

AGE 12 - 19

teen classes

take 4-5
classes per week
for maximum
benefit!



SUMMER.2024 speciality classes

CLASS	DAY	TIME
Intro to Ballet & Jazz	Tuesday	6:00 PM - 7:15 PM
Teen Ballet 2	Monday	7:45 PM - 8:45 PM
Teen Ballet 3	Monday	7:45 PM - 8:45 PM
Teen Ballet 4*	Monday	7:45 PM - 8:45 PM
Intro to Ballet & Jazz	Tuesday	6:00 PM - 7:15 PM
Teen Jazz 2	Monday	4:30 PM - 5:30 PM
Teen Jazz 3	Monday	4:30 PM - 5:30 PM
Teen Jazz 3	Tuesday	6:00 PM - 7:00 PM
Teen Jazz 4	Thursday	7:30 PM - 8:30 PM
Intro to Tap	Tuesday	7:30 PM - 8:15 PM
Teen Tap 2	Monday	5:30 PM - 6:15 PM
Teen Tap 3	Monday	5:30 PM - 6:15 PM
Intro to Hip Hop	Thursday	4:30 PM - 5:15 PM
Teen Hip Hop 2	Thursday	7:30 PM - 8:15 PM
Teen Hip Hop 3	Thursday	7:30 PM - 8:15 PM
Teen Hip Hop 4	Thursday	8:30 PM - 9:15 PM

Dancers ages 12+ use a progressive curriculum in all genres designed to teach proper technique and dance fundamentals in a fun and nurturing environment. Dancers have performance opportunities in the Holiday Showcase (December) and Spring Recital (May) and will receive individual feedback each semester through the use of curriculum progress sheets & individual goal setting sessions.



CLASS	DAY	TIME
Teen Contemporary/Lyrical* (Ballet 2 prerequisite)	Monday	6:15 PM - 7:00 PM
Acro 1**	Tuesday	4:30 PM - 5:15 PM
Acro 2**	Wednesday	4:30 PM - 5:15 PM
Acro 3**	Tuesday	8:15 PM - 9:00 PM
Acro 4**	Wednesday	5:15 PM - 6:00 PM
Acro 5**	Tuesday	7:30 PM - 8:15 PM
Strength & Conditioning* (ages 10+ & Adv. 1+)	Thursday	6:00 PM - 6:45 PM
Strength & Conditioning* (ages 10+)	Thursday	8:15 PM - 9:00 PM
Strength & Conditioning* (ages 10+)	Friday	8:15 AM - 8:45 AM
Strength & Conditioning* (Adv 3+)	Friday	8:15 AM - 8:45 AM

