

LOWER SCHOOL SCHEDULE

(Ages 3 and up)

Class	Days	Time	Class Description and Dress Code	Tuition
Ballet and Tumbling (3 & 4 year olds)	Wednesday (FULL)	9:30-10:15 am	Ballet and Tumbling is for students ages 3 and 4 , by September 1st (must be potty trained) and students ages 5 and 6 . Classes include introduction to Ballet, along with basic tumbling, balance beam, gymnastics bar, and obstacle course skills. Uniform: Lavender leotard, pink full foot tights and pink full sole ballet shoes. A detachable ballet skirt or dance shorts can be worn if it doesn't cause a distraction. Hair must be pulled back and out of the dancer's face. No watches, bracelets or necklaces	\$65.00/mo.
	Or			
	Friday (FULL)	1:30-2:15 pm		
Ballet and Tumbling (5 & 6 year olds)	Tuesday (FULL)	2:45-3:30 pm		
	Or			
	Wednesday	10:15-11:00 am		
Pre-Ballet	Monday	2:45-3:30 pm	PSB is for students ages 3 - 4, by September 1st (must be potty trained). Classes include Ballet class, along with additional fun, high energy exercises to teach body awareness, flexibility and posture. Uniform: Lavender leotard, pink full foot tights and pink full sole ballet shoes. A <i>detachable</i> ballet skirt can be worn if it doesn't cause a distraction. Hair must be secured in a neat ballet bun w/ bobby pins, no bangs. No watches, bracelets or necklaces.	\$65.00/mo.
	Or			
	Wednesday (FULL)	10:30-11:15 am		
	Or			
	Friday (FULL)	3:30-4:15 pm		

Lower School 1 (LS1)	Wednesday A (FULL) Wednesday B (FULL) Or Thursday (FULL) Or Friday (A) (FULL) Or Friday (B) (FULL)	11:15-12:00 pm 11:15-12:00pm 2:45-3:30 pm 2:45-3:30pm 4:15-5:00 pm	LS1 is for students ages 5 & 6, by September 1st.. Classes include Ballet class, along with fun exercises to teach body awareness, flexibility and posture. Classical ballet positions and terminology are first introduced in this level along with creative dance opportunities. Uniform: Pink leotard, pink full foot tights and pink full sole ballet shoes. A <i>detachable</i> ballet skirt can be worn if it doesn't cause a distraction. Hair must be secured in a neat ballet bun w/ bobby pins, no bangs. No watches, bracelets or necklaces.	\$65.00/mo.
Lower School 2 (LS2)	Wednesday Or Friday	9:30-10:30 am 5:00-6:00 pm	LS2 is for students ages 7 (by September 1st) and up. In this level we will be expanding on classical ballet, ballet positions, and terminology along with creative dance opportunities. Uniform: Pink leotard, pink full foot tights and pink full sole ballet shoes. A <i>detachable</i> ballet skirt can be worn if it doesn't cause a distraction. Hair must be secured in a neat ballet bun w/ bobby pins, no bangs. No watches, bracelets or necklaces.	\$75.00/mo.

Lower School 3 (LS3)	Tuesday	3:30-4:30 pm	LS3 is for students ages 8 (by September 1st) and up. In this level we will be expanding on classical ballet, ballet positions, barre work and terminology. Students will need teacher recommendations to advance to LS4. Uniform: Black leotard, pink <i>convertible</i> foot tights and pink full sole ballet shoes. A <i>detachable</i> ballet skirt or black dance shorts can be worn if it doesn't cause a distraction. Hair must be secured in a neat ballet bun w/ bobby pins, no bangs. No watches, bracelets or necklaces. *Add-on classes are not required, but are encouraged. These are designed for LS3 students looking for extra opportunities to challenge themselves in strength and technique. Student must be enrolled in a regular LS3 class to take an Add-on class	\$75.00/mo. *Price w/o Add-on class* \$20.00/mo. *Optional conditioning*
	Or			
	Wednesday (A) (FULL)	3:15-4:15 pm		
	Or			
Lower School 4 (LS4)	Wednesday (B)	6:15-7:15 pm	LS4 is the 1st level of JOD classes where teacher recommendation for placement is required. In this level we will be expanding on classical ballet, ballet positions, barre work and terminology. This is the first level where 1 hour of conditioning is required and included in the required class time. Uniform: Black leotard, pink <i>convertible</i> foot tights and pink full sole ballet shoes. A <i>detachable</i> ballet skirt or black dance shorts can be worn if it doesn't cause a distraction. Hair must be secured in a neat ballet bun w/ bobby pins, no bangs. No watches, bracelets or necklaces.	\$95.00/mo.
	Optional Add-On			
	Wednesday (Conditioning)	5:15-6:15 pm		
Lower School 4 (LS4)	Wednesday (A) (FULL)	4:15-5:15 pm (Ballet)	LS4 is the 1st level of JOD classes where teacher recommendation for placement is required. In this level we will be expanding on classical ballet, ballet positions, barre work and terminology. This is the first level where 1 hour of conditioning is required and included in the required class time. Uniform: Black leotard, pink <i>convertible</i> foot tights and pink full sole ballet shoes. A <i>detachable</i> ballet skirt or black dance shorts can be worn if it doesn't cause a distraction. Hair must be secured in a neat ballet bun w/ bobby pins, no bangs. No watches, bracelets or necklaces.	\$95.00/mo.
	Or	5:15-6:15 pm (Required Conditioning)		
	Wednesday (B)	5:15- 6:15 pm (Required Conditioning)		
		6:30-7:30 pm (Ballet)		

UPPER SCHOOL SCHEDULE

(Teacher recommendation required for all Upper School levels)

Class	Days	Time	Class Description and Dress Code	Tuition
Grade I	(B) Monday	6:30-7:45 pm	Grade 1 is the first level of Upper School and the first level requiring twice a week ballet, with the option for a third class, pre-pointe. Students will be using a combination of ballet and conditioning in their classes. Uniform: Navy blue leotard, pink convertible footed tights and pink split sole ballet shoes. A detachable ballet skirt or dance shorts may be worn. Please see Policies/Guidelines for specifications. Tights must be worn over feet and under leotard. Hair must be secured in a neat ballet bun, no bangs. No watches, bracelets or necklaces.	\$150.00/mo. <i>Does not include optional class fee</i>
	Wednesday	4:15-5:15 pm <i>PBT</i>		
	<i>This section of the class is full; please contact office</i>			
	Or			
	(A) Monday	2:15-3:30 pm		
	Wednesday	2:00-3:15pm <i>Ballet</i> 3:15-4:15 pm <i>PBT</i>		
	Friday *Optional*	6:30-7:30 pm <i>Pre-Pointe</i>		\$30.00/mo. *Optional Friday class*
Grade II	Monday	3:30-5:00 pm	Grade 2 is the second level of Upper School taking two days a week with the option of a third day, pre-pointe. Students will be using a combination of ballet and conditioning in their classes. Uniform: Navy blue leotard, pink convertible footed tights and pink split sole ballet shoes. A detachable ballet skirt or dance shorts may be worn. Please see Policies/Guidelines for specifications. Tights must be worn over feet and under leotard. Hair must be secured in a neat ballet bun, no bangs. No watches, bracelets or necklaces. Pre-pointe students that advance to pointe will be on Friday 5:30-6:30pm	\$170.00/mo. <i>Does not include optional class fee</i>
	Thursday	3:30-4:30 pm <i>PBT</i> 4:30-6:00 pm <i>Ballet</i>		
	Friday *Optional*	6:30-7:30 pm <i>Pre-Pointe</i>		

Grade III	Monday	3:30-5:00 pm <i>Ballet</i> 5:00-6:00 pm <i>PBT</i>	Grade 3 is the third level of Upper School and the first year students take 3 days per week. Students will be using a combination of ballet, conditioning, and other various types of dance in their classes. Pointe work may begin at this level depending on readiness.	\$200.00/mo.
	Tuesday	5:00-6:00 pm <i>Cross Conditioning</i> 6:00-7:30 pm <i>Ballet</i>	Uniform: Maroon leotard, pink convertible footed tights and pink split sole ballet shoes. A detachable ballet skirt or dance shorts may be worn. Please see Policies/Guidelines for specifications. Tights must be worn over feet and under leotard.	
	Friday	4:30-5:30 Or 5:30-6:30 <i>Pointe, placement class required</i> Or 6:30-7:30 pm <i>Students not on pointe</i>	Hair must be secured in a neat ballet bun, no bangs. No watches, bracelets or necklaces. For students on pointe, a placement class is required and will determine the time slot <i>For pointe students, please contact the office for your class time.</i> For students not currently on pointe, class will be from 6:30-7:30 pm. Time will be 5:30-6:30pm when they advance on pointe.	
Grade IV	Monday	3:30- 5:00 pm <i>Ballet</i> 5:00-6:00 pm <i>PBT</i>	Grade 4 is the fourth level of Upper School and students continue taking 3 days per week. Students will be using a combination of ballet, pointe, conditioning, and other various types of dance in their classes.	\$240.00/mo.
	Tuesday	3:00-5:00 pm <i>Ballet</i> 5:00-6:00 pm <i>Cross Conditioning</i>	Uniform: Black leotard. Pink convertible footed tights and pink split sole ballet shoes. A detachable ballet skirt or dance shorts may be worn. Please see Policies/Guidelines for specifications. Tights must be worn over feet and under leotard. Hair must be secured in a neat ballet bun, no bangs. No watches, bracelets or necklaces. <i>Please check with the office for pointe class time for your student.</i>	
	Friday	3:30-5:30 pm or 4:30-6:30 pm		

Grade V	Monday	5:00-6:30 pm	Grade 5 is the fifth level of Upper School and students continue taking 4 days per week. Students will be using a combination of ballet, pointe, conditioning, and other various types of dance in their classes. Uniform: Black leotard. Pink convertible footed tights and pink split sole ballet shoes. A detachable ballet skirt or dance shorts may be worn. Please see Policies/Guidelines for specifications. Tights must be worn over feet and under leotard. Hair must be secured in a neat ballet bun, no bangs. No watches, bracelets or necklaces. <i>*Please check with the office for pointe class time for your student.</i>	\$250.00/mo.
	Tuesday	4:30-6:00 pm <i>Ballet</i> 6:00-7:00 pm <i>Cross Conditioning</i>		
	Thursday	2:30-3:30 pm <i>PBT</i> 3:30-5:00 <i>Ballet</i>		
	Friday	2:30-4:30 pm*		
Grade VI	Monday	5:00-6:30 pm	Grade 6 is the highest level of Upper School and students continue taking 4 days per week. Students will be using a combination of ballet, pointe, conditioning, and other various types of dance in their classes. Uniform: Black leotard. Pink convertible footed tights and pink split sole ballet shoes. A detachable ballet skirt or dance shorts may be worn. Please see Policies/Guidelines for specifications. Tights must be worn over feet and under leotard. Hair must be secured in a neat ballet bun, no bangs. No watches, bracelets or necklaces. <i>*Please check with the office for pointe class time for your student.</i>	\$250.00/mo.
	Tuesday	4:30-6:00 pm <i>Ballet</i> 6:00-7:00 pm <i>Cross Conditioning</i>		
	Thursday	2:30-3:30 pm <i>PBT</i> 5:00-6:30 pm <i>Ballet</i>		
	Friday	2:30-4:30pm*		

Touring Company	Thursday	6:00-7:30 pm	Regarding participation or any other questions, please contact the office.	
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NON-PERFORMING CLASSES

Adult Conditioning	Tuesdays	10:00am-11:00am	A structured exercise class to improve fitness by focusing on strength and flexibility through the use of weights, bands, and body weight exercises.	\$60.00/month
Adult Ballet	Tuesdays	11:00am-12:00pm	This is a great introduction to ballet or an opportunity to continue to grow in your skills. If you've always wanted to dance, this is your moment! Ballet shoes are recommended; participants can wear leggings and a t-shirt, or any other comfortable activewear.	\$60.00/month
Intermediate Ballet	Mondays	6:30pm-7:30pm	A weekly class for dancers who have had several years of experience in ballet. Taught at a Grade 3 level of syllabus with some non syllabus elements. Choice of attire is up to participants, whether activewear or dancewear.	\$60.00/month