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**DANCE EXPRESSIONS**

**DANCE SCHEDULE 2022-2023**

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| --- | --- | --- | --- | --- | --- |
| **CLASS** | **DAY** | **TIME** | **AGE** | **HOURS** | **TEACHER** |
| Dance and Play (Ballet) | SAT | 8:45 – 9:30 | 2 - 3 | .75 | Miss Laurene |
| Pre Ballet/Tap | SAT | 9:30 – 10:15 | 3 - 5 | .75 | Miss Laurene |
| Kinderdance (Ballet/Tap) | SAT | 10:15 – 11:15 | 5 - 6 | 1.0 | Miss Laurene |
| Ballet/Jazz/Tap | THURS | 5:00 – 6:00 | 6 - 9 | 1.0 | Miss Laurene |
|  |  |  |  |  |  |
| Ballet Int | FRI | 5:00 – 6:00 | 10 – 12 | 1.0 | Miss Laurene |
| Ballet Adv II | MON | 4:30 – 6:00 | 13 + | 1.5 | Miss Laurene |
| Ballet Int. I | TUES | 4:00 – 5:30 | 12 + | 1.5 | Miss Laurene |
| Ballet Adv III | WED | 6:00 – 7:30 | 13 + | 1.5 | Miss Laurene |
|  |  |  |  |  |  |
| Pointe\* | MON | 3:30– 4:30 | 13 + | 1.0 | Miss Laurene |
| Pre-Pointe\* | WED | 5:00 – 6:00 | 12 + | 1.0 | Miss Laurene |
|  |  |  |  |  |  |
| Jazz Int | FRI | 4:00 – 5:00 | 10 – 12 | 1.0 | Miss Laurene |
| Jazz Int II | TUES | 5:30 – 6:30 | 12 + | 1.0 | Miss Laurene |
| Jazz Adv II | MON | 6:00 – 7:00 | 13 + | 1.0 | Miss Laurene |
|  |  |  |  |  |  |
| Tap Int | FRI | 6:00 – 6:30 | 10 – 12 | 0.5 | Miss Laurene |
| Tap Int I | TUES | 6:30 – 7:30 | 12 + | 1.0 | Miss Laurene |
|  |  |  |  |  |  |
| Modern Adv I | MON | 7:00 – 8:30 | 11 + | 1.5 | Miss Laurene |
|  |  |  |  |  |  |
| Lyrical III | WED | 4:00 – 5:00 | 10 - 13 | 1.0 | Miss Laurene |
| Lyrical IV | WED | 7:30 – 9:00 | 13 + | 1.5 | Miss Laurene |
| Contemporary | THURS | 7:00 – 8:30 | 13 + | 1.5 | Miss Laurene |
| Contemporary Beg | THURS | 6:00 - 7:00 | 11 + | 1.0 | Miss Laurene |
|  |  |  |  |  |  |
| Mini-Hop | SAT | 12:15 – 1:00 | 3 – 5 | .75 | Miss Laurene |
| Hip Hop I | TUES | 7:00 – 8:00 | 6 – 9 | 1.0 | Miss Laurene |
| Hip Hop Int | SAT | 1:00 – 2:00 | 10 – 12 | 1.0 | Miss Laurene |
| Hip Hop Int/Adv | TUES | 7:00– 8:00 | 12 + | 1.0 | Miss Brittany |
|  |  |  |  |  |  |
| Acro Mini | FRI | 5:00 – 6:00 | 3 – 8 | 1.0 | Miss Michelle |
| Acro Beg | SAT | 11:30 – 12:30 | 10 – 12 | 1.0 | Miss Michelle |
| Acro Int/Adv | WED | 5:00 – 7:00 | 9 + | 2.0 | Miss Michelle/Miss Jocelyn |
| Flexibility/Strength/Conditioning | FRI | 6:00 – 7:00 | 9 + | 1.0 | Miss Michelle |
| Flexibility/Strength/Conditioning | SAT | 9:30 – 10:30 | 6 + | 1.0 | Miss Michelle |
|  |  |  |  |  |  |
| Company Rehearsal | SAT | 10:30 – 11:30 | 6 + | 1.0 |  Miss Michelle  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
| Adult Ballet | TUES | 10:30 – 11:30 | Adult | 1.0 | Miss Laurene |
| Adult Tap | THURS | 10:00 – 11:00 | Adult | 1.0 | Miss Laurene |

**\*** Prerequisite for Pre-Pointe and Pointe – Two 1.5 hr ballet classes

**PLEASE NOTE: In order for classes to run there needs to be a minimum of 5 students.**

 **Schedule subject to change.**