

# LOWER SCHOOL

(Age 3 through 12)

Class	Days	Time	Class Description and Dress Code	Tuition
Preschool Ballet (PSB)	Tuesday Or Wednesday	9:30 -10:15 am  3:30 - 4:15 pm	<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>	\$62.00/mo.
Lower School 1 (LS1)	Tuesday Or Wednesday	10:15-11:00 am  4:15-5:00 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>	\$62.00/mo.
Lower School 2 (LS2)	Tuesday Or Wednesday Or Friday	11:00-12:00 am  5:00-6:00 pm  3:00-4:00 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> 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>	\$72.00/mo.

Lower School 3 (LS3)	Tuesday Or Wednesday Or Friday	12:30-1:30 pm  5:00-6:00 pm  4:00-5:00 pm	<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>	\$72.00/mo.
Lower School 4 (LS4)	Tuesday Or Wednesday	1:30-2:30 pm  6:00-7:00 pm	<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>	\$72.00/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)  Or  Grade I (Evening)	Monday and Thursday  Or  Tuesday and Thursday	2:30-3:45 pm  1:30-2:45 pm  Or  5:00-6:15 pm  3:30-4:45 pm	Grade 1 is the first level of Upper School and the first level requiring twice a week ballet.  <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.	\$140.00/mo.
Grade II	Monday    Thursday	6:00-7:30 pm   5:00-6:30 pm Conditioning Class 6:30-7:30 pm	Grade 2 is the second level of Upper School taking two days a week. Students will be using a combination of ballet and conditioning in their classes.  <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.	\$160.00/mo.
Grade III	Monday   Thursday   Friday	6:15-7:45 pm   5:00-6:30 pm Conditioning Class 6:30-7:30pm   3:30-5:00pm Modern Class 5:00-6:00	Grade 3 is the third level of Upper School and the first year students take 3 days per week. Students will be using a combination of ballet, conditioning, and modern in their classes. Pointe work may begin at this level depending on readiness.  <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.	\$190.00/mo.

Grade IV	Monday	Conditioning Class 3:30-4:30 pm Ballet 4:30-6:00 pm	<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, modern, and conditioning 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>	\$230.00/mo.
	Tuesday	3:30-5:00 pm Modern Class 5:00-6:00 pm		
	Wednesday	3:00-5:00 pm		
	Thursday	6:30-8:00 pm		
Grade V	Monday	Conditioning Class 3:30-4:30 pm Ballet 4:45-6:15 pm	<p><b>Grade V</b> is the 5th level of Upper School and students continue taking 4 days per week. Students will be using a combination of ballet, pointe, modern, and conditioning 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>	\$240.00/mo.
	Tuesday	3:30-5:00 pm Modern Class 5:00-6:00 pm		
	Wednesday	3:00-5:00 pm		
	Thursday	3:00-5:00 pm		
Grade VI	Monday	2:00-3:30 pm Conditioning Class 3:30-4:30 pm	<p><b>Grade VI</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 modern 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>	\$240.00/mo.
	Tuesday	3:30-5:00 pm Modern Class 5:00-6:00 pm		
	Wednesday	3:00-5:00 pm		
	Thursday	3:00-5:00 pm		

Strength and Stretch	Tuesday (Open to non-dancers and dancers grade 2 and up)	9:30-10:15 am	<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>
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