

UPDATED MAY 21 4:02PM

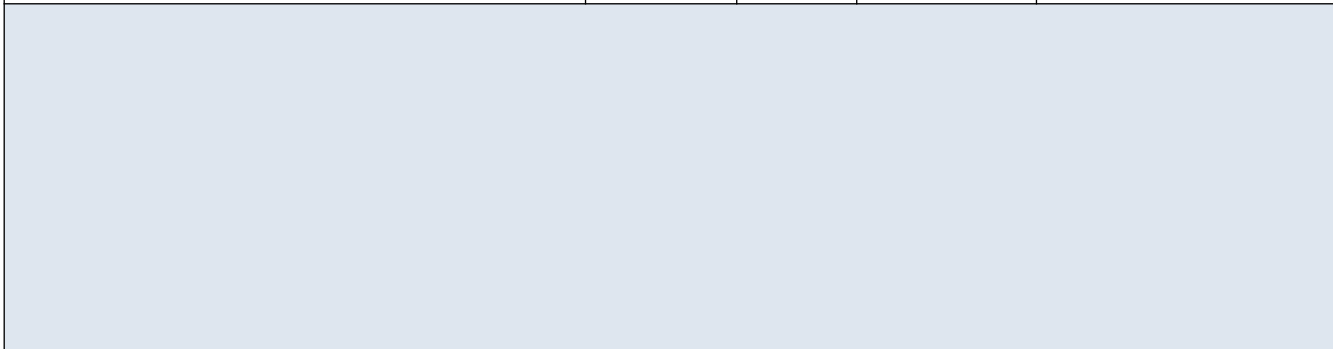
CLASSES

FALL 2026 UPDATED MAY 21 2026

JUNIOR SCHOOL (18 MONTHS - 6YRS OLD) 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.

CLASS	AGE	DAY	TIME	TEACHER
PARENT AND TOT	18MTH-2	SAT	9:00-9:30	BROOKLYN MACE
CREATIVE MOVEMENT	3	SAT	9:30-10:15	BROOKLYN MACE
CREATIVE MOVEMENT	3	MON	5:15-6:00	ASIA ARSENAULT / MIA DANIELS
PRE- BALLET	4	SAT	11:00-11:45	BROOKLYN MACE
PRE- BALLET	4	MON	6:00-6:45	ASIA ARSENAULT / MIA DANIELS
PRE-PRIMARY (Usually PRIMARY IN SCHOOL)	5	SAT	9:15-10:15	MICAELA ARCHER-SHEE / NORAH O'KEEFE
PRE-PRIMARY (Usually PRIMARY IN SCHOOL)	5	THURS	5:00-6:00	BROOKLYN MACE
PRIMARY (Usually gr 1 IN SCHOOL)	6	SAT	9:15-10:15	MICAELA ARCHER-SHEE / NORAH O'KEEFE
PRIMARY (Usually gr 1 IN SCHOOL)	6	WED	6:00-7:00	MICAELA ARCHER-SHEE
HIP HOP BEGINNER/ (5-7 YEARS)	5-7	THURS	6:00-7:00	AXEL MOUAT
BEGINNER JAZZ (PRE-PRIMARY / PRIMARY)	5/6	SAT	10:15-11:00	BROOKLYN MACE



LOWER SCHOOL

LEVEL 1

DANCERS ATTEND BALLET (2X PER WEEK) & MAY ADD JAZZ, MODERN 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	MON	5:00-6:15	CAROL JEDIDI
BALLET GRADE 1 (Usually Gr 2 IN SCHOOL)	7	SAT	10:15-11:30	MICAELA ARCHER-SHEE / NORAH O'KEEFE
JAZZ 1	7-8	SAT	11:30-12:30	GEORGIA MOUAT
BEGINNER MODERN GR 1 & GR 2	7-9	MON	6:15 – 7:00	MICELA ARCHER-SHEE
HIP HOP BEGINNER/ (5-7 YEARS)	5-7	THURS	6:00-7:00	AXEL MOUAT

LOWER SCHOOL

LEVEL 2

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

INTENSIVE TRAINING PROGRAM DANCERS PARTICIPATE IN FULL PROGRAM

CLASS	AGE	DAY	TIME	TEACHER
BALLET GRADE 2	8	MON	5:00-6:15	MICAELA ARCHER-SHEE
BALLET GRADE 2	8	SAT	10:15-11:30	MICAELA ARCHER-SHEE/ NORAH O'KEEFE
JAZZ 2	7-8	SAT	11:45-12:45	BROOKLYN MACE
BEGINNER MODERN GR 1 & GR 2	7-9	MON	6:15 – 7:00	MICELA ARCHER-SHEE
HIP HOP JUNIOR (8-11) (ITP OPTIONAL)	8 -11	TUES	5:00-6:00	OLIVIA MACLEAN

LOWER SCHOOL

LEVEL 3

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

INTENSIVE TRAINING PROGRAM DANCERS PARTICIPATE IN FULL PROGRAM

INTENSIVE TRAINING PROGRAM DANCERS PARTICIPATING IN FULL PROGRAM MAY BE INVITED TO JOIN YOUTH PRE-PERFORMANCE CLASS (YPPC) BY THE DIRECTOR WHEN SHE FEELS THEY ARE TECHNICALLY READY.

CLASS	AGE	DAY	TIME	TEACHER
BALLET GRADE 3	10	THURS	4:30-6:00	MICAELA ARCHER-SHEE
BALLET GRADE 3	10	SAT	11:30-1:00	MICAELA ARCHER-SHEE
JAZZ 3	10	THURS	6:00-7:00	BROOKLYN MACE
MODERN 3	10	SAT	1:00-2:00	GEORGIA MOUAT
HIP HOP JUNIOR (8-11) (ITP OPTIONAL)	8 -11	TUES	5:00-6:00	OLIVIA MACLEAN
YOUTH PRE-PERFORMANCE CLASS (YPPC) BY INVITATION ONLY :LIMITED SPACES AVAILABLE (ONLY FOR TERM 1)		SUN	1:00-2:00	JENNA ROBINSON

LOWER SCHOOL

LEVEL 5

DANCERS ATTEND BALLET (2-3X PER WEEK) / BEGINNER 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 DANCERS PARTICIPATING 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
BALLET GRADE 5	11	WED	4:30-6:00	CAROL JEDIDI
BALLET GRADE 5		SAT	12:30-2:00	CAROL JEDIDI
BALLET GRADE 5 / STRETCH & STRENGTH (YPC MEMBER'S ONLY)		SUN	9:30-11:30	MICAELA ARCHER-SHEE
BEGINNER POINTE (GR 5 / INTERMEDIATE FOUNDATION)		SAT	2:00-2:30	MICAELA ARCHER-SHEE
BEGINNER POINTE (GR 5 / INTERMEDIATE FOUNDATION)		WED	6:00-6:45	CAROL JEDIDI
HIP HOP SENIOR (11-14) (ITP OPTIONAL)	11-14	TUES	7:00-8:00	OLIVIA MACLEAN
JAZZ 5 / INTERMEDIATE FOUNDATION		THURS	7:00-8:00	BROOKLYN MACE
JAZZ 5 / INTERMEDIATE FOUNDATION		TUES	5:00-6:00	LAUREN HARRIS
MODERN 5 / INTERMEDIATE FOUNDATION		THURS	8:00-9:00	AXE MOUAT
MODERN 5 / INTERMEDIATE FOUNDATION		TUES	6:00-7:00	JULIA BARKHOUSE
YOUTH PERFORMANCE CLASS (YPC) BY INVITATION ONLY		SUN	11:30-1:00	JENNA ROBINSON

TEEN / ADULT RECREATIONAL PROGRAM

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

CLASS	AGE	DAY	TIME	TEACHER
HIP HOP SENIOR (11-14) (ITP OPTIONAL)	11-14	TUES	7:00-8:00	OLIVIA MACLEAN
TEEN BEGINNER BALLET(YR 1)	12	THURS	8:00-9:00	BROOKLYN MACE
BALLET GRADE 6 & TEEN YEAR 2&3	11+	THURS	4:45-6:00	NORAH O'KEEFE
TEEN BEGINNER JAZZ	12	THURS	7:00-8:00	AXEL MOUAT
JAZZ INTERMEDIATE & TEEN 2		TUES	6:00-7:00	LAUREN HARRIS
ADULT BALLET	18	SUN	9:30-10:30	CAROL JEDIDI

**UPPER SCHOOL
INTERMEDIATE FOUNDATION**

BALLET (2-3X PER WEEK) BEGINNER 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: DANCERS PARTICIPATING 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
BALLET INTERMEDIATE FOUNDATION	11+	SAT	2:30-4:00	MICAELA ARCHER-SHEE
BALLET INTERMEDIATE FOUNDATION		WED	4:30-6:00	MICAELA ARCHER-SHEE
BALLET INTERMEDIATE FOUNDATION / STRETCH & STRENGTH (YPC MEMBER'S ONLY)		SUN	9:30-11:30	JENNA ROBINSON
BEGINNER POINTE (GR 5 / INTERMEDIATE FOUNDATION)		SAT	2:00-2:30	MICAELA ARCHER-SHEE
BEGINNER POINTE (GR 5 / INTERMEDIATE FOUNDATION)		WED	6:00-6:45	CAROL JEDIDI
JAZZ 5 / INTERMEDIATE FOUNDATION		THURS	7:00-8:00	BROOKLYN MACE
JAZZ 5 / INTERMEDIATE FOUNDATION		TUES	5:00-6:00	LAUREN HARRIS
MODERN 5 / INTERMEDIATE FOUNDATION		THURS	8:00-9:00	AXE MOUAT
MODERN 5 / INTERMEDIATE FOUNDATION		TUES	6:00-7:00	JULIA BARKHOUSE
HIP HOP SENIOR (11-14) (ITP OPTIONAL)	11-14	TUES	7:00-8:00	OLIVIA MACLEAN
YOUTH PERFORMANCE CLASS (YPC) BY INVITATION ONLY		SUN	11:30-1:00	JENNA ROBINSON

**UPPER SCHOOL
INTERMEDIATE**

**AGES 12 +
DANCERS ATTEND BALLET (2-4X 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 DANCERS PARTICIPATING IN FULL PROGRAM MAY BE INVITED TO JOIN CDTS BY THE DIRECTOR WHEN SHE FEELS THEY ARE TECHNICALLY READY.

CLASS	AGE	DAY	TIME	TEACHER
BALLET INTERMEDIATE	13+	WED	7:30-9:30	MICELA ARCHER-SHEE
BALLET INTERMEDIATE		MON	6:15-7:45	CAROL JEDIDI
INTERMEDIATE POINTE		WED	7:00-7:30	MICAELA ARCHER-SHEE
OPEN BALLET & POINTE INTERMEDIATE / ADVANCED FOUNDATION YR 1		SAT	2:00-4:00	CAROL JEDIDI
OPEN POINTE INTERMEDIATE - ADVANCED		SUN	10:30-11:30	CAROL JEDIDI
HIP HOP SENIOR (11-14) (ITP OPTIONAL)	11-14	TUES	7:00-8:00	OLIVIA MACLEAN
PBT BODY CONDITIONING (INTERMEDIATE-ADVANCED)		SAT	1:00-2:00	BROOKLYN MACE
JAZZ INTERMEDIATE & TEEN 2		TUES	6:00-7:00	LAUREN HARRIS
MODERN ADVANCED FOUNDATION		TUES	8:15-9:30	JULIA BARKHOUSE
CLASSICAL VARIATIONS		SUN	1:15-2:15	MICAELA ARCHER-SHEE / CAROL JEDIDI
CDTS BY INVITATION ONLY		SAT 4:00 - 6:00 & SUN 2:15 - 4:30		

ADVANCED FOUNDATION

DANCERS ATTEND BALLET (2-4X 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 DANCERS PARTICIPATING IN FULL PROGRAM MAY BE INVITED TO JOIN CDTS BY THE DIRECTOR WHEN SHE FEELS THEY ARE TECHNICALLY READY.

CLASS	AGE 14+	DAY	TIME	TEACHER
BALLET ADVANCED FOUNDATION		SUN	11:30-1:00	CAROL JEDIDI
BALLET ADVANCED FOUNDATION		MON	7:45-9:30	CAROL JEDIDI
BALLET ADVANCED FOUNDATION & POINTE		THURS	6:00-7:45	MICAELA ARCHER-SHEE
ADVANCED FOUNDATION POINTE		MON	7:00-7:45	MICAELA ARCHER-SHEE
OPEN POINTE INTERMEDIATE - ADVANCED		SUN	10:30-11:30	CAROL JEDIDI
OPEN BALLET & POINTE INTERMEDIATE / ADVANCED FOUNDATION YR 1		SAT	2:00-4:00	CAROL JEDIDI
OPEN BALLET ADVANCED FOUNDATION YR 2 - ADVANCED		SAT	2:00-4:00	JULIA BARKHOUSE
ADVANCED HIP HOP 14+ WITH PREVIOUS DANCE TRAINING (ITP OPTIONAL)		TUES	6:00-7:00	OLIVIA MACEAN
JAZZ ADVANCED FOUNDATION		TUES	7:00-8:15	LAUREN HARRIS
MODERN ADVANCED FOUNDATION		TUES	8:15-9:30	JULIA BARKHOUSE
PBT BODY CONDITIONING (INTERMEDIATE-ADVANCED)		SAT	1:00-2:00	BROOKLYN MACE
CLASSICAL VARIATIONS		SUN	1:15-2:15	MICAELA ARCHER-SHEE / CAROL JEDIDI
CDTS BY INVITATION ONLY		SAT 4:00 - 6:00 & SUN 2:15 - 4:30		

ADVANCED 1 & 2

DANCERS ATTEND BALLET (3-4 X PER WEEK)

POINTE, CLASSICAL VARIATIONS, MODERN, JAZZ, HIP HOP, CONDITIONING 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
BALLET ADVANCED 2		THURS	7:45-9:30	MICAELA ARCHER-SHEE
BALLET ADVANCED 2		MON	7:45-9:30	MICAELA ARCHER-SHEE
BALLET ADVANCED 1		SUN	11:30-1:00	MICAELA ARCHER-SHEE
BALLET ADVANCED 1		WED	7:30-9:30	CAROL JEDIDI
ADVANCED 1 POINTE		WED	6:45-7:30	CAROL JEDIDI
OPEN POINTE INTERMEDIATE - ADVANCED		SUN	10:30-11:30	CAROL JEDIDI
OPEN BALLET ADVANCED FOUNDATION YR 2 / ADVANCED		SAT	2:00-4:00	JULIA BARKHOUSE
ADVANCED HIP HOP 14+ WITH PREVIOUS DANCE TRAINING (ITP OPTIONAL)		TUES	6:00-7:00	OLIVIA MACLEAN
MODERN ADVANCED 1		TUES	7:00-8:15	JULIA BARKHOUSE
JAZZ ADVANCED 1		TUES	8:15-9:30	LAUREN HARRIS
PBT BODY CONDITIONING (INTERMEDIATE-ADVANCED)		SAT	1:00-2:00	BROOKLYN MACE
CLASSICAL VARIATIONS		SUN	1:15-2:15	MICAELA ARCHER-SHEE / CAROL JEDIDI
CDTS BY INVITATION ONLY		SAT 4:00 - 6:00 & SUN 2:15 - 4:30		