

Fall Schedule 2025



MONDAY

Primary Hip-Hop / Lyrical	5-5:45pm
Level 1 Jazz / Lyrical / Acro	5:45-6:45pm
Level 2 & 3 Leaps and Turns	6:45-7:15pm
Level 2 & 3 Contemporary	7:15-8:15pm



TUESDAY

Level 1 Ballet	1-2pm
Level 1 & 2 Jazz / Tap	2-3pm
Level 2 Ballet	3-4pm

Homeschool
Hours

Primary Ballet / Tap	4:30-5:15pm
Adult Ballet	5:15-6:15pm
Level 2 & 3 Jazz / Acro	6:15-7:15pm
Level 2 & 3 Technique	7:15-8:15pm



WEDNESDAY

Pre-Primary Ballet / Tumbling	4:30-5pm
Level 1 Ballet / Tap	5-6pm
Primary Ballet / Tap	6-6:45pm
Level 2 & 3 Ballet	6:45-7:45pm
SCULPT Fitness	7:45-8:15pm



THURSDAY

Level 1 Hip-Hop / Lyrical	5-6pm
Primary Jazz / Tumbling	6-6:45pm
Level 2 & 3 Hip-Hop	6:45-7:45pm
Level 2 & 3 Contemporary	7:45-8:45pm



Class Descriptions

PRE-PRIMARY (AGE 2-3)

This 30 min introductory class is designed to develop rhythm, musicality, posture, flexibility, discipline, balance, and coordination. Students will learn the basic concepts of ballet and tumbling through play, creative movement, and imagination. Children will enjoy a mix of structured exercises and free expression, helping to develop their listening skills, focus, and confidence. Using engaging songs and fun activities, students will learn basic dance concepts while fostering a love for movement in a positive and supportive environment. Perfect for young dancers to begin their journey in the world of dance!

PRIMARY (AGES 4-5)

This 45-minute class is designed to enhance rhythm, musicality, flexibility, coordination, balance, and posture, while introducing basic dance technique. Dancers will also learn foundational steps and terminology in a creative and positive environment. The use of fun, age-appropriate music engages young dancers' minds and bodies, fostering focus, imagination, and joy in movement. This class builds confidence and classroom readiness, laying the foundation for continued success in higher levels of training.

LEVEL 1 (AGES 6-8)

This one hour class improves on basic technique students have learned in the primary level with a greater focus on refining technique, flexibility, coordination, and musicality. Dancers will learn the more advanced steps while learning how to follow direction and imitate movement in a positive environment. This program includes more detailed movements, positions, and combinations, with an emphasis on proper alignment, body control, and rhythm. Through structured exercises, choreography, and creative exploration, children will develop discipline, focus, and confidence in their dancing. With a balance of technique and fun, Level 1 provides a solid foundation for young dancers to progress in their skills and further their love for movement in a supportive and energetic environment.

LEVEL 2 (INTERMEDIATE)

This intermediate level is designed for dancers who are ready to further refine their dance technique and explore more complex movements. Students will focus on improving their strength, flexibility, and coordination while deepening their understanding of dance vocabulary and concepts. Individual feedback and corrections are provided to help each dancer reach their technical and artistic potential, while also fostering an environment of growth, discipline, and creativity.

LEVEL 3 (ADVANCED)

This advanced level is designed for experienced dancers seeking to push their technical abilities and artistry to a higher level. With personalized corrections and a focus on pushing boundaries, this level is for dancers who are committed to mastering the full range of dance technique and expanding their artistic expression.

SCULPT FITNESS

Interval circuit fitness program combining cardio and strength exercises designed to balance the musculature in the body and create a long, lean aesthetic.

Dress Code

- Hair must be pulled out of face for all classes (in a bun for ballet)
- Solid colored leotard (pink for primary levels and black for level 1 & up) and pink tights are required for ballet (all levels)
- Fitted athletic top or leotard and fitted shorts or leggings for all classes except ballet

Shoes:

- **Ballet:** Canvas or leather ballet shoes (split-sole for level 2 & up)
- **Tap:** Tan tap shoes for all levels
- **Jazz / Leaps & Turns / Technique / Tumbling:** Tan jazz shoes for all levels
- **Hip-Hop & SCULPT Fitness:** Any color tennis shoes
- **Acro / Lyrical / Contemporary:** No shoes required