i>
BALLET ADVANCED FOUNDATION	13	MONDAY	7:30-9:30	CJ
BALLET ADVANCED FOUNDATION		SATURDAY	2:00-3:30	CJ
ADVANCED FOUNDATION & ADVANCED 1 POINTE/ CONDITIONING		MONDAY	6:45-7:30	CJ
JAZZ ADVANCED FOUNDATION		TUESDAY	7:00-8:15	LC
MODERN ADVANCED FOUNDATION		TUESDAY	8:15-9:30	GS
CLASSICAL VARIATIONS 2 / 3		SUNDAY	1:45-2:45	MAS/CJ
Advanced Hip Hop 14+with PREVIOUS DANCE TRAINING	14+	TUESDAY	6:00-7:00	GS

*CDTS rehearsal time Saturday 3:30-5:00 & Sunday 3:00-5:00



Advanced 1 = Level 10

Dancers attend Ballet (3-4 x per week).
Dancers participating in CDTS must be invited by the Artistic Director

CDTS Requires:
3 ballet, 1 pointe Conditioning, 1 Classical Variations, 1Jazz, 1Modern
(dancers in this level may combine Advanced foundation & Advance 1 ballet levels)

<i>CLASS</i>	<i>AGE</i>	<i>DAY</i>	<i>TIME</i>	<i>TEACHER</i>
BALLET Advanced 1	14	THURSDAY	7:30-9:30	CJ
BALLET Advanced 1		SUNDAY	12:15-1:45	CJ
Advanced 1 pointe & CONDITIONING		SUNDAY	11:00-12:00	CJ
Advanced 1 & 2 pointe & CONDITIONING		THURSDAY	6:45-7:30	MAS
JAZZ Advanced 1		TUESDAY	7:00-8:15	JC
MODERN Advanced 1		TUESDAY	8:15-9:30	LC
CLASSICAL VARIATIONS 2 / 3		SUNDAY	1:45-2:45	MAS/CJ
Advanced Hip Hop 14+with PREVIOUS DANCE TRAINING	14	TUESDAY	6:00-7:00	GS

*CDTS rehearsal time Saturday 3:30-5:00 & Sunday 3:00-5:00

Advanced 2 = Level 11

Dancers attend Ballet (3x per week).
Dancers participating in CDTS must be invited by the Artistic Director

CDTS Requires:
3 ballet, 1-2 pointe Conditioning, 1 Classical Variations, 1Jazz, 1Modern

CLASS	AGE	DAY	TIME	TEACHER
BALLET Advanced 2	15	SUNDAY	12:15-1:45	MAS
BALLET Advanced 2		SATURDAY	2:00-3:30	MAS
BALLET Advanced 2		THURSDAY	7:30-9:30	MAS
Adv 2 Pointe & CONDITIONING		SATURDAY	1:00-2:00	MAS
ADV 1 & Adv 2 Pointe & CONDITIONING		THURSDAY	6:45-7:30	MAS
JAZZ Advanced 2		TUESDAY	8:15-9:30	JC
MODERN Advanced 2		TUESDAY	7:00-8:15	GS
Advanced Hip Hop 14+with PREVIOUS DANCE TRAINING	14+	TUESDAY	6:00-7:00	GS
CLASSICAL VARIATIONS 2/ 3		SUNDAY	1:45-2:45	MAS/CJ
*CDTS rehearsal time Saturday 3:30-5:00 & Sunday 3:00-5:00				

Private/ Semi Private 1 hour All level Ballet Sessions
available by appointment *need 1 weeks notice*
(September -April)

Wednesdays 8:30pm (Micaela) /
Fridays 5pm, 6pm, 7pm (Micaela / Carol)
Sundays 10am (Carol)