

LOWER SCHOOL SCHEDULE

(Ages 3 and up)

Class	Days	Time	Class Description and Dress Code	Tuition
Ballet and Tumbling (3 & 4 year olds)	Wednesday Or Thursday	9:30-10:15 am 9:30-10:15am	Ballet and Tumbling is for students ages 3 and 4, by September 1st (must be potty trained). 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.
Pre-Ballet	Monday Or Wednesday Or Thursday Or Friday	2:45-3:30 pm 10:30-11:15 am 10:30-11:15 am 3:30-4:15 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.
Lower School 1 (LS1)	Wednesday (FULL) Or Thursday (A) Or Thursday (B) Or Friday	10:30-11:15am 10:15-11:00am 2:45-3:30 pm 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 4 (LS4)	Wednesday (A)	4:15-5:15 pm (Ballet) 5:15-6:15 pm (Required Conditioning)	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			
	Wednesday (B)	5:15- 6:15 pm (Required Conditioning) 6:30-7:30 pm (Ballet)		
	Or			
	Thursday & Friday	11am-12pm (Ballet) 1:30-2:30 pm (Required Conditioning)		
	Or			
	Friday	1:30-2:30 (Required Conditioning) 2:30-3:30 (Ballet)		

UPPER SCHOOL SCHEDULE

(Teacher recommendation required for all Upper School levels)

Class	Days	Time	Class Description and Dress Code	Tuition
Grade I	(A) Monday	2:15-3:30pm	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 or beginning 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	2:00-3:15 pm <i>Ballet</i> 3:15-4:15 pm <i>PBT</i>		
	Or			
	(B) Monday	6:00-7:15 pm		
Grade I	Wednesday	4:15-5:15pm <i>PBT</i> 5:15-6:30 pm <i>Ballet</i>	Please contact the office regarding placement for Friday classes	\$30.00/mo. *Optional Friday class*
	Friday *Optional*	6:30-7:30 pm <i>Pre-Pointe</i>		
	Or			
		5:30-6:30pm <i>Beginning Pointe</i>		
Grade II	Monday	4:30-6:00 pm	Grade 2 is the second level of Upper School taking 3 days a week, with a Friday class of pre-pointe or beginning 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.	\$190.00/mo.
	Thursday	3:30-4:30 pm <i>PBT</i> 4:30-6:00 pm <i>Ballet</i>		
	Friday	5:30-6:30pm <i>Beginning Pointe</i>		
	Or			
Grade II		6:30-7:30 pm <i>Pre-Pointe</i>	Pre-pointe students that advance to pointe will be on Friday 5:30-6:30pm	

Grade III	Monday	5:00-6:00 pm <i>PBT</i> 6:00-7:30 pm <i>Ballet</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	3:30-5:00 pm <i>Ballet</i> 5:00-6:00 pm <i>Cross Conditioning</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	5:00-6:00 pm <i>PBT</i> 6:00-7:30 pm <i>Ballet</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	5:00-6:00 pm <i>Cross Conditioning</i> 6:00-7:30 pm <i>Ballet</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.	
	Friday	3:30-5:30 pm or 4:30-6:30 pm	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>	
	Thursday*	3:30-5:00pm	<i>*participation in this class is based on teacher recommendation from the previous year; please contact office with questions</i>	*total monthly tuition will be \$250.00

Grade V	Monday	3:30-5:00 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	3:30-5:00 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