

Contact us:
 Studio Location: 114 Woodlawn Plaza Dartmouth, N.S.
 Phone: 902-452-7114
 Email :
 DIRECTOR : Micaela Archer-Shee : director@coastaldance.ca
 ADMINISTRATION: Elizabeth Keating : admin@coastaldance.ca
 Website : www.coastaldance.ca
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FACULTY 2024/2025

MAS: Micaela Archer-Shee ARAD RAD RTS(Owner / Director)
 JB: Julia Barkhouse
 JC: Julia Colpitts BEd,BSc
 LC: Leah Cousins
 OG: Olivia Grimard
 CJ: Carol Jedidi RBS RAD RTS
 JR: Jenna Robinson BSc
 BM: Brooklyn Mace
 LM: Liv MacLean
 AM: Axel Mouat
 NO: Norah O'Keefe
 GS: Georgia Skinner
 RZ: Robyn Zwicker BEd, BPE,Med,CYT
 AP: Saturday Front Desk Receptionist (9am-12pm) : Arienne Palmer

**FULL SCHEDULE
2024 / 2025**

**Updated:September 17
Subject to change**

SATURDAY			SUNDAY		
STUDIO 1	STUDIO 2	STUDIO 3	STUDIO 1	STUDIO 2	STUDIO 3
9:00-9:45 CREATIVE MOVEMENT OG	9:00-9:30 Parent & tot NO	9:15-10:15	9:30-10:30 YOGA PERFORMANCE 1 RZ	9:15-10:00 PBT BODY CONDITIONING Performance 2 MAS	9:00 9:15 9:30 9:45 10:00 10:15 10:30 10:45 11:00 11:15 11:30
9:45-10:30 PRE BALLET NO	9:30-10:30 PRIMARY MAS	10:15-11:30 BALLET GRADE 2 JC	10:30-11:30 PERFORMANCE 1 JR	10:00-11:30 INTERMEDIATE FOUNDATION BALLET MAS	11:30-12:30 JAZZ 1 BM
10:30-11:30 BEGINNER JAZZ 1 BM	10:30-11:30 BALLET GRADE 1 MAS	11:30-12:30 JAZZ 2/3 JC	11:30-12:30 PERFORMANCE 2 JR	11:45-12:30 PBT BODY CONDITIONING INTERMEDIATE-ADVANCED 2 MAS / CJ	11:45 12:00 12:15 12:30 12:45 1:00 1:15 1:30 1:45 2:00 2:15 2:30 2:45 3:00 3:15 3:30 3:45 4:00 4:15 4:30 4:45 5:00 5:15 5:30 5:45 6:00
11:30-12:30 JAZZ 1 BM	11:45-12:30 INTERMEDIATE FOUNDATION POINTE MAS	12:30-2:00 BALLET GRADE 3 CJ	12:30-2:00 INTERMEDIATE BALLET JR	12:30-2:00 ADVANCED 2 BALLET MAS	12:30-2:00 ADVANCED 1 BALLET CJ
12:45-1:45 ADV FOUNDATION / ADV 1 POINTE JC	12:30-2:00 INTERMEDIATE FOUNDATION BALLET MAS	2:00-3:30 BALLET GRADE 2 MAS	2:00-3:30 BALLET GRADE 3 CJ	2:00-3:00 INTERMEDIATE - ADVANCED 2 CLASSICAL VARIATIONS MAS / CJ / JR	2:00 2:15 2:30 2:45 3:00 3:15 3:30 3:45 4:00 4:15 4:30 4:45 5:00 5:15 5:30 5:45 6:00
2:00-3:30 BALLET ADVANCED 1 JR	2:00-3:30 ADVANCED 2 BALLET MAS	2:00-3:30 BALLET ADVANCED FOUNDATION CJ	CDT Rehearsal 3:30-5:30		
CDT Rehearsal 3:30-5:30			CDT Rehearsal 3:00-5:00		
Private/ Semi Private 1hr Sessions available by appointment Contact Micaela : Director@coastaldance.ca			ALL SUNDAY CLASSES are reserved for Performance Classes & CDTs Company dancers. Entrance ONLY BY INVITATION of the Director.		
Monday 5pm 7:15pm, 8:15pm(Micaela) Wednesday 7:45pm (Jenna) Fridays 5pm, 6pm, 7pm (Micaela / Carol)					
STUDIO 1	STUDIO 2	STUDIO 3	STUDIO 1	STUDIO 2	STUDIO 3

	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			4:30-6:00 BALLET GRADE 5 CJ						4:30-6:00 BALLET GRADE 4 MAS												
4:45																					
5:00	5:00-6:00 MODERN 4 LM			5:00-6:00 INTERMEDIATE FOUNDATION MODERN LC	5:00-6:00 INTERMEDIATE MODERN GS	5:15-6:00 PRE PRIMARY NO	5:00-5:45 CREATIVE MOVEMENT / PRE BALLET JR	5:00-6:00 JAZZ 5 BM		5:15-6:15 PRIMARY OG	5:00-6:30 BALLET GRADE 3 MAS	5:00-6:00 BALLET GRADE 1 CJ	Private/ Semi Private 1hr Sessions available by appointment Contact Micaela : Director@coastaldance.ca								
5:15													Monday 5pm 7:15pm, 8:15pm(Micaela) Wednesday 7:45pm (Jenna) Fridays 5pm, 6pm, 7pm (Micaela / Carol)								
5:30				6:00-7:00 INTERMEDIATE JAZZ LC	6:00-7:00 ADVANCED HIP HOP GS	6:00-7:00 INTERMEDIATE FOUNDATION JAZZ JC	6:00-7:30 BALLET GRADE 5 JR	6:00-7:00 JAZZ 4 BM	6:00-7:15 BALLET GRADE 2 MAS	6:15-7:15 Beginner Hip Hop AM	6:30-7:30 MODERN 3 MAS	6:00-7:30 INTERMEDIATE FOUNDATION BALLET CJ									
5:45																					
6:00																					
6:15	6:15-7:15 SENIOR HIP HOP LM	6:15-7:15 MODERN 5 JB	6:00-7:30 BALLET GRADE 4 CJ					6:00-7:30 JAZZ 4 BM													
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	MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY			SUNDAY		