

# 2024-2025 SCHEDULE

## 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 3
6:30-7:30 Grade 5/IF
7:30-8:30 Adv. Found.

## TUESDAY

9:30-10:30 Barre Fitness
3:00-4:00 Adv. Found.
4:00-4:45 AF/IF Pointe
4:45-5:45 Inter. Found.
5:45-6:15 Beginning Tap
6:15-7:30 Grade 5

## WEDNESDAY

3:30-4:30 Grade 2F
4:30-5:30 Inter. Found.
5:30-6:30 Grade 5
6:30-7:15 Intermediate Tap
7:15-8:15 Advanced Tap

## THURSDAY

9:30-10:30 Barre Fitness
10:45-11:30 Ballet School
3-3:30 Pre-Ballet
3:30-4:15 Primary
4:15-4:45 Pre-Primary
4:45-5:30 Grade 1
5:30-6:30 Grade 2F
6:30-7:30 Grade 3
7:30-8:30 Adv. Found.

## FRIDAY

3:00-4:00 Advanced Contemporary
4:00-4:45 Beginning Contemporary
4:45-5:30 Intermediate Contemporary

## SATURDAY

9-9:30 Pre-Ballet
9:30-10:45 Gr 5/IF Open
10:45-12:00 AF 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 in kindergarten to participate at this level. The first level of our RAD curriculum, this class builds a solid foundation for classical ballet while embracing the fun of movement.

**Primary** - Age 6+. Note that Pre-Primary is not a prerequisite. 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. Students taking once a week may need to take Grade 1 for two years.

**Grade 2 Foundation** - Age 8+, twice a week required. This class will consolidate Grade 1 skills and prepare students for Grade 2.

**Grade 3** - Age 9+, twice a week required.

**Grade 5** - Age 11+, three times a week required, four recommended. Open, tap or contemporary make a great fourth class!

**Intermediate Foundation (IF)** - Age 12+, four times a week required (including Tuesday pointe class), five recommended. Open ballet is *strongly* encouraged, as is tap or contemporary!

**Advanced Foundation** - Age 14+, five times a week required, including Tuesday ballet/pointe and Saturday open.

**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!