

# LOWER SCHOOL

(Age 3 through 11)

Class	Days	Time	Class Description and Dress Code	Tuition
Preschool Ballet (PSB)	Tuesday Or Wednesday <b>(FULL)</b>	9:30-10:15 am  3:30-4:15 pm <b>(FULL)</b>	<p>PSB is for students aged 3 and 4, by September 1st (must be potty trained).. Classes include Ballet class, along with additional fun, high energy exercises to teach body awareness, flexibility and posture</p> <p><b>Uniform:</b> Lavender leotard, pink full foot tights and pink full sole ballet shoes (a detachable skirt can be worn if it doesn't cause a distraction. Hair must be secured in a ballet bun.</p>	\$60.00/mo.
Lower School 1 (LS1)	Tuesday Or Wednesday <b>(FULL)</b> Or Friday	10:15-11:00 am  4:15-5:00 pm <b>(FULL)</b>  3:15-4:00 pm	<p>LS1 is for students aged 5 and 6 Classes include Ballet class, along with fun exercise to teach body awareness, flexibility and posture. Classical ballet positions and terminology are first introduced in this level along with creative dance opportunities.</p> <p><b>Uniform:</b> Pink leotard, pink full foot tights and pink full sole ballet shoes (a detachable skirt can be worn if it doesn't cause a distraction) Hair must be secured in a ballet bun</p>	\$60.00/mo.
Lower School 2 (LS2)	Tuesday Or Wednesday	11:00-12:00 am  5:00-6:00 pm	<p>LS2 is for students aged 6 and 7. In this level we will be expanding on classical ballet, ballet positions and terminology along with creative dance opportunities.</p> <p><b>Uniform:</b> Black leotard, pink full foot tights and pink full sole ballet shoes (a detachable skirt can be worn if it doesn't cause a distraction) Hair must be secured in a ballet bun.</p>	\$70.00/mo.

Lower School 3 (LS3)	<p>Tuesday</p> <p>Or</p> <p>Wednesday (FULL)</p> <p>Or</p> <p>Friday (FULL)</p>	<p>12:00-1:00 pm</p> <p>5:00-6:00 pm (FULL)</p> <p>4:00-5:00 pm (FULL)</p>	<p>LS3 is for students aged 7 and up. In this level we will be expanding on classical ballet, ballet positions, barre work and terminology along with introductory to non syllabus material. Students will need teacher recommendation to advance to LS4.</p> <p><b>Uniform:</b> Black leotard, pink full foot tights and pink full sole ballet shoes (a detachable skirt can be worn if it doesn't cause a distraction) Hair must be secured in a ballet bun</p>	\$70.00/mo.
Lower School 4 (LS4)	<p>Tuesday</p> <p>Or</p> <p>Wednesday</p>	<p>1:30-2:30 pm</p> <p>6:00-7:00 pm</p>	<p>LS4 is the first level of JOD classes where teacher recommendation for placement is required. In this level we will be expanding on classical ballet, ballet positions, barre work and terminology along with introductory non- syllabus material.</p> <p><b>Uniform:</b> Black leotard, pink full foot tights and pink full sole ballet shoes (a detachable skirt can be worn if it doesn't cause a distraction) Hair must be secured in a ballet bun</p>	\$70.00/mo.

Schedule is subject to change

# UPPER SCHOOL

(Teacher recommendation for all Upper School Levels)

Class	Days	Time	Class Description / Dress Code	Tuition								
Grade I (Day)	Monday and Thursday	12:30-1:45 pm  12:30-1:45 pm	<p><b>Grade 1</b> is the first level of Upper School and the first level requiring twice a week ballet.</p> <p><b>Uniform:</b> navy blue leotard, pink full foot tights and pink split sole ballet shoes and a detachable skirt (any color) or dance shorts (Black) Hair must be secured in a ballet bun, no bangs. No watches or bracelets.</p>	\$135.00/mo.								
Grade I (Evening)	Or  Monday And Thursday	Or  5:00-6:15 pm  5:00-6:15 pm			Grade II (Evening)	Monday And Thursday	3:30-5:00 pm  3:30-5:00 pm	<p><b>Grade 2</b> is the second level of Upper School taking two days a week.</p> <p><b>Uniform:</b> Navy leotard, pink full foot tights and pink split sole ballet shoes and a detachable skirt (any color) or dance shorts (black) Hair must be secured in a ballet bun, no bangs. No watches or bracelets</p>	\$150.00/mo.	Grade III	Monday  Tuesday  Thursday	4:00-5:30 pm  6:00-7:30 pm Contemporary Class 7:30-8:30pm  5:00-6:30pm
Grade II (Evening)	Monday And Thursday	3:30-5:00 pm  3:30-5:00 pm	<p><b>Grade 2</b> is the second level of Upper School taking two days a week.</p> <p><b>Uniform:</b> Navy leotard, pink full foot tights and pink split sole ballet shoes and a detachable skirt (any color) or dance shorts (black) Hair must be secured in a ballet bun, no bangs. No watches or bracelets</p>	\$150.00/mo.								
Grade III	Monday  Tuesday  Thursday	4:00-5:30 pm  6:00-7:30 pm Contemporary Class 7:30-8:30pm  5:00-6:30pm	<p><b>Grade 3</b> is the third level of Upper School and the first year students take 3 days per week. Pointe work may begin at this level depending on readiness. This is the first level of contemporary class.</p> <p><b>Uniform:</b> maroon leotard, pink full foot tights and pink split sole ballet shoes and a detachable skirt (any color) or dance shorts (black) Hair must be secured in a ballet bun, no bangs. No watches or bracelets.</p>	\$180.00/mo.								

Grade IV	<p>Monday</p> <p>Tuesday *Grade 4 &amp; Advanced*</p> <p>Wednesday</p> <p>Friday *Grade 4 &amp; Advanced*</p>	<p>5:30-7:00 pm</p> <p>3:30-5:00 pm Contemporary Class 5:00-6:00 pm</p> <p>3:00-5:00 pm</p> <p>5:00-6:30 pm</p>	<p><b>Grade 4</b> is the fourth level of Upper School and the first year students take 4 days per week. Students will be using a combination of ballet, pointe and contemporary in their classes.</p> <p><b>Uniform:</b> black leotard on syllabus days, any color leotard on non-syllabus days., Pink full foot tights and pink split sole ballet shoes and a detachable skirt (any color) or dance shorts (black) Hair must be secured in a ballet bun, no bangs. No watches or bracelets.</p>	\$215.00/mo.
Advanced	<p>Monday</p> <p>Tuesday *Grade 4 &amp; Advanced*</p> <p>Thursday</p> <p>Friday *Grade 4 &amp; Advanced*</p>	<p>2:00-4:00 pm</p> <p>3:30-5:00 pm Contemporary Class 5:00-6:00 pm</p> <p>3:30-5:00 pm</p> <p>5:00-6:30 pm</p>	<p><b>Advanced</b> is the highest level of Upper School and students continue taking 4 days per week. Students will be using a combination of ballet, pointe and contemporary in their classes.</p> <p><b>Uniform:</b> black leotard on syllabus days, any color leotard on non-syllabus days. Pink full foot tights and pink split sole ballet shoes and a detachable skirt (any color) or dance shorts (black) Hair must be secured in a ballet bun, no bangs. No watches or bracelets.</p>	\$215.00/mo.
Strength and Stretch	<p>Tuesday (All levels)</p> <p>Or</p> <p>Thursday (All levels)</p> <p>Or</p> <p>Friday (Grade 3 and up)</p>	<p>9:30-10:15 am</p> <p>9:30-10:30 am</p> <p>4:00-4:45</p>	<p><b>Strength and Stretch</b> is a variety of movements designed to improve strength and flexibility for all skill levels. Classes include some light weight training, pilates, stretching and cardio in each class.</p> <p><b>Uniform:</b> Workout attire or any comfortable clothing you can move in. stretch (pants or shorts and a t-shirt), tennis shoes with white sole or bare feet is permitted. Hair pulled back off face Recommend bringing a yoga mat and water bottle, but not required.</p>	<p>Single class \$15</p> <p>Or</p> <p>1 class weekly \$50.00/mo. (4 classes)</p> <p>2 classes weekly \$90.00/mo. (8 classes)</p>

<p>Adult Ballet Workshop</p> <p>(8 week workshop)</p>	<p>Jan. 7th - Feb. 25th Fridays</p>	<p>4:00-5:00 pm</p>	<p>Adult Ballet program is a 8 week workshop designed for beginners. Ages 13 and up.</p> <p><b>Uniform:</b> Workout attire or any comfortable clothing you can move in. (stretch pants or shorts and a t-shirt) pink split sole ballet shoes. Hair secured in a ballet bun.</p>	<p>\$130.00 for 8 week workshop</p>
<p>Creative Worship</p> <p>(Grade 4 &amp; Advanced only)</p>	<p>Friday</p> <p>February 4th - March 25th</p>	<p>6:30-7:15 pm</p>	<p><b>Creative Worship</b> is an 8 week session using choreography, improv, scripture, and prayer to worship and grow in the Lord.</p>	<p>\$50 Fee (8 weeks)</p>

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