

2020-2021 Schedule of Classes

Pre Professional

*Subject to change due to teacher availability and class size needs.

*ALL class listed for the levels 1b and above are required, unless noted as “*Optional.*” Students must elect to register for the additional optional class/classes. They are not included in level tuition quote. While not required, optional classes are highly recommended for faster progress. Optional classes are not to be exchanged for required level classes. Please use the “2021-2022 Pre Pro Division” for registering. Registration is for one season. Payment plans are available.

Ballet 1a/ Pre Professional 1a (1hr)

Mon 6:00-7:00 Technique

Or

Thu 5:00-6:00 Technique

Optional Classes

Fri 6:30-7:30 Stretch & Strengthening/Pre Pointe/Foot Conditioning

Pre Professional 1b (1.5 hr)

Required

Fri 5:00-6:30 Technique

Optional Classes

Wed 6:00-7:00 Stretch & Strengthening/Pre Pointe/Foot Conditioning

Wed 7:00-8:30 Technique

Fri 6:30-7:30 Stretch & Strengthening/Pre Pointe/Foot Conditioning

Pre Professional 1b+ (4 hr)

Required

Required

Tue 5:00-6:30 Technique

Wed 6:00-7:00 Stretch & Strengthening/Pre Pointe/Foot Conditioning

Wed 7:00-8:30 Technique

Optional Classes

Wed 5:00-6:00 1b+/2a Contemporary

Sat 12:30-1:30 1b+/2a Musical Theater Dance

Pre Professional 2A (5hr)

Required

Tue 6:30-8:00 Technique

Wed 5:00-6:00 1b+/2A Contemporary

Wed 6:00-7:00 Stretch & Strengthening/Pre Pointe/Foot Conditioning

Thu 6:15-7:45 Technique

Optional

Mon 5:00-6:00 2/3 Modern

Sat 10:30-12:00 Technique

Sat 12:30-1:30 1b+/2a Musical Theater Dance

Pre Professional 2b w/ Pointe (9.5hr)

Required

Mon 5:00-6:00 2/3 Modern

Tue 6:00-7:30 Technique

Wed 6:00-7:00 Stretch & Strengthening/Pre Pointe/Foot Conditioning

Wed 7:00-8:00 2B/3 Contemporary

Thu 6:00-7:30 Technique

Thu 7:30-8:30 Pointe 2/3

Sat 9:30-10:30 2B Musical Theater

Sat 10:30-12:00 Technique

Pre Professional 3 (9.5hr)

Required

Mon 5:00-6:00 2/3 Modern

Tue 6:00-7:30 Technique

Wed 6:00-7:00 Stretch & Strengthening/Pre Pointe/Foot Conditioning

Wed 7:00-8:00 2B/3 Contemporary

Thu 6:00-7:30 Technique

Thu 7:30-8:30 Pointe 2

Sat 10:00-11:30 Technique

Sat 11:30-12:30 Musical Theater

Optional

Sat 9:00-10:00 Character

Pre Professional 3+ (13 hr)

Required

Mon 7:00-8:00 4/5 Modern

Tue 6:00-7:30 Technique

Wed 5:30-7:00 Technique

Wed 7:00-8:00 4/5 Stretch and Strengthening

Wed 8:00-9:00 4/5 Contemporary

Thu 6:00-7:30 Technique

Thu 7:30-8:30 3 Pointe

Sat 9:00-10:00 4/5 Character

Sat 10:00-11:30 Technique

Sat 11:30-12:30 4/5 Musical Theater

Sat 12:30-1:30 4/5 Variations

*Snack/Bathroom Breaks given on Sat, Lunch at 1:30

Optional

Mon 4:30-6:00 Technique

Fri 5:30-7:00 Technique

Fri 4:30-5:30 Progressing Ballet Technique

Pre Professional 4 (14 hr)

Required

Mon 4:30-6:00	Technique
Mon 6:00-7:00	Pointe 4
Mon 7:00-8:00	4/5 Modern
Wed 5:30-7:00	Technique
Wed 7:00-8:00	4/5 Stretch and Strengthening
Wed 8:00-9:00	4/5 Contemporary
Fri 4:30-5:30	Progressing Ballet Technique
Fri 5:30-7:00	Technique
Sat 9:00-10:00	4/5 Character
Sat 10:00-11:30	Technique
Sat 11:30-12:30	Musical Theater
Sat 12:30-1:30	Variations

*Snack/Bathroom Breaks given on Sat, Lunch at 1:30

Optional

Tue 4:30-6:00	Technique
Thu 4:30-6:00	Technique

Pre Professional 5 (17 hr)

Required

Mon 4:30-6:00	Technique
Mon 6:00-7:00	4/5 Pointe
Mon 7:00-8:00	4/5 Modern
Tue 4:30-6:00	Technique
Wed 5:30-7:00	Technique
Wed 7:00-8:00	Stretch and Strengthening
Wed 8:00-9:00	4/5 Contemporary

Thu 4:30-6:00 Technique
Fri 4:30-5:30 Progressing Ballet Technique
Fri 5:30-7:00 Technique
Sat 9:00-10:00 4/5 Character
Sat 10:00-11:30 Technique
Sat 11:30-12:30 4/5 Musical Theater
Sat 12:30-1:30 4/5 Variations

Pre Professional Trainee Pink Diamond (17 hr)

Required

Mon 6:00-7:00 Adv Modern
Mon 7:00-8:30 Technique
Tue 4:30-6:00 Technique
Tue 6:00-7:00 Adv Pointe
Wed 4:30-6:00 Technique
Wed 6:00-7:00 Adv Contemporary
Thu 4:30-6:00 Technique
Thu 6:00-7:00 Adv Character
Thu 7:00-8:00 Stretch and Strengthening
Fri 4:30-5:30 Progressing Ballet Technique
Fri 5:30-7:00 Technique
Sat 10:30-11:30 Adv Musical Theater Dance
Sat 11:30-1:00 Technique
Sat 1:00-2:00 Adv Variations

Pre Professional Trainee Red Diamond (17 hr)

Required

Mon 6:00-7:00	Adv Modern
Mon 7:00-8:30	Technique
Tue 4:30-6:00	Technique
Tue 6:00-7:00	Adv Pointe
Wed 6:00-7:00	Adv Contemporary
Wed 4:30-6:00	Technique
Thu 4:30-6:00	Technique
Thu 6:00-7:00	Adv Character
Thu 7:00-8:00	Stretch and Strengthening
Fri 4:30-5:30	Progressing Ballet Technique
Fri 5:30-7:00	Technique
Sat 10:30-11:30	Adv Musical Theater Dance
Sat 11:30-1:00	Technique
Sat 1:00-2:00	Adv Variations