

# 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)	<b>Rhythm &amp; Movement</b> {Creative Movement... With an adult}	Wed. 10:30 - 11:00 AM Fri. 9:45 - 10:15 AM
3-4 YEAR OLDS (Preschoolers)	<b>Kinderdance</b> > Introduction to Dance; Basic Dance & Creative Movement	Wed. 9:45 - 10:30 AM Sat. 9:15 - 10:00 AM
4-5 YEAR OLDS (Preschoolers)	<b>Primary Dance 1 with Tap</b> > 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)	<b>Primary Dance 2 with Tap</b> > Basic Dance & Creative Movement with basic Tap	Wed. 4:45 - 5:45 PM Sat. 10:00 - 11:00 AM
6-7 YEAR OLDS (in Grade 1)	<b>Primary Dance 3 with Tap</b> > Basic Dance & Creative Movement with basic Tap	Tue. 4:45 - 5:45 PM Sat. 11:00 AM - 12:00 PM
7 - 8 - 9 YEAR OLDS	<b>Ballet, Level 1</b> (beginner level classical ballet) <b>AND / OR</b> <b>Jazz &amp; Tap, Level 1</b> > 1/2 hour of each genre	Sat. 10:30 - 11:30 AM Sat. 12:00 - 1:00 PM
9 to 12 years (in 4th, 5th, 6th grade)	<b>Modern Dance</b>	Tue. 5:45 - 6:45 PM
13 years & up (in 8th grade and above)	<b>Stretch and Strengthen</b> (dance exercise class - no recital)	Thu. 6:30 - 7:30 PM
13 years & up (in 8th grade and above)	<b>Ballet - Beginner/Advanced Beginner Level</b> (no recital)	Thu. 7:30 - 8:30 PM
14 years & up with experience (9th grade & above)	<b>Ballet - Intermediate/Advanced Level</b> (no recital)	Tue. 7:00 - 8:30 PM
<b>To Enroll in Below Leveled Classes Marked with "Prerequisite" You Must Be Assessed or Recommended by an A.S.B. Instructor</b>		
Prerequisite = 1 to 2 yrs. experience in the dance genre	<b>Ballet, Level 2</b> <b>AND / OR</b> <b>Jazz &amp; Tap, Level 2</b> > 45 min. Jazz / 30 min. Tap	Fri. 4:45 - 6:00 PM Thu. 5:15 - 6:15 PM
Prerequisite = min. 2 yrs. experience in the dance genre	<b>Ballet, Level 3</b>	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	<b>Ballet, Level 3+</b> <b>AND / OR</b> <b>Jazz &amp; Tap, Level 3</b> > 45 min. Jazz / 30 min. Tap	Fri. 5:15 - 6:45 PM Thu. 6:15 - 7:30 PM
Prerequisite = min. 4 yrs. experience in the dance genre {re: <b>Pointe/Demi-pointe</b> ; read ** below}	<b>Ballet, Level 4</b> <b>Demi-pointe &amp; Pointe</b> for B4** (read ** below & must be enrolled in B4 and another ballet class)	Wed. 6:00 - 7:30 PM Wed. 7:30 - 8:00 PM
Prerequisite = min. 5 yrs. experience in the dance genre {re: <b>Pointe/Demi-pointe</b> ; read ** below}	<b>Ballet, Level 4+</b> <b>Demi-pointe &amp; Pointe</b> for B4+** (read ** below & must be enrolled in B4+ and another ballet class)	Mon. 6:00 - 7:30 PM Mon. 7:30 - 8:00 PM
<b>** Pointe / Demi-Pointe is at teacher's discretion and students must also enroll in &amp; maintain good attendance in a minimum of 2 ballet technique classes per week</b>		
Prerequisite = min. 5 yrs. experience in the dance genre	<b>Jazz, Level 4</b> (also read * below) <b>Tap, Levels 4 &amp; 5</b> (also read * below)	Tue. 4:30 - 5:30 PM Tue. 5:30 - 6:15 PM
Prerequisite = age 12+ w/ dance experience	<b>Lyrical Dance *</b> (also read * below)	Thu. 5:30 - 6:30 PM
<b>* Either Th. 5:30 Lyrical class or Fri. 4:00 Contemporary class is Required for students in Jazz &amp; 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. &gt; Note prerequisites below for Contemporary class</b>		
Prerequisite = min. 6 yrs. dance experience + must take another class; Ballet 5, Jazz 5, or higher	<b>Contemporary Dance</b> - 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	<b>Jazz, Level 5</b> (also read * above) <b>Tap, Levels 4 &amp; 5</b> (also read * above)	Tue. 6:15 - 7:30 PM Tue. 5:30 - 6:15 PM
Prerequisite = min. 7 yrs. experience in the dance genre	<b>Ballet, Level 5/5+</b> <b>Pointe</b> for B5/5+, B6, Adv. Pte (read ** below & must be enrolled in B5/5+ & another ballet class)	Wed. 6:00 - 7:30 PM Wed. 7:30 - 8:15 PM
<b>** 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</b>		
Prerequisite = 8+ yrs. experience in the dance genre	<b>Ballet, Level 6 with Advanced Pointe</b> (also read ** below) Advanced Pointe (read *** below & must also be enrolled in B6, B5/5+, & Pte. for B5/5+)	Mon. 6:00 - 8:30 PM "
<b>*^* Adv. Pointe &amp; Ballet 6 students should take class at least 3 days per week - 3 BALLET classes are best for ballet &amp; pointe progress, but one class may be jazz, modern, contemporary, or lyr.</b>		

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.