

2025/2026 CLASS SCHEDULE

MONDAY MS. ELIZABETH MS. EMMALINE	TUESDAY MS. EMMALINE	WEDNESDAY MS. ELIZABETH	THURSDAY MS. KAREN	FRIDAY	SATURDAY LILA
4:30 - 5:00pm Jr/Int 1 Pre-Pointe & Ballet Technique Ages 9 - 13 Must have Previous Ballet Experience Co Requisite: Jr. Ballet	4:45 - 5:15pm Beginner Acro Dance Ages 5 - 6 No Previous Acro Experience Required	4:45 - 5:15PM Kinder Ballet Ages 3 - 5 Introduction to Ballet Ballet Shoes are Required	4:30 - 5:00pm Mini Tap Ages 5 - 8 Introduction to Tap Tap Shoes Are Required		9:00 - 9:30am Parent & Tot Ages 2+ Intro to dance for our youngest dancers and their caregiver. This is a non-recital class.
5:00 - 5:45pm Jr/Int Lyrical Ages 9 - 13 Must have previous dance experience RECOMMENDED: Dancers take Ballet or Jazz	5:15 - 6:00pm Mini Acro Dance Ages 6 - 8 Age 6 with at least 1 year previous acro/gymnastics experience Ages 7 - 8 with no previous experience	5:15 - 5:45 Mini Ballet Ages 5 - 8 Age 5 with at least 1 year previous ballet experience. Age 6 - 8 with or without previous ballet experience Ballet Shoes are Required	5:00 - 5:30pm Mini Jazz Ages 5 - 8 Introduction to Jazz		9:30 - 10:00pm Kinder Tap Ages 3 - 5 Intro to tap dance. Tap Shoes are Required.
5:45 - 6:15pm Foundations Pointe Ages 12+ Must have Previous Ballet Experience Co Requisite: Int. Foundations - RAD Syllabus	6:00 - 6:45pm Jr/Int Acro Dance Ages 8 - 13 Age 11 - 13 with less than 3 years previous acro/gymnastics experience	5:45 - 6:45pm Jr. Ballet - Gr 1, 2 & 3 Ages 9 - 11 15mins Strength & Stretch 45mins Ballet Instruction	5:30 - 6:15PM Jr. Tap Ages 9 - 11 Tap Shoes Are Required		10:00 - 10:30am Kinder Ballet Ages 3 - 5 Introduction to Ballet Ballet Shoes are Required
6:00 - 7:00pm Students must arrive at 6:00pm to put on their pointe shoes and stretch their feet/hips; instruction starts at 6:15pm. Grade 5 Pointe Ages 12+ Must have Previous Ballet Experience Co Requisite: Ballet 4 & 5 RAD Syllabus	6:45 - 7:30pm Jr. Hip Hop Ages 9 - 11	6:45 - 7:45pm Ballet 4 & 5 - RAD Syllabus Ages 12 - 14 Must have previous ballet experience Co-Requisite: Strength & Stretch	6:15 - 7:00pm Jr. Jazz Ages 9 - 11 Requires Black Jazz Shoes		10:30 - 11:00am Kinder Mix Ages 3 - 5 Introduction to Dance. A mix of ballet & jazz.
7:00 - 7:45pm Int/Sr Lyrical Ages 13+ For dancers who are at G5 Ballet or Higher and/or Int/Sr Jazz	7:30 - 8:15pm Jr. Contemporary Ages 9 - 11 RECOMMENDED: Must take Ballet or Jazz	7:45 - 8:15pm Ages 12+ Strength & Stretch Fundamental of dance is flexibility and core strength. This class is recommended for all dancers wishing to improve technique. This is a non-performative class.	7:00 - 7:30pm Jr. Musical Theatre Ages 9 - 11 Requires Black Jazz Shoes		11:00 - 11:30am Mini Mix Ages 6 - 8 Introduction to Dance. A mix of ballet & jazz.
7:45 - 8:30pm Int/Sr. Acro Dance Ages 12+ Minimum 5 years of previous acro/gymnastics experience required or with teacher approval RECOMMENDED: Dancers take Ballet or Jazz	8:15 - 9:00 Int. Hip Hop Ages 11 - 13	8:15 - 9:15pm Int. Foundations - RAD Syllabus Ages 12+ Must have previous ballet experience Pointe Shoes at the discretion of the instructor Co-Requisite: Strength & Stretch	7:30 - 8:15pm Int/Sr Tap Ages 12+ Must have previous tap experience Tap Shoes are Required		11:30 am - 12:00pm Beginner Acro Dance Ages 5 - 6 No Previous Acro Experience Required
8:30 - 9:15pm Sr. Commercial Ages 14+			8:15 - 9:00pm Int/Sr Musical Theatre Ages 12+ Requires Black Jazz Shoes		
9:15 - 10:00pm Sr. Contemporary Ages 14+ RECOMMENDED: Dancers take Ballet or Jazz			9:00 - 9:45pm Int/Sr Jazz Ages 12+ Must have previous Jazz experience		
			9:45 - 10:00pm Advanced Jazz Ages 14+ Co-Requisite: Int/Sr Jazz Teacher Approval Required		