

CLASSES

Winter / Spring 2026 UPDATED December 272 025

JUNIOR SCHOOL (18MONTHS -6YRS O LD) 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
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/ Junior A (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 A

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 A (Usually Gr 2 IN SCHOOL)	7	WED	4:45-6:00	MAS
HIP HOP BEGINNER / Junior A(5-7YEARS)	5-7	WED	6:15-7:15	AM
BALLET GRADE 1 A (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 1B

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 1B (Usually Gr 3 IN SCHOOL)	8	MON	4:30-5:45	MAS
MODERN 2/3	9	MON	6:00-7:00	MAS
HIP HOP JUNIOR B (8-11) (ITP OPTIONAL)	8 -11	WED	7:30-8:30	AM
BALLET GRADE 1B (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 2

modern & jazz 2/3

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 2	9	MON	4:30-6:00	CJ
JAZZ 3	8 - 11	WED	6:00-7:00	BM
HIP HOP JUNIOR B (8-11) (ITP OPTIONAL)	8 - 11	WED	7:30-8:30	AM
BALLET GRADE 2	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 B (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	11:30-12:30	MAS

		THURS	6:00-7:00	LC
YOGA (PERFORMANCE CLASS)		SUN	9:30-10:30	RZ
YOUTH PERFORMANCE CLASS (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

UPPER SCHOOL

TEEN / ADULT 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 1	12	WED	7:45-8:45	BM
Intermediate foundation / TEEN JAZZ 2	12	THURS	7:30-8:30	BM
ADULT BALLET	18	SUN	9:30-10:30	MAS

**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
BODY CONDITIONING		TUES	6:00-7:00	JC
JAZZ INTERMEDIATE		TUES	7:00-8:15	JC
MODERN 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
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		SUN	1:00-2:00	MAS
CDTS (By Invitation)		SAT 4:00-6:00/ SUN 2:15-4:30		

UPPER SCHOOL
INTERMEDIATE AGES 12 +
DANCERS ATTEND BALLET (2-4X PER WEEK),

POINTE, CLASSICAL VARIATIONS, 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
BODY CONDITIONING		TUES	6:00-7:00	JC
JAZZ INTERMEDIATE		TUES	7:00-8:15	JC
MODERN INTERMEDIATE		TUES	8:15-9:30	LC
INTERMEDIATE POINTE		WED	7:30-8:00	MAS
BALLET INTERMEDIATE		WED	8:00-9:30	MAS
PBT BODY CONDITIONING		SAT	12:45-1:45	MAS
INTERMEDIATE / ADVANCED FOUNDATION POINTE		SAT	2:00-2:45	CJ
BALLET INTERMEDIATE OPEN SYLLABUS		SAT	2:45-4:00	CJ
BALLET INTERMEDIATE		SUN	11:30-1:00	JR
CLASSICAL VARIATIONS		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, 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
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
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 FOUNDATION		SUN	10:30-12:00	CJ
ADVANCED FOUNDATION POINTE		SUN	12:00-12:45	CJ
CLASSICAL VARIATIONS		SUN	1:00-2:00	MAS / JR/CJ

CDTS BY INVITATION ONLY		SAT 4:00-6:00 / SUN 2:15-4:30		
ADVANCED 1				
DANCERS ATTEND BALLET (3-4 X PER WEEK)				
POINTE, CLASSICAL VARIATIONS , 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
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
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
ADVANCED 1 POINTE		SUN	12:00-12:45	MAS
CLASSICAL VARIATIONS		SUN	1:00-2:00	MAS / CJ/JR
CDTS BY INVITATION ONLY		4:00-6:00		