

CLASSES UPDATED MAY 23**Fall 2025 / Winter Spring 2026**

JUNIOR SCHOOL (18MONTHS -6YRS OLD) ATTEND ONCE PER WEEK.
PARENT & TOT, CREATIVE MOVEMENT, PRE-BALLET, PRE-PRIMARY & PRIMARY, BEGINNER JAZZ & HIP HOP

DANCERS MUST BE THE MINIMUM AGE REQUIREMENT BY OCT 31.
5YR & 6YR OLD STUDENTS MAY ALSO ADD **BEGINNER JAZZ & HIP HOP** TO THEIR PROGRAM.

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

LOWER SCHOOL

Grade 1

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

INTENSIVE TRAINING PROGRAM DANCERS PARTICIPATE IN FULL PROGRAM

| CLASS | AGE | DAY | TIME | TEACHER |
|---|-----|-----|-------------|---------|
| BALLET GRADE 1 (Usually Gr 2 IN SCHOOL) | 7 | WED | 4:45-6:00 | MAS |
| HIP HOP BEGINNER (5-7YEARS) | 5-7 | WED | 6:15-7:15 | AM |
| BALLET GRADE 1 (Usually Gr 2 IN SCHOOL) | 7 | SAT | 10:15-11:30 | JC |
| JAZZ 1 | 7-8 | SAT | 11:45-12:45 | BM |

LOWER SCHOOL

Grade 2

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

INTENSIVE TRAINING PROGRAM DANCERS PARTICIPATE IN FULL PROGRAM

| CLASS | AGE | DAY | TIME | TEACHER |
|---|-------|-----|-------------|---------|
| BALLET GRADE 2 (Usually Gr 3 IN SCHOOL) | 8 | MON | 4:30-5:45 | CJ |
| MODERN 2/3 | 9 | MON | 6:00-7:00 | MAS |
| HIP HOP JUNIOR (8-11) (ITP OPTIONAL) | 8 -11 | WED | 7:30-8:30 | AM |
| BALLET GRADE 2 (Usually Gr 3 IN SCHOOL) | 8 | SAT | 10:15-11:30 | MAS |
| JAZZ 2 | 8 -10 | SAT | 11:30-12:30 | JC |

LOWER SCHOOL**Grade 3**

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

INTENSIVE TRAINING PROGRAM DANCERS PARTICIPATE IN FULL PROGRAM

| CLASS | AGE | DAY | TIME | TEACHER |
|--------------------------------------|-------|-------|-----------|---------|
| BALLET GRADE 3 | 9 | MON | 4:30-6:00 | MAS |
| JAZZ 3 | 8 -11 | WED | 6:00-7:00 | BM |
| HIP HOP JUNIOR (8-11) (ITP OPTIONAL) | 8 -11 | WED | 7:30-8:30 | AM |
| BALLET GRADE 3 | 9 | THURS | 4:30-6:00 | CJ |
| MODERN 2/3 | 9 | MON | 6:00-7:00 | MAS |

LOWER SCHOOL**Grade 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.

| CLASS | AGE | DAY | TIME | TEACHER |
|--------------------------------------|-------|--------------------|------------------------------|---------------|
| JAZZ 4 | 10 | WED | 4:45-5:45 | BM |
| BALLET GRADE 4 | 10 | WED | 6:00-7:30 | MAS |
| HIP HOP JUNIOR (8-11) (ITP OPTIONAL) | 8 -11 | WED | 7:30-8:30 | AM |
| BALLET GRADE 4 | 10 | SAT | 12:30-2:00 | JC |
| MODERN 4 / 5 | 10 | SAT or THURS | 11:30-12:30 6:00-7:00 | MAS LC |

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|---|--------|-------|-------------|---------|
| YOGA (PERFORMANCE CLASS) | | SUN | 9:30-10:30 | RZ |
| YOUTH PERFORMANCE CLASS 1 (YPC)BY INVITATION | 8 – 11 | SUN | 10:30-11:30 | JR |
| | | | | |
| LOWER SCHOOL | | | | |
| LEVEL 5 | | | | |
| DANCERS ATTEND BALLET (2X PER WEEK) / MODERN, JAZZ, HIP HOP, 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. | | | | |
| CLASS | AGE | DAY | TIME | TEACHER |
| HIP HOP SENIOR (11-14) (ITP OPTIONAL) | 11-14 | TUES | 5:00-6:00 | OM |
| JAZZ 5 | | THURS | 5:00-6:00 | BM |
| BALLET GRADE 5 | 11 | THURS | 6:00-7:30 | CJ |
| MODERN 4/ 5 | | SAT | 11:30-12:30 | MAS |
| BALLET GRADE 5 | | SAT | 12:30-2:00 | CJ |
| YOGA (PERFORMANCE CLASS) | | SUN | 9:30-10:30 | RZ |
| YOUTH PERFORMANCE CLASS (YPC) BY INVITATION | | SUN | 10:30-11:30 | JR |
| | | | | |
| TEEN RECREATIONAL PROGRAM | | | | |
| FOR DANCERS JUST BEGINNING WITH LITTIE TO NO EXPERIENCE OR ATTENDING 1X PER WEEK . | | | | |
| CLASS | AGE | DAY | TIME | TEACHER |
| HIP HOP SENIOR (11-14) (ITP OPTIONAL) | 11-14 | TUES | 5:00-6:00 | OM |
| TEEN BALLET | 12 | WED | 6:45-7:45 | BM |
| TEEN JAZZ | 12 | WED | 7:45-8:45 | BM |
| | | | | |

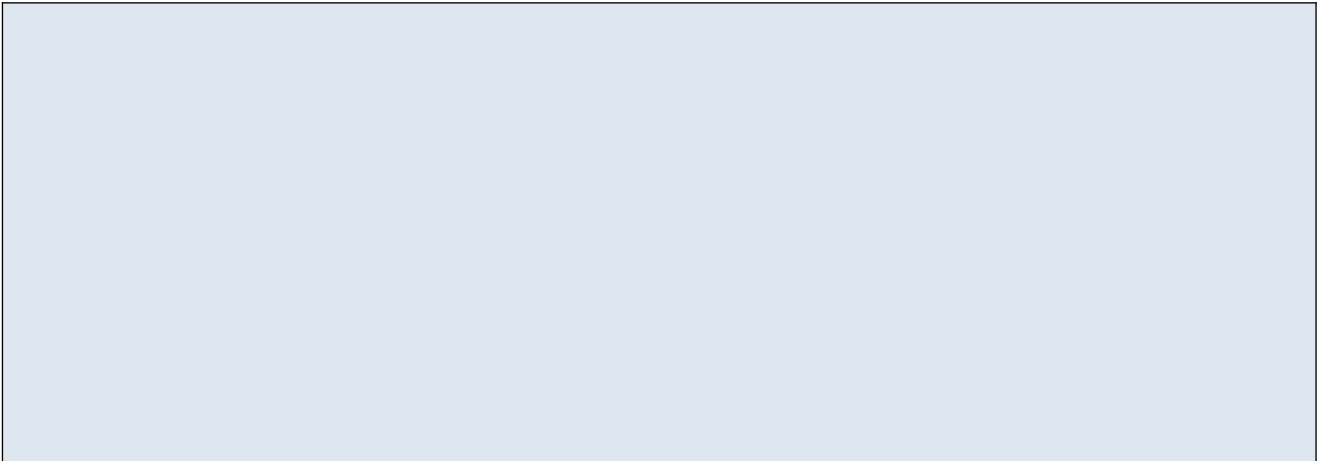
**UPPER SCHOOL
INTERMEDIATE FOUNDATION
BALLET (2 PER WEEK)**

POINTE, 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.

| CLASS | AGE | DAY | TIME | TEACHER |
|--|-----|------------------------------|------------|---------|
| HIP HOP SENIOR (11-14) (ITP OPTIONAL) | | TUES | 5:00-6:00 | OM |
| AGES 12 + BODY CONDITIONING | | TUES | 6:00-7:00 | JC |
| JAZZ INTERMEDIATE FOUNDATION / INTERMEDIATE | | TUES | 7:00-8:15 | JC |
| MODERN INTERMEDIATE FOUNDATION / INTERMEDIATE | | TUES | 8:15-9:30 | LC |
| BALLET INTERMEDIATE FOUNDATION | | MON | 5:45-7:15 | CJ |
| INTERMEDIATE FOUNDATION POINTE | | MON | 7:15-7:45 | CJ |
| AGES 12 + PBT BODY CONDITIONING | | SAT | 12:45-1:45 | MAS |
| INTERMEDIATE FOUNDATION POINTE | | SAT | 1:45-2:30 | MAS |
| BALLET INTERMEDIATE FOUNDATION | | SAT | 2:30-4:00 | MAS |
| CLASSICAL VARIATIONS 1 | | SUN | 1:00-2:00 | MAS |
| CDTS (By Invitation) | | SAT 4:00-6:00/ SUN 2:15-4:30 | | |



**UPPER SCHOOL
INTERMEDIATE**

DANCERS ATTEND BALLET (2-4X PER WEEK),

POINTE, CLASSICAL VARIATIONS 1 , 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.

| CLASS | AGE | DAY | TIME | TEACHER |
|--|-----|------|------------|---------|
| BALLET INTERMEDIATE | | MON | 7:00-9:00 | LM |
| HIP HOP SENIOR (11-14) (ITP OPTIONAL) | | TUES | 5:00-6:00 | OM |
| AGES 12 + BODY CONDITIONING | | TUES | 6:00-7:00 | JC |
| JAZZ INTERMEDIATE FOUNDATION / INTERMEDIATE | | TUES | 7:00-8:15 | JC |
| MODERN INTERMEDIATE FOUNDATION / INTERMEDIATE | | TUES | 8:15-9:30 | LC |
| INTERMEDIATE POINTE | | WED | 7:30-8:00 | MAS |
| BALLET INTERMEDIATE | | WED | 8:00-9:30 | MAS |
| AGES 12 + PBT BODY CONDITIONING | | SAT | 12:45-1:45 | MAS |
| INTERMEDIATE / ADVANCED FOUNDATION POINTE | | SAT | 2:00-2:45 | CJ |

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|--|---------|-------------------------------|------------|---------|
| BALLET INTERMEDIATE OPEN SYLLABUS | | SAT | 2:45-4:00 | CJ |
| BALLET INTERMEDIATE | | SUN | 11:30-1:00 | JR |
| CLASSICAL VARIATIONS 1 | | SUN | 1:00-2:00 | MAS |
| CDTS BY INVITATION ONLY | | SAT 4:00-6:00 / SUN 2:15-4:30 | | |
| | | | | |
| ADVANCED FOUNDATION | | | | |
| DANCERS ATTEND BALLET (3-4 X PER WEEK) | | | | |
| POINTE, CLASSICAL VARIATIONS 2 , 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. | | | | |
| CLASS | AGE 14+ | DAY | TIME | TEACHER |
| ADVANCED FOUNDATION / ADV 1 POINTE | | MON | 7:00-7:45 | MAS |
| BALLET ADVANCED FOUNDATION | | MON | 7:45-9:30 | CJ |
| ADVANCED FOUNDATION POINTE | | MON | 7:00-7:45 | MAS |
| ADVANCED HIP HOP 14+WITH PREVIOUS DANCE TRAINING (ITP OPTIONAL) | | TUES | 6:00-7:00 | OM |
| AGES 12 + BODY CONDITIONING | | TUES | 6:00-7:00 | JC |
| JAZZ ADVANCED FOUNDATION | | TUES | 7:00-8:15 | LC |
| MODERN ADVANCED FOUNDATION | | TUES | 8:15-9:30 | JB |
| AGES 12 + PBT BODY CONDITIONING | | SAT | 12:45-1:45 | MAS |

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|--|------------|--------------------------------|-------------|---------|
| ADVANCED 1 POINTE | | SAT | 2:00-2:45 | JB |
| ADVANCED FOUNDATION / ADV 1 OPEN SYLLABUS BALLET CLASS | | SAT | 2:45-4:00 | JB |
| BALLET ADVANCED FOUNDATION | | SUN | 10:30-12:00 | CJ/MAS |
| ADVANCED FOUNDATION POINTE | | SUN | 12:00-12:45 | CJ/MAS |
| CLASSICAL VARIATIONS 2 | | SUN | 1:00-2:00 | JR/CJ |
| CDTS BY INVITATION ONLY | | SAT 34:00-6:00 / SUN 2:15-4:30 | | |
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| ADVANCED 1 | | | | |
| DANCERS ATTEND BALLET (3-4 X PER WEEK) | | | | |
| POINTE, CLASSICAL VARIATIONS 2, 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. | | | | |
| CLASS | AGE 14+ | DAY | TIME | TEACHER |
| ADVANCED FOUNDATION / ADV 1 POINTE | | MON | 7:00-7:45 | MAS |
| BALLET ADVANCED 1 | | MON | 7:45-9:30 | MAS |
| AGES 12 + BODY CONDITIONING | | TUES | 6:00-7:00 | JC |
| ADVANCED HIP HOP 14+ WITH PREVIOUS DANCE TRAINING (ITP OPTIONAL) | | TUES | 6:00-7:00 | OM |
| MODERN ADVANCED 1 | | TUES | 7:00-8:15 | JB |
| JAZZ ADVANCED 1 | | TUES | 8:15-9:30 | JC |
| BALLET ADVANCED 1 | | THURS | 7:30-9:30 | CJ |

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|---|--|-----------|-------------|--------|
| AGES 12 + PBT BODY CONDITIONING | | SAT | 12:45-1:45 | MAS |
| ADVANCED 1 POINTE | | SAT | 2:00-2:45 | JB |
| ADVANCED FOUNDATION / ADV 1 OPEN SYLLABUS BALLET CLASS | | SAT | 2:45-4:00 | JB |
| BALLET ADVANCED 1 | | SUN | 10:30-12:00 | MAS/CJ |
| ADVANCED 1 POINTE | | SUN | 12:00-12:45 | MAS/CJ |
| CLASSICAL VARIATIONS 2 | | 4:00-6:00 | | CJ/JR |
| CDTS BY INVITATION ONLY | | | | |