

Contact us:

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Email :

DIRECTOR : Micaela Archer-Shee : [director@coastaldance.ca](mailto:director@coastaldance.ca)

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Website : [www.coastaldance.ca](http://www.coastaldance.ca)

Instagram : @coastal.dance

FACULTY 2023/2024

MAS: Micaela Archer-Shee ARAD RAD RTS(Owner / Director)

JB: Julia Barkhouse

JC: Julia Colpitts BEd,BSc

LC: Leah Cousins

CJ: Carol Jedidi RBS RAD RTS

JR: Jenna Robinson BSc

BM: Brooklyn Mace

NM: Noah MacLean

LM: Lexi Mouat

NO: Norah O'Keefe

GS: Georgia Skinner

RaZ Rachael Zwicker

RZ: Robyn Zwicker BEd, BPE,MEd,CYT

Saturday Front Desk Receptionist : Robyn Zwicker



**FULL SCHEDULE  
2023/24**

Updated: Sept 18  
Subject to change

SATURDAY			SUNDAY		
STUDIO 1	STUDIO 2	STUDIO 3	STUDIO 1	STUDIO 2	STUDIO 3
	9:00-9:45 CREATIVE MOVEMENT NO	9:00-9:30 Parent & tot RaZ	ALL SUNDAY classes are reserved for registration of Performance Class & CDTs Company dancers. Entrance ONLY BY INVITATION of the Director.		
9:30-10:30 PRIMARY JC	9:45-10:30 PRE BALLET NO	9:30-10:30 PRE PRIMARY RaZ	9:30-10:30 PERFORMANCE 2 YOGA RZ	9:30-10:30 PERFORMANCE 1 MAS	10:00-11:00 PRIVATE BALLET SESSIONS CJ
10:30-11:30 BALLET GRADE 1 JC	10:30-11:45 BALLET GRADE 2 MAS	10:30-11:30 BEGINNER JAZZ BM	10:30-11:30 PERFORMANCE 1 YOGA RZ	10:45-12:15 INTERMEDIATE BALLET MAS	11:00-12:00 ADVANCED 1 POINTE CONDITIONING CJ
11:45-12:45 JAZZ 2 JC	11:45-1:00 BALLET GRADE 3 MAS	11:30-12:30 JAZZ 1 BM	11:30-12:30 PERFORMANCE 1 JR	12:15-1:45 ADVANCED 2 BALLET MAS / CJ	12:15-1:45 ADVANCED 1 BALLET CJ / MAS
1:00-2:00 JAZZ 3 JC	1:00-2:00 ADVANCED 2 POINTE CONDITIONING MAS	12:30-2:00 INTERMEDIATE BALLET CJ	12:30-1:30 PERFORMANCE 2 JR	1:30-2:30 CLASSICAL VARIATIONS 1	1:45-2:45 CLASSICAL VARIATIONS 2&3 MAS/CJ
2:00-3:00 INTERMEDIATE JAZZ JC	2:00-3:30 ADVANCED 2 BALLET MAS / CJ	2:00-3:30 ADVANCED FOUNDATION CJ / MAS			
					CDT Rehearsal 2:45-4:45
					CDT Rehearsal 3:30-5:30

	MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY								
	STUDIO 1	STUDIO 2	STUDIO 3	STUDIO 1	STUDIO 2	STUDIO 3	STUDIO 1	STUDIO 2	STUDIO 3	STUDIO 1	STUDIO 2	STUDIO 3	STUDIO 1	STUDIO 2	STUDIO 3						
4:30			4:30-5:45						4:30-6:00			4:30-6:00									
4:45		4:45-5:45 HIP HOP BEGINNER LM	BALLET GRADE 3 CJ						BALLET GRADE 4	5:00-6:00 MODERN 5	5:00-6:00 PRIMARY	BALLET GRADE 4	Private/ Semi Private 1hr Sessions								
5:00				5:00-6:00 INTERMEDIATE MODERN LC	5:00-6:00 SENIOR HIP HOP		5:15-6:00 PRE BALLET EC	5:30-6:15 PRE PRIMARY JR	MAS				available by appointment (September -April)								
5:15					GS					6:00-7:00 MODERN 4	6:00-6:45 INTERMEDIATE POINTE CONDITIONING MAS		Wednesdays 8:30pm (Micaela)								
5:30							6:15-7:30 BALLET GRADE 2 JR	6:15-7:15 JAZZ 4 LC	6:00-7:30 BALLET GRADE 5 MAS		6:00-7:30 MODERN 4	6:45-7:30 ADV 1 & ADV 2 POINTE MAS	BALLET GRADE 5	Fridays 5pm, 6pm, 7pm (Micaela / Carol)							
5:45		5:45-6:45 MODERN 3 NM	BALLET GRADE 1 CJ	6:00-7:00 INTERMEDIATE MODERN LC	6:00-7:00 ADVANCED HIP HOP	6:00-7:00 INTERMEDIATE JAZZ JC								Sundays 10am (Carol) Sundays 11:30 (Jenna )							
6:00					GS									Contact Micaela : Director@coastaldance.ca							
6:15																					
6:30		6:45-7:45 HIP HOP JUNIOR NM	6:45-7:30 ADVANCED FOUNDATION POINTE CONDITIONING CJ	7:00-8:15 ADVANCED MODERN LC	7:00-8:15 ADVANCED 2 MODERN GS	7:00-8:15 ADVANCED 1 JAZZ JC		7:30-8:30 JAZZ 5 LC	7:30-8:30 TEEN BALLET INTERMEDIATE FOUNDATION MAS	INTERMEDIATE BALLET JB		7:30-9:30 ADVANCED 2 MAS	7:30-9:30 ADVANCED 1 BALLET CJ								
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	MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY			SUNDAY		