

# *Sandra's* 2023-2024 SCHEDULE

STUDIO OF DANCE

## MONDAY

3-3:30 Pre-Ballet
3:30-4:00 Pre-Primary
4:00-4:45 Primary
4:45-5:30 Grade 1
5:30-6:30 Grade 2
6:30-7:30 Grade 4
7:30-8:30 Advanced

## TUESDAY

9:30-10:30 Barre Fitness
3:15-4:30 Advanced
4:30-5:30 Grade 4
5:30-6:45 IF/Int

## WEDNESDAY

3:15-4:15 Advanced
4:15-5:00 Advanced Pointe
5:00-6:00 Intermediate
6:00-6:30 IF/Int Pointe
6:30-7:30 Inter Found

## THURSDAY

9:30-10:30 Barre Fitness
10:45-11:30 Ballet School
3-3:30 Pre-Ballet
3:30-4:00 Pre-Primary
4:00-4:45 Primary
4:45-5:30 Grade 1
5:30-6:30 Grade 2
6:30-7:30 Inter Found
7:30-8:30 Intermediate

## FRIDAY

3:00-4:00 Advanced Contemporary
4:00-4:45 Beginning Contemporary
4:45-5:30 Intermediate Contemporary
5:30-6:15 Beginning Tap
6:15-7:00 Intermediate Tap
7:00-8:00 Advanced Tap

## SATURDAY

9-9:30 Pre-Ballet
9:30-10:45 Int/Adv Open
10:45-12:00 Gr 4/IF Open

*Schedule subject  
to change.*

# Class Placement Guide

*Note that Royal Academy of Dance (RAD) grades are not equivalent with US school grades. Most students are in a ballet grade that is 1 to 3 years below their school grade.*

**Pre-Ballet & Ballet School** - Ages 3-4. The perfect introduction to dance, this class focuses on body awareness, coordination, and foundational movement patterns, as well as musicality and imaginative play. Our Thursday "Ballet School" section is an extended class that enhances a dance with stories and crafts. It is a perfect arts education complement to part-time preschool, or a very first "school" experience.

**Pre-Primary** - Child must be 5 by the first day of class and should be in kindergarten or a kindergarten-equivalent school setting. This is the first level of our RAD curriculum and builds a solid foundation for classical ballet while embracing the fun of movement.

**Primary** - Age 6+. Note that Pre-Primary is not a prerequisite for starting ballet. This is a great place for 6-, 7-, and 8-year-olds to start ballet.

**Grade 1**- Age 7+, twice a week encouraged in order build a strong ballet practice.

**Grade 2** - Age 8+, twice a week required .

**Grades 4** - Age 10+, twice a week required.

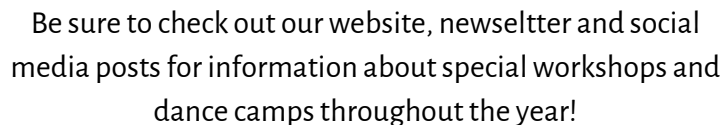
**Intermediate Foundation (IF)** - Age 12+, three times a week required, four recommended. The Wednesday ballet/pointe class is mandatory. The fourth class may be open, tap, or contemporary. Most dancers spend two years at this level.

**Intermediate** - Age 14+, four times a week required, including Wednesday ballet/pointe . Most dancers spend a minimum of two years at this level.

**Advanced** - Age 15+, four times a week required, including Wednesday ballet/pointe.

**Contemporary** - Contemporary is a lyrical dance form that complements classical ballet. The Advanced class is for high schoolers with 2 or more years experience in contemporary. Intermediate is appropriate for middle and high school students with prior experience in any dance form. Beginning contemporary is open to elementary and middle school students age 8 and up; no prior experience necessary. Placement may be adjusted by the teacher during the dance year.

**Tap** - Tap is excellent for developing coordination, leg strength and musicality. Any child 6 or older may join the beginner class. The Intermediate Tap requires two or more years of experience, and Advanced Tap is for middle school and high school tappers with three or more years of experience. Placement may be adjusted by the teacher during the dance year.



Be sure to check out our website, newsletter and social media posts for information about special workshops and dance camps throughout the year!