

AGE 12 - 19

2024/2025

teen classes

take 4-5 classes per week for maximum benefit!

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 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY |
|-----------------------------|----------------------|----------------------|-----------|----------------------|
| Teen Intro to Ballet & Jazz | 8:15 PM - 9:15 PM CW | | | |
| Teen Ballet 2 | 6:15 PM - 7:15 PM CJ | | | |
| Teen Ballet 3 | 6:15 PM - 7:15 PM CJ | | | |
| Teen Ballet 4 | 7:15 PM - 8:30 PM CJ | 6:00 PM - 7:00 PM TS | | |
| Teen Ballet 5 | 7:15 PM - 8:30 PM AK | | | |
| Teen Jazz 2 | 5:15 PM - 6:15 PM MJ | | | |
| Teen Jazz 3 | 5:00 PM - 6:00 PM KM | | | |
| Teen Jazz 4 | 5:00 PM - 6:00 PM KM | | | |
| Teen Jazz 5 | | | | 5:15 PM - 6:15 PM PM |
| Teen Intro to Hip Hop | | 7:45 PM - 8:30 PM SZ | | |
| Teen Hip Hop 2 | | | | 8:15 PM - 9:00 PM LP |
| Teen Hip Hop 3 | | | | 8:15 PM - 9:00 PM LP |
| Teen Hip Hop 4 | | | | 4:30 PM - 5:15 PM AA |
| Intro to Tap | | 8:15 PM - 9:00 PM AL | | |
| Teen Tap 2 | | | | 7:30 PM - 8:15 PM CW |
| Teen Tap 3 | | | | 7:30 PM - 8:15 PM CW |



speciality classes

Note: Speciality classes do not participate in the end of semester recital.

| CLASS | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | SATURDAY |
|---|----------------------|----------------------|-------------------------|----------------------|--|
| Teen Contemporary/Lyrical (prerequisite Teen Ballet 2/3) | 7:30 PM - 8:15 PM PM | | | | |
| Contemporary 4 (prerequisite Teen Ballet 4) | | 7:00 PM - 7:45 PM SZ | | | |
| Contemporary 5 (prerequisite Teen Ballet 5) | | | | 7:30 PM - 8:15 PM SZ | |
| Leaps & Turns 4 (prerequisite Teen Jazz 4) | | | 7:00 PM - 7:30 PM AB/GS | | |
| Leaps & Turns 5 (prerequisite Teen Jazz 5) | | | 7:00 PM - 7:30 PM AB/GS | | |
| Lyrical 4 (prerequisite Teen Jazz 4) | | | 8:30 PM - 9:15 PM KM | | |
| Lyrical 5 (prerequisite Teen Jazz 5) | | | | 6:45 PM - 7:30 PM MM | |
| Teen Music Theatre | 4:30 PM - 5:15 PM PM | | | | |
| Music Theatre 3 (prerequisite Teen Jazz 4) | | 7:45 PM - 8:30 PM PM | | | |
| Music Theatre 4 (prerequisite Teen Jazz 5) | 5:15 PM - 6:00 PM PM | | | | |
| Prepointe (by placement only) | 8:30 PM - 9:15 PM JO | | | | |
| Pointe 1 (by placement only) | 8:30 PM - 9:15 PM CJ | | 8:45 PM - 9:15 PM TS | | |
| Pointe 2 (by placement only) | 8:30 PM - 9:15 PM AK | | 8:45 PM - 9:15 PM TS | | |
| Intro to Acro | | 5:15 PM - 6:00 PM NB | | | |
| Strength & Conditioning | | | 8:30 PM - 9:15 PM JO | | 8:00 AM - 8:30 AM AK 8:45 AM - 9:45 AM AK |

