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
Instagram: @CoastalDanceOfficial

FACULTY 2026-2027

MAS: Micaela Archer-Shee *ARAD RAD RTS(Owner / Director)*
AA: Asia Arsenault
JB: Julia Barkhouse
MD: Mia Daniels
LH: Lauren Harris BSc
CJ: Carol Jedidi RBS *RAD RTS*
JR: Jenna Robinson BSc
BM: Brooklyn Mace
OM: Olivia MacLean
AM: Axel Mouat
GM: Georgia Mouat
NO: Norah O'Keefe

Front Desk Reception OPEN Saturdays 9-12(Sept- May 31)

Coastal Dance

SCHEDULE 2026-2027

Updated MAY 21, 2026

	MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY			SUNDAY		
	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	STUDIO 1	STUDIO 2	STUDIO 3	STUDIO 1	STUDIO 2	STUDIO 3
4:30								4:30-6:00 INTERMEDIATE FOUNDATION BALLET MAS	4:30-6:00 BALLET GRADE 5 CJ		4:30 - 6:00 BALLET GRADE 3 MAS										
4:45										4:45-6:00 BALLET GRADE 6 (Teen yr 2+3) NO		5:00 - 6:00 PRE-PRIMARY BM									
5:00		5:00-6:15 BALLET GRADE 2 MAS	5:00-6:15 BALLET GRADE 1 CJ	5:00-6:00 JUNIOR HIP HOP (8-11YRS) OM		5:00-6:00 JAZZ GR 5 / INTERMEDIATE FOUNDATION LH	5-8 PRIVATE & SEMI-PRIVATE SESSIONS Sept-April						September – April Private & Semi Private 1hr Sessions available by appointment Contact Micaela: Director@coastaldance.ca 5PM, 6PM, 7PM WEDNESDAYS & FRIDAYS Private: $50 Semi-Private (2 dancers): $75 Small group (4 dancers max): $100 Fees +HST Fees are non refundable at time of booking Group fees are divided amongst the participants								
5:15	5:15-6:00 CREATIVE MOVEMENT AA / MD																				
5:30																					
5:45	6:00-6:45 PRE-BALLET AA / MD																				
6:00		6:15-7:00 BEGINNER MODERN GR.1 & GR 2 MAS	6:15 – 7:45 INTERMEDIATE BALLET AND POINTE CJ	6:00 - 7:00 ADVANCED HIP HOP OM	6:00 - 7:00 MODERN 5 / INTERMEDIATE FOUNDATION JB	6:00-7:00 INTERMEDIATE/ TEEN 2 JAZZ LH		6:00-7:00 PRIMARY MAS	6:00-6:45 BEGINNER POINTE (GR 5 & Intermediate Foundation) CJ	6:00 -7:00 BEGINNER HIP HOP (5YRS-7YRS) AM	6:00-7:45 ADVANCED FOUNDATION BALLET AND POINTE MAS	6:00 - 7:00 JAZZ 3 BM									
6:15																					
6:30																					
6:45									6:45 - 7:30 ADVANCED 1 POINTE CJ												
7:00		7:00 - 7:45 ADVANCED FOUNDATION POINTE MAS		7:00-8:00 SENIOR HIP HOP OM	7:00 - 8:15 ADVANCED 1 MODERN JB	7:00 - 8:15 ADVANCED FOUNDATION JAZZ LH		7:00 - 7:30 INTERMEDIATE POINTE MAS		7:00-8:00 TEEN BEGINNER JAZZ AM		7:00-8:00 JAZZ GR 5 / INTERMEDIATE FOUNDATION BM									
7:15																					
7:30																					
7:45								7:30 - 9:30 INTERMEDIATE BALLET MAS	7:30 - 9:30 ADVANCED 1 BALLET CJ												
8:00		7:45 – 9:30 ADVANCED 2 BALLET MAS	7:45 – 9:30 ADVANCED FOUNDATION BALLET CJ		8:15 - 9:30 ADVANCED FOUNDATION MODERN JB	8:15 - 9:30 ADVANCED 1 JAZZ LH				8:00-9:00 MODERN Gr 5 / INTERMEDIATE FOUNDATION AM	7:45 - 9:30 ADVANCED 2 BALLET MAS	8:00-9:00 TEEN BEGINNER BALLET (yr1) BM									
8:15																					
8:30																					
8:45																					
9:00																					
9:15																					
9:30																					
	STUDIO 1	STUDIO 2	STUDIO3	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	STUDIO 1	STUDIO 2	STUDIO 3
	MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY			SUNDAY		

	SATURDAY			SUNDAY			
	STUDIO 1	STUDIO 2	STUDIO 3	STUDIO 1	STUDIO 2	STUDIO 3	
9:00	9:00 - 9:30 PARENT & TOT BM			ALL SUNDAY CLASSES are reserved for Pre-Performance, Performance Classes & CDT Company dancers. Entrance ONLY BY INVITATION of the Director.			9:00
9:15		9:15 - 10:15 PRIMARY MAS / NO	9:15 - 10:15 PRE-PRIMARY MAS / NO				9:15
9:30	9:30 - 10:15 CREATIVE MOVEMENT BM			9:30-11:30 Stretch & Strength & BALLET GRADE 5 MAS	9:30-11:30 Stretch & Strength & BALLET INTERMEDIATE FOUNDATION JR	9:30 - 10:30 ADULT BALLET CJ	9:30
9:45							9:45
10:00	10:15 - 11:00 BEGINNER JAZZ BM	10:15 - 11:30 BALLET GRADE 2 MAS / NO	10:15 - 11:30 BALLET GRADE 1 MAS / NO				10:00
10:15						10:30-11:30 OPEN POINTE (INTERMEDIATE -ADVANCED 2 CJ	10:15
10:30							10:30
10:45	11:00 - 11:45 PRE-BALLET BM						10:45
11:00							11:00
11:15							11:15
11:30	11:45 - 12:45 JAZZ 2 BM	11:30 - 1:00 BALLET GRADE 3 MAS	11:30 - 12:30 JAZZ 1 GM				11:30
11:45				11:30 - 1:00 PERFORMANCE 2 (by invitation only) JR	11:30 - 1:00 ADVANCED 1 BALLET MAS	11:30-1:00 ADVANCED FOUNDATION BALLET CJ	11:45
12:00							12:00
12:15			12:30 - 2:00 GRADE 5 CJ				12:15
12:30	1:00-2:00 Intermediate + PBT Body Conditioning BM	1:00 - 2:00 MODERN 3 GM		1:00-2:00 PRE PERFORMANCE (by invitation only) JR	1:15 - 2:15 INTERMEDIATE – ADVANCED 2 CLASSICAL VARIATIONS 2 MAS / CJ		12:30
12:45							12:45
1:00							1:00
1:15							1:15
1:30	2:00-2:30 BEGINNER POINTE (GR 5 & Intermediate Foundation) MAS	2:00 - 4:00 OPEN BALLET & POINTE Intermediate/ Advanced Foundation yr 1 CJ	2:00 - 4:00 OPEN BALLET& POINTE Advanced Foundation yr2 - Advanced 2 JB	CDT Rehearsal 2:15 - 4:30			1:30
1:45	2:30 - 4:00 INTERMEDIATE FOUNDATION BALLET MAS						1:45
2:00							2:00
2:15							2:15
2:30	CDT Rehearsal 4:00 - 6:00						2:30
2:45							2:45
3:00							3:00
3:15							3:15
3:30							3:30
3:45							3:45
4:00				ALL SUNDAY CLASSES are reserved for Pre-Performance Performance Classes & CDTS Company dancers. Entrance ONLY BY INVITATION of the Director.			4:00
4:15							4:15
4:30							4:30
4:45							4:45
5:00							5:00
5:15							5:15
5:30							5:30
5:45							5:45
6:00							6:00
	STUDIO 1	STUDIO 2	STUDIO 3	STUDIO 1	STUDIO 2	STUDIO 3	
	SATURDAY			SUNDAY			