



Timetable 2025-2026

Welcome to our **HAPPY** place...

We are a family-run school committed to providing a warm and safe learning environment that fosters growth and development.

Catering to a diverse range of students, from hobbyists to aspiring professionals, we offer a comprehensive range of dance classes including nursery, primary, high school, and college levels.

Our adult programme is specifically designed for mature ladies aged 18 and above.



**Ballet | Tap | Jazz | Contemporary
Musical Theatre | Acro | Street Dance**



Opportunities

We understand that some children attend our classes primarily for skill, enjoyment, friendship, and fitness. Nonetheless, we would like to inform you that there are opportunities available for students interested in performing in our annual show or participating in examinations. Whilst we encourage participation, the choice is yours!



Performances

Students and parents alike eagerly anticipate our annual performance. Held in a professional working theatre, complete with sophisticated lighting, sound, and stunning costumes, this event showcases the hard work and dedication of our students. It is a magical time that brings our community together, celebrating the talents and achievements of everyone involved. Showcase 2026 - May!

Examinations

We have regular examination sessions with the RAD and IDTA throughout the year. We will let you know if your child is ready for an examination, and will invite you for entry. If your child doesn't want to do an exam, but has successfully satisfied us and completed the grade (level of work), we are most happy to let students progress to the next level without formal entry.

Venues | Chapel Allerton

Monday-Friday

St Martins Institute
St Martins View
Chapel Allerton
LS7 3LA



Tuesday Evenings

(Intermediate Ballet, Tap & Pointe & Adult Classes)

Saturday Mornings

Chapel Allerton Primary School
Harrogate Road
Chapel Allerton
LS7 3PD



Class Descriptions

Ballet

Our children's Ballet classes focus on building a strong technical foundation and fostering a love for dance. With engaging instruction, students progress from basics to advanced techniques. The curriculum, based on IDTA and RAD syllabi, includes mime and storytelling, encouraging creativity. Young dancers develop discipline, confidence, and a passion for ballet.

Acro

Our Acro dance classes combine dance fluidity with acrobatic strength and flexibility. Dancers will learn skills like cartwheels, handstands, bridges, and walkovers, all seamlessly integrated into routines. Perfect for building control, balance, and confidence, acro supports all dance styles, especially for those who love to flip and impress! With safe progressions and supportive instruction, let's tumble into the fun!

Street Dance

Street dance is all about energy, expression, and having fun! Born from hip hop culture, it includes cool, freestyle-inspired moves like you see in music videos and online. You will learn fun, easy-to-follow routines to the latest chart music, build confidence, and develop style—all in a friendly, supportive space. No experience needed—just lots of enthusiasm!

Creative Dance

Our Creative Dance class for 3-4-year-olds blends the elegance of basic ballet with lively modern music and engaging activities. Tailored to capture young imaginations, this class encourages children to explore movement, rhythm, and self-expression in a playful setting, fostering both confidence and creativity.

Contemporary

Our Contemporary dance classes, reflective the latest trends seen on popular talent TV show programmes. The classes seamlessly integrate elements of modern, ballet, and jazz to offer a versatile and expressive dance style. Students will engage in fluid movements, floor work, and improvisation, which will enhance their technique, creativity, and emotional expression.

Tap

Our Tap dance classes offer an energetic and fun way for students to develop rhythm, coordination, and musicality. Through a blend of traditional and contemporary tap techniques, students learn to create intricate patterns and sounds with their feet. Classes are designed to be engaging and supportive, allowing dancers of all levels to progress and enjoy the dynamic world of tap dance.

Musical Theatre

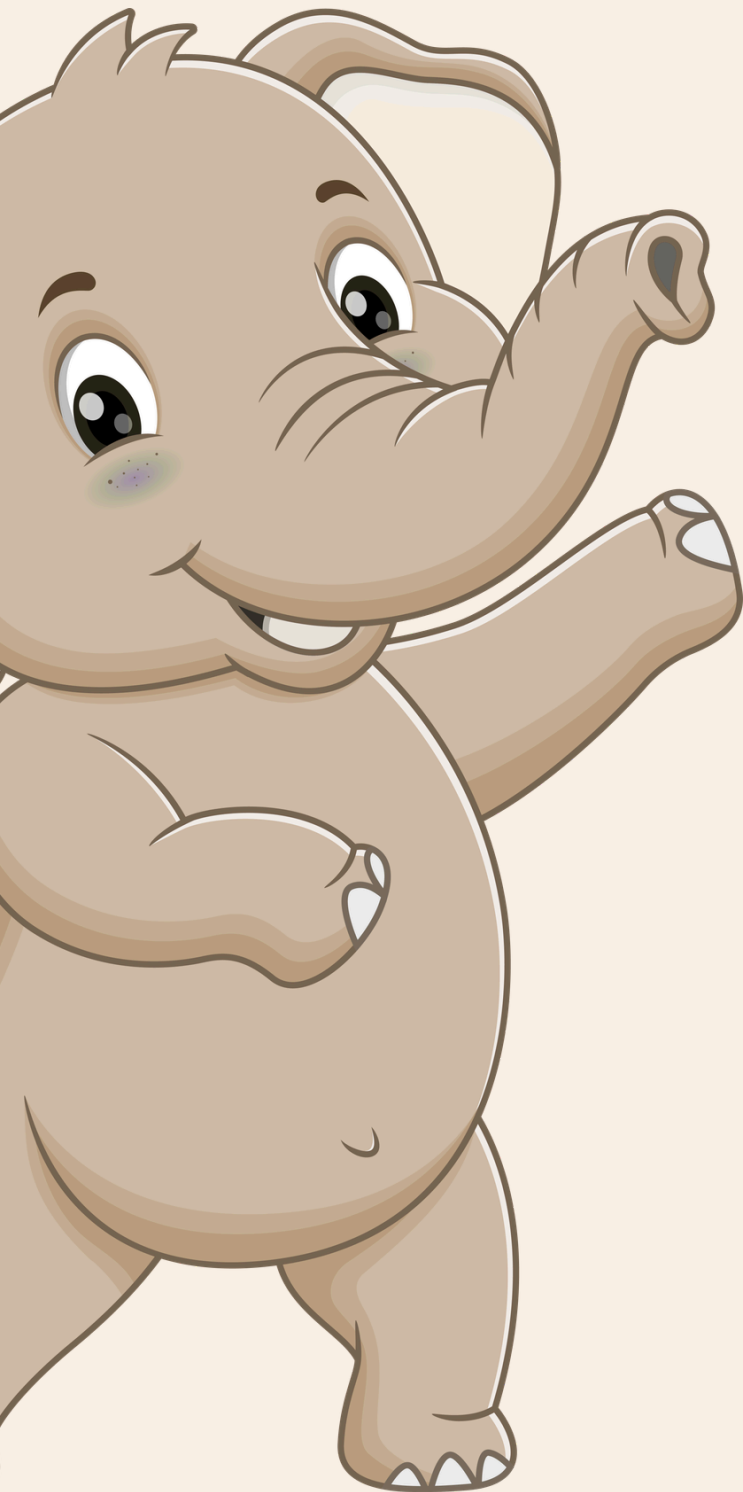
Our Musical Theatre classes combine singing, dancing, and acting to bring the magic of West-End to life. Students will develop their performance skills through dynamic choreography, vocal training, and scene work from popular musicals. These classes offer a supportive and fun environment for aspiring performers to build confidence, creativity, and stage presence.

Jazz

Inspired by the high-energy style of Broadway and the West End, dancers will master strong jazz techniques like kicks, leaps, spins, and expressive choreography seen in musical theatre. This vibrant style is also taught in our Triple Threat Musical Theatre classes. Whether you dream of the spotlight or just love to move, this class offers show-stopping fun!

Nursery Classes

Saturday	10:00-10:30	SOLD OUT Creative Dance	Pre-school 3-4 yrs
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Creative Dance (Ages 3-4, Independent)

For young dancers ready to move on their own! Creative Dance offers an engaging mix of foundational ballet with energetic, modern elements. Through storytelling, music, and guided exploration, dancers build coordination, musicality, and self-expression.

A fantastic first step into the world of dance—without a grown-up, but with plenty of fun!

Reception Classes

Monday	16:30-17:00	Ballet Prep
Monday	17:00-17:50	Street Dance & Musical Theatre
Tuesday	16:00-16:30	Contemporary
Tuesday	16:30-17:00	Street Dance
Thursday	16:00-16:30	Ballet Prep
Thursday	16:30-17:00	Street Dance
Friday	16:00-16:50	Ballet & Tap Prep
Saturday	08:40-09:20	Musical Theatre
Saturday	09:20-10:00	SOLD OUT Street Dance
Saturday	10:30-11:10	Street Dance
Saturday	10:00-10:30	SOLD OUT Ballet Prep
Saturday	11:40-12:30	Ballet & Tap Prep



Year 1 Classes

Monday	16:30-17:00	Ballet Prep
Monday	17:00-17:50	Street Dance & Musical Theatre
Tuesday	16:00-16:30	Contemporary
Tuesday	16:30-17:00	Street Dance
Thursday	16:00-16:30	Ballet Prep
Thursday	16:30-17:00	Street Dance
Friday	16:50-17:40	Street Dance & Musical Theatre
Saturday	08:40-09:20	Musical Theatre
Saturday	09:20-10:00	SOLD OUT Street Dance
Saturday	10:30-11:10	Street Dance
Saturday	10:00-10:30	SOLD OUT Ballet Prep
Saturday	11:40-12:30	Ballet & Tap Prep



Year 2 Classes

Monday	17:00-17:50	Street Dance & Musical Theatre
Tuesday	16:00-16:30	Contemporary
Tuesday	16:30-17:00	Street Dance
Thursday	16:00-16:30	Ballet Primary
Thursday	16:30-17:00	Street Dance
Thursday	17:00-17:30	Musical Theatre
Friday	16:50-17:40	Street Dance & Musical Theatre
Friday	17:40-18:10	Tap Primary
Friday	16:00-16:50	Ballet & Tap Primary
Saturday	08:30-09:20	SOLD OUT Ballet Primary (soon G1) & Tap
Saturday	09:20-10:00	Street Dance
Saturday	10:30-11:10	SOLD OUT Street Dance
Saturday	10:00-10:30	SOLD OUT Ballet Primary
Saturday	11:40-12:30	Ballet & Tap Primary



Year 3 Classes

Monday	17:00-17:50	Street Dance & Musical Theatre
Tuesday	16:00-16:45	Street Dance
Tuesday	16:45-17:30	Contemporary
Thursday	16:00-16:30	Ballet Primary
Thursday	16:30-17:00	Street Dance
Thursday	17:00-17:30	Musical Theatre
Thursday	17:30-18:10	Ballet G2
Friday	17:40-18:10	Tap Primary
Friday	18:10-18:40	Ballet G1
Friday	16:50-17:40	Street Dance & Musical Theatre
Friday	18:40-19:30	Contemporary Modern Jazz
Saturday	08:30-09:20	Ballet Primary (soon G1) & Tap
Saturday	09:20-10:00	Street Dance
Saturday	10:30-11:10	Street Dance
Saturday	11:10-11:40	Ballet G1
Saturday	10:00-10:30	SOLD OUT Ballet Primary
Saturday	11:40-12:30	Ballet & Tap Primary

Booking & Waiting List Info



Year 4 Classes

Monday	17:00-17:50		Street Dance and Musical Theatre
Monday	17:50-18:30	SOLD OUT	Contemporary
Tuesday	16:00-16:45		Street Dance
Tuesday	16:45-17:30		Contemporary
Thursday	18:10-18:50	SOLD OUT	Street Dance
Thursday	18:50-19:30	SOLD OUT	Musical Theatre
Thursday	17:30-18:10		Ballet G2
Friday	17:40-18:10		Tap Primary
Friday	18:10-18:40		Ballet G1
Friday	16:50-17:40		Street Dance and Musical Theatre
Friday	18:40-19:30		Contemporary Modern Jazz
Saturday	08:30-09:20	SOLD OUT	Ballet Primary G1 and Tap
Saturday	11:10-11:40		Ballet G1
Saturday	09:20-10:00		Street Dance
Saturday	10:30-11:10		Street Dance



Year 5 Classes

Monday	17:00-17:50		Street Dance & Musical Theatre
Monday	17:50-18:30	SOLD OUT	Contemporary
Tuesday	16:00-16:45		Street Dance
Tuesday	16:45-17:30		Contemporary
Thursday	18:10-18:50	SOLD OUT	Street Dance
Thursday	18:50-19:30	SOLD OUT	Musical Theatre
Friday	16:50-17:40		Street Dance & Musical Theatre
Friday	18:40-19:30		Contemporary Modern Jazz
Saturday	09:20-10:00		Street Dance
Saturday	10:30-11:10		Street Dance



Year 6 Classes

Monday	17:00-17:50		Street Dance & Musical Theatre
Monday	17:50-18:30	SOLD OUT	Contemporary
Tuesday	16:00-16:45		Street Dance
Tuesday	16:45-17:30		Contemporary
Tuesday	17:30-18:10		Street Dance
Thursday	18:10-18:50	SOLD OUT	Street Dance
Thursday	18:50-19:30	SOLD OUT	Musical Theatre
Friday	16:50-17:40		Street Dance & Musical Theatre
Friday	18:40-19:30		Contemporary Modern Jazz
Saturday	09:20-10:00		Street Dance
Saturday	10:30-11:10		Street Dance

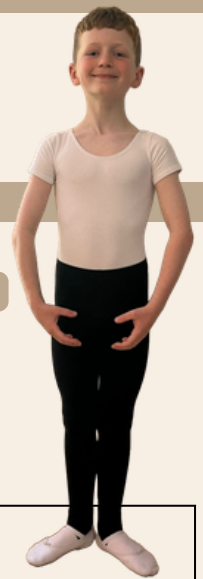


High School | Sixth Form Classes

Monday	17:50-18:30	SOLD OUT	Jazz	Y7 Y8
Monday	20:15-21:00	SOLD OUT	Jazz	Y9 Y10 Y11 Y12 Y13
Monday	20:15-21:00		Street Dance	Y7 Y8 Y9 Y10
Tuesday	16:50-17:30	SOLD OUT	Contemporary	Y7 Y8
Tuesday	17:30-18:10	SOLD OUT	Street Dance	Y6 Y7
Tuesday	18:10-18:50	SOLD OUT	Contemporary	Y7 Y8
Tuesday	17:30-18:10	SOLD OUT	Street Dance	Y8 Y9
Tuesday	18:10-18:50	SOLD OUT	Contemporary	Y9 Y10
Tuesday	18:50-19:30	SOLD OUT	Street Dance	Y9 Y10
Tuesday	19:30-20:10	SOLD OUT	Contemporary	Y11 Y12 Y13
Tuesday	20:10-20:50	SOLD OUT	Street Dance	Y11 Y12 Y13
Thursday	18:10-18:50	SOLD OUT	Street Dance	Y7 Y8 Y9
Thursday	18:50-19:30		Musical Theatre	Y7 Y8 Y9
Friday	16:50-17:40		Acro	Y7 Y8 Y9



Prerequisite Classes



Please note- we are generally one grade behind with tap compared to ballet.
For example; Grade 1 Ballet- Primary Tap

Grade 1 Ballet | Primary Tap

Thursday	17:30-18:10	Ballet G1 Street & MT before if Y3, or after if Y4 +
Friday	18:10-18:40	Ballet G1 Tap Primary before Contemporary Modern Jazz after
Friday	17:40-18:10	Tap Primary Ballet G1 after Street & MT before
Saturday	11:10-11:40	Ballet G1 Street before

Grade 2 Ballet | Grade 1 Tap

Monday	16:00-16:55	Ballet G2 & Tap G1 Street, MT & Contemporary after
Friday	17:40-18:10	Tap G1 Street & MT before Ballet G2 after
Friday	18:10-18:40	Ballet G2 Tap G1 before Contemporary Modern Jazz after
Saturday	08:30-09:20	Ballet G2 & Tap G1 Street after
Saturday	11:10-11:40	Ballet G2 Street before Tap G1 after
Saturday	11:40-12:10	Tap G1 Ballet G2 before



Prerequisite Classes

Please note- we are generally one grade behind with tap compared to ballet.
 For example; Grade 5 Ballet- Grade 4 Tap

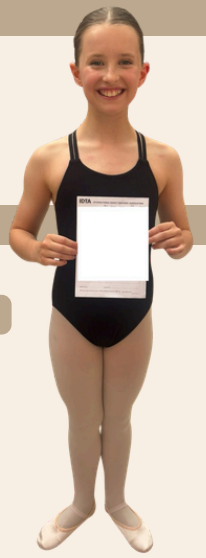
Grade 3 Ballet | G2 Tap

Monday	18:30-19:00	Tap G2 Jazz before Ballet G3 after
Monday	19:00-19:40	Ballet G3 Tap G2 before
Thursday	17:30-18:10	Ballet G3 Tap G2 before Street & MT after
Monday or Tuesday	19:45- 20:15 or 19:00-19:30	Beginners Pointe

Grade 4 Ballet | Grade 3 Tap

Monday	18:30-19:00	Tap G3 Jazz Y7-8 before Ballet G4 after
Monday	19:00-19:45	Ballet G4 Pointe after G3 Tap before
Monday	19:45-20:15	Pointe Ballet G4 before jazz Y9-Y13 after Street Y7-Y10 after
Thursday	19:30-20:20	Ballet G4 Street & MT before Pointe after
Thursday	20:30-21:00	Pointe Ballet G4 before

Prerequisite Classes



Please note- we are generally one grade behind with tap compared to ballet.
 For example; Grade 5 Ballet- Grade 4 Tap

Grade 5 Ballet | G4 Tap

Monday	18:30-19:00	Tap G4 Ballet G5 after
Monday	19:00-19:45	Ballet G5 Pointe after Tap G4 before
Monday	19:45-20:15	Pointe Ballet G5 before Jazz Y9-Y13 after Street Y7-Y10 after

Intermediate

Tuesday	17:15-18:00	Tap Intermediate
Tuesday	18:00-18:45	Ballet Intermediate
Tuesday	18:45-19:15	Pointe Intermediate



Acro Classes

We offer Acro classes on Friday evenings from 4pm onwards.
We have various squads to suit ability and age.

Please email to enquire:
info@elevationsleeds.com

Friday	16:00-16:50	Yellow Group (approx 8-10 yrs)
Friday	16:50-17:40	Green Group (approx 11-14 yrs)
Friday	17:40-18:20	Red Group (approx 5-7 yrs)
Friday	18:20-19:00	Blue Group (approx 8-10 yrs)



Adult Classes

Inspired by Fred Astaire, Darcey Bussell, or Beyoncé?

Join our Adult Classes for mature ladies! Whether rekindling an old passion or seeking new fun and fitness, you'll find the perfect class here.

Enjoy the elegance of Ballet, the energy of Jazz, the rhythm of Tap, or the flair of Street Dance. We also offer the Royal Academy of Dance Silver Swans programme, enhancing mobility, posture, and coordination for mature dancers.

Tap | Jazz | Street Dance | Ballet



Adult Classes

Monday	10:00-10:50	Ballet Silver Swans	Beginners	Laura
Tuesday	19:15-20:00	Street Dance	Open to all	Laura
Tuesday	20:00-20:45	Jazz	Open to all	Laura
Tuesday	20:45-21:15	Tap Improvers	Improvers Level	Laura
Thursday	19:30-20:15	Ballet Improvers	Improvers Level	Nel
Thursday	20:15-21:00	Jazz	Open to all	Nel

Bookings can be made via our designated booking platform:

[Click here to book](#)

Payment is required at the time of booking and applies to either a trial class or a half-term block. Adult participants are exempt from the annual membership fee.



Term Dates 2025-2026

Term 1

Monday 8 September - Sunday 14 December

Term 2

Saturday 3 January- Thursday 2 April

Term 3

Saturday 18 April- Saturday 18 July

*Please note: Term Dates subject to change.
Each term will be confirmed on a termly basis at the time of invoicing.
We close for Half Term Holidays.*



Fees & Membership

We offer the option to pay for a trial class without committing to the term until you have established suitability.

Classes are invoiced termly.

- 30 min classes : £5.00
- 40/45 min classes: £6.50
- 50/55/60 min classes: £7.00



How to Book

Adult Classes

Bookings can be made via our designated booking platform:

[Click here to book](#)

Payment is required at the time of booking and applies to either a trial class or a half-term block. Adult participants are exempt from the annual membership fee.

Waiting List

Can I join the waiting list for classes that say 'Sold out'?

No, the end of term is nearly upon us- our waiting lists are closed.

Why? Our timetable for September will be different to the one running now. If the class you want to come to is full- please fill out the September timetable release form [here](#).

[September Release](#)

New Students

See a class that looks to have availability? Let us know which one, and we'll send you a registration if we have space!

You can join a live chat, WhatsApp or simply contact us via our website.

[Join us here](#)

Contact Us

Contact Form

