

**CLASSES**

**Winter / Spring 2025**

**JUNIOR SCHOOL (18MONTHS -6YRS OLD)**

PARENT& TOT, CREATIVE MOVEMENT, PRE-BALLET, PRE-PRIMARY & PRIMARY, BEGINNER JAZZ & HIP HOP

ATTEND ONCE PER WEEK.

**DANCERS MUST BE THE MINIMUM AGE REQUIREMENT BY OCT 31.**

5YR& 6YR OLD STUDENTS MAY ALSO ADD **BEGINNER JAZZ & HIP HOP** TO THEIR PROGRAM.

<i>CLASS</i>	<i>AGE</i>	<i>DAY</i>	<i>TIME</i>	<i>TEACHER</i>
PARENT AND TOT	18MTH-2	SAT	9:00-9:30	NO
CREATIVE MOVEMENT	3	SAT	9:00-9:45	OG
CREATIVE / PRE_ BALLET	3	WED	5:00-5:45	JR
PRE- BALLET	4	SAT	9:45-10:30	NO
PRE-PRIMARY ( Usually PRIMARY IN SCHOOL)	5	TUES	5:15-6:00	NO
PRE-PRIMARY ( Usually PRIMARY IN SCHOOL)	5	SAT	9:15-10:15	JC
PRIMARY ( Usually gr 1 IN SCHOOL)	6	SAT	9:30-10:30	MAS
PRIMARY ( Usually gr 1 IN SCHOOL)	6	THURS	5:15-6:15	OG
HIP HOP BEGINNER (5-7YEARS)	5-7	THURS	6:15-7:15	AM
BEGINNER JAZZ (PRE-PRIMARY / PRIMARY)	5/6	SAT	10:30-11:30	BM

**LOWER SCHOOL**

**LEVEL 1**

DANCERS ATTEND BALLET (2X PER WEEK) / & MAY ADD JAZZ AND HIP HOP TO THEIR PROGRAM.

**INTENSIVE TRAINING PROGRAM** DANCERS PARTICIPATE IN FULL PROGRAM

<i>CLASS</i>	<i>AGE</i>	<i>DAY</i>	<i>TIME</i>	<i>TEACHER</i>
BALLET GRADE 1 ( Usually Gr 2 IN SCHOOL)	7	MON	5:00-6:00	MAS
BALLET GRADE 1 ( Usually Gr 2 IN SCHOOL)	7	THURS	5:00-6:00	CJ
HIP HOP BEGINNER (5-7YEARS)	5-7	THURS	6:15-7:15	AM
BALLET GRADE 1 ( Usually Gr 2 IN SCHOOL)	7	SAT	10:30-11:30	MAS
JAZZ 1	7-8	SAT	11:30-12:30	BM

**LEVEL 2**

DANCERS ATTEND BALLET (2X PER WEEK) / & MAY ADD JAZZ AND HIP HOP TO THEIR PROGRAM.

**INTENSIVE TRAINING PROGRAM** DANCERS PARTICIPATE IN FULL PROGRAM

<i>CLASS</i>	<i>AGE</i>	<i>DAY</i>	<i>TIME</i>	<i>TEACHER</i>
BALLET GRADE 2 ( Usually Gr 3 IN SCHOOL)	8	WED	6:00-7:15	MAS
BALLET GRADE 2 ( Usually Gr 3 IN SCHOOL)	8	SAT	10:15-11:30	JC
JAZZ 2 / 3	8 - 10	SAT	11:30-12:30	JC
HIP HOP JUNIOR (8-11) (ITP OPTIONAL)	8 - 11	THURS	7:30-8:30	AM

**LEVEL 3**

DANCERS ATTEND BALLET (2X PER WEEK) / MODERN, JAZZ , HIP HOP, 1X PER WEEK

**INTENSIVE TRAINING PROGRAM** DANCERS PARTICIPATE IN FULL PROGRAM AND MAY BE INVITED TO JOIN YOUTH PERFORMANCE CLASS (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 3	9	THURS	5:00-6:30	MAS
MODERN 3	9	THURS	6:30-7:30	MAS
HIP HOP JUNIOR (8-11) (ITP OPTIONAL)	8 - 11	THURS	7:30-8:30	AM
JAZZ 2 / 3	8 - 11	SAT	11:30-12:30	JC
BALLET GRADE 3	9	SAT	12:30-2	CJ
YOGA (YPC 1)	8	SUN	9:30-10:30	RZ
YOUTH PERFORMANCE CLASS 1 (YPC)BY INVITATION GRADES 3-4	8-11	SUN	10:30-11:30	JR

**LEVEL 4**

DANCERS ATTEND BALLET (2X PER WEEK) / MODERN, JAZZ , HIP HOP 1X PER WEEK

**INTENSIVE TRAINING PROGRAM** DANCERS PARTICIPATE IN FULL PROGRAM AND MAY BE INVITED TO JOIN YOUTH PERFORMANCE CLASS (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>
MODERN 4	10	MON	5:00-6:00	LM
BALLET GRADE 4	10	MON	6:00-7:30	CJ
BALLET GRADE 4	10	WED	4:30-6:00	MAS
JAZZ 4	10	WED	6:00-7:00	BM
HIP HOP JUNIOR (8-11) (ITP OPTIONAL)	8 - 11	THURS	7:30-8:30	AM

YOGA (YPC 1)	8	SUN	9:30-10:30	RZ
YOUTH PERFORMANCE CLASS 1 (YPC)BY INVITATION GRADES 3-4	8 - 11	SUN	10:30-11:30	JR

**LEVEL 5**

DANCERS ATTEND BALLET (2X PER WEEK) / MODERN, JAZZ , HIP HOP, YOGA 1X PER WEEK

**INTENSIVE TRAINING PROGRAM** PARTICIPATE IN FULL PROGRAM & MAY BE INVITED TO JOIN YOUTH PERFORMANCE CLASS (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 5	11	MON	4:30-6:00	CJ
MODERN 5		MON	6:15-7:15	JB
HIP HOP SENIOR (11-14) (ITP OPTIONAL)	11-14	MON	6:15-7:15	LM
JAZZ 5		WED	5:00-6:00	BM
BALLET GRADE 5		WED	6:00-7:30	JR
POINTE CONDITIONING (PERFORMANCE 2)		SUN	9:15-10:00	MAS
YOUTH PERFORMANCE CLASS 2(YPC) BY INVITATION		SUN	11:30-12:30	JR

**TEEN RECREATIONAL PROGRAM**

FOR DANCERS JUST BEGINNING WITH LITTLE TO NO EXPERIENCE OR ATTENDING 1X PER WEEK .

<i>CLASS</i>	<i>AGE</i>	<i>DAY</i>	<i>TIME</i>	<i>TEACHER</i>
HIP HOP SENIOR (11-14) (ITP OPTIONAL)	11-14	MON	6:15-7:15	LM
TEEN BALLET	12	WED	7:00-8:00	BM
TEEN JAZZ	12	WED	8:00-9:00	BM

**UPPER SCHOOL**

**LEVEL 6  
INTERMEDIATE FOUNDATION  
BALLET (2-3X PER WEEK)**

POINTE, MODERN, JAZZ, HIP HOP, BODY CONDITIONING 1X PER WEEK

(DANCERS MAY COMBINE BALLET LEVELS TO AUGMENT THEIR PROGRAM BUT MUST SPEAK WITH DIRECTOR FIRST)

**INTENSIVE TRAINING PROGRAM:** PARTICIPATE IN FULL PROGRAM & MAY BE INVITED TO JOIN EITHER YOUTH PERFORMANCE CLASS (YPC) OR CDTS 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>
HIP HOP SENIOR (11-14) (ITP OPTIONAL)	11-14	MON	6:15-7:15	LM
MODERN INTERMEDIATE FOUNDATION		TUES	5:00-6:00	LC
JAZZ INTERMEDIATE FOUNDATION		TUES	6:00-7:00	JC
BALLET INTERMEDIATE FOUNDATION		THURS	6:00-7:30	CJ
INTERMEDIATE FOUNDATION POINTE		SAT	11:45-12:30	MAS
BALLET INTERMEDIATE FOUNDATION		SAT	12:30-2:00	MAS
POINTE CONDITIONING (PERFORMANCE 2)		SUN	9:15-10:00	MAS
BALLET INTERMEDIATE FOUNDATION		SUN	10:00-11:30	MAS
YOUTH PERFORMANCE CLASS 2 (YPC) BY INVITATION		SUN	11:30-12:30	JR

**UPPER SCHOOL**

**LEVEL 7  
INTERMEDIATE**

DANCERS ATTEND BALLET (2-3X PER WEEK),

POINTE, CLASSICAL VARIATIONS, CONDITIONING, MODERN , JAZZ, HIP HOP, 1X PER WEEK

(DANCERS MAY COMBINE BALLET LEVELS TO AUGMENT THEIR PROGRAM BUT MUST SPEAK WITH DIRECTOR FIRST)

**INTENSIVE TRAINING PROGRAM** PARTICIPATE IN FULL PROGRAM & MAY BE INVITED TO JOIN EITHER YOUTH PERFORMANCE CLASS (YPC) OR CDTS 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>
HIP HOP SENIOR (11-14) (ITP OPTIONAL)	11-14	MON	6:15-7:15	LM
BALLET INTERMEDIATE		MON	7:30-9:30	CJ
MODERN INTERMEDIATE		TUES	5:00-6:00	GS
JAZZ INTERMEDIATE		TUES	6:00-7:00	LC
INTERMEDIATE POINTE		WED	7:15-8:00	MAS
BALLET INTERMEDIATE		WED	8:00-9:30	MAS
POINTE CONDITIONING INTERMEDIATE - ADVANCED 2		SUN	11:45-12:30	MAS /CJ
BALLET INTERMEDIATE		SUN	12:30-2:00	JR
CLASSICAL VARIATIONS		SUN	2:00-3:00	MAS / CJ / JR
CDTS BY INVITATION ONLY		SAT / SUN	SAT 3:30-5:30 SUN 3:00-5:00	MAS/CJ/JR

**LEVEL 8**

**ADVANCED FOUNDATION**

DANCERS ATTEND BALLET (3-4 X PER WEEK)

POINTE, CLASSICAL VARIATIONS, CONDITIONING MODERN, JAZZ, HIP HOP 1X PER WEEK

( DANCERS MAY COMBINE BALLET LEVELS TO AUGMENT THEIR PROGRAM BUT MUST SPEAK WITH DIRECTOR FIRST)

**INTENSIVE TRAINING PROGRAM** PARTICIPATE IN FULL PROGRAM AND MAY BE INVITED TO JOIN CDTS BY THE DIRECTOR WHEN SHE FEELS THEY ARE TECHNICALLY READY.

<i>CLASS</i>	<i>AGE 14+</i>	<i>DAY</i>	<i>TIME</i>	<i>TEACHER</i>
JAZZ ADVANCED FOUNDATION		TUES	7:00-8:15	LC
MODERN ADVANCED FOUNDATION		TUES	8:15-9:30	GS
ADVANCED HIP HOP 14+ WITH PREVIOUS DANCE TRAINING (ITP OPTIONAL)		TUES	6:00-7:00	GS
BALLET ADVANCED FOUNDATION		THURS	7:30-9:30	MAS
ADVANCED FOUNDATION/ ADV 1 POINTE		SAT	12:45-1:45	JC
BALLET ADVANCED FOUNDATION		SAT	2:00-3:30	CJ
POINTE CONDITIONING INTERMEDIATE- ADVANCED 2		SUN	11:45-12:30	MAS / CJ
BALLET ADVANCED 1		SUN	12:30-2:00	CJ
CLASSICAL VARIATIONS INTERMEDIATE - ADV 2		SUN	2:00-3:00	CJ/MAS/JR
CDTS BY INVITATION ONLY		SAT / SUN	SAT 3:30-5:30 SUN 3:00-5:00	MAS/CJ/JR

**LEVEL 9**

**ADVANCED 1**

DANCERS ATTEND BALLET (3-4 X PER WEEK)

POINTE, CLASSICAL VARIATIONS, CONDITIONING MODERN, JAZZ, HIP HOP 1X PER WEEK  
DANCERS PARTICIPATING IN CDTS MUST BE INVITED BY THE ARTISTIC DIRECTOR

**INTENSIVE TRAINING PROGRAM** PARTICIPATE IN FULL PROGRAM AND MAY BE INVITED TO JOIN CDTS BY THE DIRECTOR WHEN SHE FEELS THEY ARE TECHNICALLY READY.

<i>CLASS</i>	<i>AGE</i> 14+	<i>DAY</i>	<i>TIME</i>	<i>TEACHER</i>
ADVANCED HIP HOP 14+ WITH PREVIOUS DANCE TRAINING (ITP OPTIONAL)		TUES	6:00-7:00	GS
JAZZ ADVANCED 1		TUES	7:00-8:15	JC
MODERN ADVANCED 1		TUES	8:15-9:30	LC
BALLET ADVANCED 1		THURS	7:30-9:30	CJ
ADVANCED FOUNDATION/ ADV 1 POINTE		SAT	12:45-1:45	JC
BALLET ADVANCED 1		SATURDAY	2-3:30	JR
POINTE CONDITIONING INTERMEDIATE - ADVANCED 2		SUN	11:45-12:30	CJ
BALLET ADVANCED 1		SUN	12:30-2:00	CJ
CLASSICAL VARIATIONS INTERMEDIATE - ADVANCED 2		SUN	2:00-3:00	CJ/MAS
CDTS BY INVITATION ONLY		SAT / SUN	SAT 3:30-5:30 SUN 3:00-5:00	MAS/CJ/JR



**LEVEL 10****ADVANCED 2**

DANCERS ATTEND BALLET (3-4 X PER WEEK).

CLASSICAL VARIATIONS, MODERN, JAZZ, HIP HOP 1X PER WEEK  
 DANCERS PARTICIPATING IN CDTS MUST BE INVITED BY THE ARTISTIC DIRECTOR

(DANCERS MAY COMBINE BALLET LEVELS TO AUGMENT THEIR PROGRAM BUT MUST SPEAK WITH DIRECTOR FIRST)

CDTS REQUIRES:

3 BALLET, 1 POINTE, 1 JAZZ, 1MODERN, 1 BODY CONDITIONING, 1 CLASSICAL VARIATIONS,

<i>CLASS</i>	<i>AGE</i> 14+	<i>DAY</i>	<i>TIME</i>	<i>TEACHER</i>
BALLET ADVANCED 2		MON	7:15-9:15	JB
ADVANCED HIP HOP 14+ WITH PREVIOUS DANCE TRAINING (ITP OPTIONAL)		TUES	6:00-7:00	GS
MODERN ADVANCED 2		TUES	7:00-8:15	GS
JAZZ ADVANCED 2		TUES	8:15-9:30	JC
ADVANCED FOUNDATION/ ADV 1 POINTE (ITP OPTIONAL)		SAT	12:45-1:45	JC
BALLET ADVANCED 2		SAT	2:00-3:30	MAS
POINTE CONDITIONING INTERMEDIATE - ADVANCED 2		SUN	11:45-12:30	MAS / CJ
ADVANCED 2		SUN	12:30-2:00	MAS
CLASSICAL VARIATIONS 2 INTERMEDIATE - ADVANCED 2		SUN	2:00-3:00	CJ/MAS
CDTS BY INVITATION ONLY		SAT / SUN	SAT 3:30-5:30 SUN 3:00-5:00	MAS/CJ/JR