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**DANCE EXPRESSIONS**

**DANCE SCHEDULE 2025-2026**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **CLASS** | **DAY** | **TIME** | **AGE** | **HOURS** | **TEACHER** |
| Tu-Twos | TUES | 10:00 – 10:30 | 18 mos-2 | .5 |  |
| Dance and Play (Ballet) | SAT | 8:45 – 9:30 | 2 - 3 | .75 |  |
| Pre Ballet/Tap | SAT | 9:30 – 10:15 | 3 - 5 | .75 |  |
| Pre-Ballet/Tap | WED | 10:30 – 11:15 | 3 - 5 | .75 |  |
| Kinderdance (Ballet/Tap) | SAT | 11:00 – 12:00 | 5 - 6 | 1.0 |  |
| Ballet/Jazz/Tap | THURS | 5:30 – 6:30 | 6 - 8 | 1.0 |  |
| Dance Expressions | SAT | 12:00 – 1:00 | 6 – 8 | 1.0 |  |
|  |  |  |  |  |  |
| Ballet Int/Adv | WED | 4:00 – 5:30 | 10 – 12 | 1.5 |  |
| Ballet Adv | TUES | 5:30 – 7:00 | 14 + | 1.5 |  |
| Ballet Int | FRI | 4:00 – 5:00 | 8 – 10 | 1.0 |  |
|  |  |  |  |  |  |
| Pointe\* | THURS | 3:30– 4:30 | 12 + | 1.0 |  |
|  |  |  |  |  |  |
| Jazz Int | FRI | 5:00 – 6:00 | 8 -- 10 | 1.0 |  |
| Jazz Adv | TUES | 7:00 – 8:00 | 14 + | 1.0 |  |
| Jazz Int/Adv | WED | 5:30-6:30 | 10 – 12 | 1.0 |  |
|  |  |  |  |  |  |
| Tap Adv | TUES | 4:30 – 5:30 | 14 + | 1.0 |  |
| Tap Int/Adv | WED | 6:30-7:30 | 10 – 12 | 1.0 |  |
| Tap Int | FRI | 6:00 – 7:00 | 8 -- 10 | 1.0 |  |
|  |  |  |  |  |  |
| Lyrical Adv | WED | 7:30 – 9:00 | 13 + | 1.5 |  |
| Contemporary Adv | THURS | 8:00 – 9:00 | 13 + | 1.5 |  |
|  |  |  |  |  |  |
| Mini-Hop | SAT | 10:15 – 11:00 | 3 – 5 | .75 |  |
| Hip Hop Beg | THURS | 6:30 – 7:30 | 6 – 9 | 1.0 |  |
| Hip Hop Int/Adv | SAT | 10:30 – 11:30 | 10 – 12 | 1.0 |  |
| Hip Hop Adv | TUES | 8:00 – 9:00 | 12 + | 1.0 |  |
|  |  |  |  |  |  |
| Acro Mini | TBD |  |  | 1.0 |  |
| Acro I | WED | 6:00 – 7:00 | \* | 1.0 |  |
| Acro II | FRI | 7:00 – 8:00 | \* | 1.0 |  |
| Acro III | MON | 5:30 – 6:30 | \* | 1.0 |  |
| Flexibility/Strength/Conditioning I | FRI | 5:00 – 6:00 | 10 – 13 | 1.0 |  |
| Flexibility/Strength/Conditioning II | MON | 6:30 – 7:30 | 14 + | 1.0 |  |
|  |  |  |  |  |  |
| Company Rehearsal/Technique | MON | 5:30 – 7:00 | 4 – 10 | 1.5 |  |
| Company Rehearsal/Technique | FRI | 6:00 – 7:00 | 10 – 13 | 1.0 |  |
| Company Rehearsal/Technique | THURS | 6:30 –8:00 | 14 + | 1.5 |  |
|  |  |  |  |  |  |
| Adult Ballet | TUES | 10:30 – 11:30 | Adult | 1.0 |  |
| Adult Tap | THURS | 10:00 – 11:00 | Adult | 1.0 |  |

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

\* Acro requires approval and placement by instructor

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

**Schedule subject to change.**