

## 2025-2026 School Year schedule

Please follow age and experience guidelines. Email for class availability and more info.  
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STUDENT AGE ~ the Minimum Listed Age Requirements MUST Be Met By August 31, 2025		CLASS & LEVEL	CLASS TIMES
18 months through 3+ years (min. age must be met by the 1st of the month in which you enroll)		Rhythm & Movement {Creative Movement... With an adult}	Wed. 10:30 - 11:00 AM Fri. 9:45 - 10:15 AM
3-4 YEAR OLDS (Preschoolers)		Kinderdance > Introduction to Dance; Basic Dance & Creative Movement	Wed. 9:45 - 10:30 AM Sat. 9:15 - 10:00 AM
4-5 YEAR OLDS (Preschoolers)		Primary Dance 1 with Tap > Basic Dance & Creative Movement with basic Tap	Fri. 10:15 - 11:15 AM Sat. 9:30 - 10:30 AM
5-6 YEAR OLDS (in Kindergarten)		Primary Dance 2 with Tap > Basic Dance & Creative Movement with basic Tap	Sat. 10:00 - 11:00 AM
5-7 YEAR OLDS (in Kindergarten and Grade 1)		Primary Dance 2 & 3 with Tap > Basic Dance & Creative Movement with basic Tap	Wed. 4:45 - 5:45 PM
6-7 YEAR OLDS (in Grade 1)		Primary Dance 3 with Tap > Basic Dance & Creative Movement with basic Tap	Sat. 11:00 AM - 12:00 PM
7 - 8 - 9 YEAR OLDS		Ballet, Level 1 (beginner level classical ballet)	Sat. 10:30 - 11:30 AM
AND / OR		Jazz & Tap, Level 1 > 1/2 hour of each genre	Sat. 12:00 - 1:00 PM
9 to 12 years (in 4th, 5th, 6th grade)		Modern Dance	Tue. 5:45 - 6:45 PM
13 years & up (in 8th grade and above)		Stretch and Strengthen (dance exercise class - no recital)	Thu. 6:30 - 7:30 PM
13 years & up (in 8th grade and above)		Ballet - Beginner/Advanced Beginner Level (no recital)	Thu. 7:30 - 8:30 PM
14 years & up with experience (9th grade & above)		Ballet - Intermediate/Advanced Level (no recital)	Tue. 7:00 - 8:30 PM
To Enroll in Below Leveled Classes Marked with "Prerequisite" You Must Be Assessed or Recommended by an A.S.B. Instructor			
Prerequisite = 1 to 2 yrs. experience in the dance genre		Ballet, Level 2 > NOT CURRENTLY RUNNING ~ Call or email if interested	Fri. 4:45 - 6:00 PM
AND / OR		Jazz & Tap, Level 2 > 45 min. Jazz / 30 min. Tap	Thu. 5:15 - 6:15 PM
Prerequisite = min. 2 yrs. experience in the dance genre		Ballet, Level 3	Mon. 4:30 - 6:00 PM Wed. 4:30 - 6:00 PM Sat. 1:00 - 2:30 PM
Prerequisite = min. 3 yrs. experience in the dance genre		Ballet, Level 3+	Fri. 5:15 - 6:45 PM
AND / OR		Jazz & Tap, Level 3 > 45 min. Jazz / 30 min. Tap	Thu. 6:15 - 7:30 PM
Prerequisite = min. 4 yrs. experience in the dance genre		Ballet, Level 4	Wed. 6:00 - 7:30 PM
{re: Pointe/Demi-pointe; read ** below}		Demi-pointe & Pointe for B4** (read ** below & must be enrolled in B4 and another ballet class)	Wed. 7:30 - 8:00 PM
Prerequisite = min. 5 yrs. experience in the dance genre		Ballet, Level 4+	Mon. 6:00 - 7:30 PM
{re: Pointe/Demi-pointe; read ** below}		Demi-pointe & Pointe for B4+** (read ** below & must be enrolled in B4+ and another ballet class)	Mon. 7:30 - 8:00 PM
** Pointe / Demi-Pointe is at teacher's discretion and students must also enroll in & maintain good attendance in a minimum of 2 ballet technique classes per week			
Prerequisite = min. 5 yrs. experience in the dance genre		Jazz, Level 4 (also read * below)	Tue. 4:30 - 5:30 PM
		Tap, Levels 4 & 5 (also read * below)	Tue. 5:30 - 6:15 PM
Prerequisite = age 12+ w/ dance experience		Lyrical Dance * (also read * below)	Thu. 5:30 - 6:30 PM
* Either Th. 5:30 Lyrical class or Fri. 4:00 Contemporary class is Required for students in Jazz & Tap Levels 4 and 5 who are <u>not</u> enrolled in ballet, and both classes are open to those who are enrolled in ballet. > Note prerequisites below for Contemporary class			
Prerequisite = min. 6 yrs. dance experience + must take another class; Ballet 5, Jazz 5, or higher		Contemporary Dance - for Ballet 5 or Jazz 5 & up, with prerequisites at left (also read * above)	Fri. 4:00 - 5:15 PM
Prerequisite = min. 7 yrs. experience in the dance genre		Jazz, Level 5 (also read * above)	Tue. 6:15 - 7:30 PM
		Tap, Levels 4 & 5 (also read * above)	Tue. 5:30 - 6:15 PM
Prerequisite = min. 7 yrs. experience in the dance genre		Ballet, Level 5/5+	Wed. 6:00 - 7:30 PM
		Pointe for B5/5+, B6, Adv. Pte (read ** below & must be enrolled in B5/5+ & another ballet class)	Wed. 7:30 - 8:15 PM
** Pointe / Demi-Pointe is at teacher's discretion, and students must also enroll in and maintain good attendance in a minimum of 2 ballet technique classes per week			
Prerequisite = 8+ yrs. experience in the dance genre		Ballet, Level 6 with Advanced Pointe (also read ** below)	Mon. 6:00 - 8:30 PM
		Advanced Pointe (read *^* below & must also be enrolled in B6, B5/5+, & Pte. for B5/5+)	"
*^* Adv. Pointe & Ballet 6 students should take class at least 3 days per week - 3 BALLET classes are best for ballet & pointe progress, but one class may be jazz, modern, contemporary, or lyr.			

A minimum enrollment is required for a class to be scheduled. We reserve the right to cancel a class if a minimum enrollment is not reached or maintained.