

**2022 - 2023 Schedule**

**The Woodstock School of Dance and Yoga**

\* Refer to Age Eligibility Chart for Age Requirements \*

**MONDAY**

4:45 PM - 5:30 PM	Miss Allison	Musical Theatre 1 (7 Years Old)
5:30 PM - 6:15 PM	Miss Allison	Hip-Hop 3 & 4 ( 9 -11 Years Old)
6:15 PM - 7:00 PM	Miss Allison	Yoga for Kids - 7 Week Session (Age 8+)
7:00 PM - 8:00 PM	Miss Allison	Hip-Hop 5 (Age 12+)

**TUESDAY**

4:30 PM - 5:00 PM	Miss Anna	Parent and Tot Creative Movement Class (18 - 35 months) - 7 Week Sessions
5:00 PM - 5:30 PM	Miss Anna	Pre-Ballet 1 (3 Years Old)
5:30 PM - 6:15 PM	Miss Anna	Pre-Ballet 3 (5 Years Old)
6:15 PM - 7:15 PM	Miss Elizabeth	Adult Tap (Ages 18+) - 7 Week Sessions

**WEDNESDAY**

10:00 AM - 10:30 AM	Miss Anna	Parent and Tot Creative Movement Class (18 - 35 months) - 7 Week Sessions
10:30 AM - 11:00 AM	Miss Anna	Pre-Ballet 1 (3 Years Old)
4:45 PM - 5:30 PM	Miss Anna	Pre-Jazz / Jazz 1 Combo (5 & 6 Years Old)
5:30 PM - 6:15 PM	Miss Anna	Pre-Ballet 2 (4 Years Old)
6:15 PM - 7:00 PM	Miss Anna	Beginner Ballet - (Ages 8+) * No Experience Required *
7:00 PM - 8:00 PM	Miss Anna	Adult Contemporary (Ages 18+) - 7 Week Sessions
8:00 PM - 9:00 PM	Aaron (RYT)	Adult Kundalini Yoga (Ages 18+) - 7 Week Sessions

**THURSDAY**

4:45 PM - 5:30 PM	Miss Nicole	Grade 1 Ballet Class A RAD (Royal Academy of Dance) (Ages 8+)
5:30 PM - 6:30 PM	Miss Nicole	Grade 2 Ballet Class A RAD (Royal Academy of Dance) (Ages 9+) *Experience Required
6:30 PM - 7:30 PM	Miss Nicole	Grade 3 Ballet Class A & B RAD (Royal Academy of Dance) *Experience Required *
6:30 PM - 7:30 PM	Pam (RYT)	Prenatal Yoga (Ages 18+) - 7 Week Sessions

**FRIDAY**

4:45 PM - 5:30 PM	Miss Nicole	Grade 1 Ballet Class B RAD (Royal Academy of Dance)
5:30 PM - 6:30 PM	Miss Nicole	Grade 2 Ballet Class B RAD (Royal Academy of Dance) *Experience Required
6:30 PM - 7:30 PM	Miss Nicole	Advanced Adult Ballet * Experience Required *

**SATURDAY**

9:00 AM - 9:30 AM	Miss Allison	Pre-Ballet 1 (3 Years Old)
9:30 AM - 10:15 AM	Miss Allison	Pre-Ballet 2 (4 Years Old)
10:15 AM - 11:00 AM	Miss Allison	Pre-Ballet 3 (5 Years Old)
11:00 AM - 11:45 AM	Miss Elizabeth	Primary Ballet (Royal Academy of Dance) (7 Years Old)
11:45 AM - 12:30 PM	Miss Elizabeth	Tap 1 & 2 (6 - 8 Years Old)
12:30 PM - 1:15 PM	Miss Elizabeth	Acro Dance 1 (6-8 Years Old)

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**MONDAY**

11:00 AM - 12:00 PM	Theresa (RYT)	Adult Classical Yoga (Ages 18+) - 7 Week Session
4:45 PM - 5:30 PM	Miss Anna	Jazz 4 (Age 9-11)
5:30 PM - 6:30 PM	Miss Anna	Intermediate Contemporary (Ages 12+ ) or experience required
6:30 PM - 7:30 PM	Miss Anna	Junior Contemporary (Ages 9-11 )
7:30 PM - 8:30 PM	Miss Anna	Adult Ballet (Ages 18+) - 7 Week Sessions

**TUESDAY**

4:45 PM - 5:30 PM	Miss Elizabeth	Primary Ballet (Royal Academy of Dance) (7 Years Old)
5:30 PM - 6:15 PM	Miss Elizabeth	Jazz 1 & 2 (6 & 7 Years Old)
6:15 PM - 7:15 PM	Miss Allison	Musical Theatre 6 (Ages 12+) * Or Experience Required *
7:15 PM - 8:15 PM	Mary (RYT)	Adult Vinyasa Yoga (Ages 18+) - 7 Week Sessions

**WEDNESDAY**

4:45 PM - 5:30 PM	Miss Allison	Hip-Hop 1 (7 Years Old)
5:30 PM - 6:15 PM	Miss Allison	Hip-Hop 2 (8 Years Old)
6:15 PM - 7:00 PM	Miss Allison	Musical Theatre 2 / 3 (Age 8 )
7:00 PM - 8:00 PM	Miss Allison	Musical Theatre 5 (Ages 9-11)
8:00 PM - 8:45 PM	Miss Allison	Jazz 5 (Ages 12+) * Or Experience Required *

**THURSDAY**

11:30 AM - 12:30 PM	Theresa (RYT)	Adult Classical Yoga (Ages 18+) - 7 Week Sessions
4:30 PM - 5:15 PM	Miss Elizabeth	Pre-Ballet 3 (5 Years Old)
5:15 PM - 6:00 PM	Miss Elizabeth	Pre-Primary Ballet (Royal Academy of Dance) (6 Years Old)
6:00 PM - 6:45 PM	Miss Elizabeth	Tap 4 (Ages 9 -11 )
6:45 PM - 7:45 PM	Miss Elizabeth	Acro Dance 2 (Age 9-11)
7:45 PM - 8:30 PM	Miss Elizabeth	Tap 5 (Ages 12+ )

**FRIDAY**

4:45 PM - 5:30 PM	Miss Elizabeth	Acro Dance 1 (6-8 Years Old)
5:30 PM - 6:30 PM	Miss Elizabeth	Acro Dance 3 (Age 12+ or previous experience required)

**SATURDAY**

9:15 AM - 10:00 AM	Miss Anna	Pre-Jazz & Jazz 1 Combo (5 & 6 Years Old)
10:00 AM - 10:45 AM	Pam (RYT)	Mommy & Me Yoga (Newborn - 17 months) - 7 Week Sessions
10:00 AM - 10:45 AM	Miss Anna	Jazz 2 & Jazz 3 Combo ( 7 & 8 Years Old)
10:45 AM - 11:30 AM	Miss Anna	Pre-Primary Ballet RAD (Royal Academy of Dance) (6 Years Old)
11:30 AM - 12:00 PM	Miss Anna	Parent and Tot Creative Movement Class (18 - 35 months) - 7 Week Sessions

**Saturday Afternoon**

2:00 pm - 4:00 pm	Birthday Parties
5:00 pm - 8:00 pm	Movie Nights