

LOWER SCHOOL SCHEDULE

(Ages 3 and up)

Class	Days	Time	Class Description and Dress Code	Tuition
Ballet and Tumbling (3 & 4 year olds)	Tuesday FULL Or Thursday FULL	10:00-10:45 am 12:30-1:15 pm	Ballet and Tumbling is for students ages 3 and 4, by September 1st (must be potty trained) and students ages 5 and 6. Classes include introduction to Ballet, along with basic tumbling, balance beam and obstacle course skills. Uniform: Lavender leotard, pink full foot tights and pink full sole ballet shoes. A detachable ballet skirt or dance shorts can be worn if it doesn't cause a distraction. Hair must be pulled back and out of the dancer's face. No watches, bracelets or necklaces	\$62.00/mo.
Ballet and Tumbling (5 & 6 year olds)	Tuesday Or Thursday	11:00-11:45 am 1:15-2:00 pm	PSB is for students ages 3 - 5, 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. Uniform: Lavender leotard, pink full foot tights and pink full sole ballet shoes. A detachable ballet skirt can be worn if it doesn't cause a distraction. Hair must be secured in a neat ballet bun, no bangs. No watches, bracelets or necklaces.	\$62.00/mo.
Pre-Ballet	Friday FULL	1:15-2:00 pm	LS1 is for students ages 5 & 6. Classes include Ballet class, along with fun exercises to teach body awareness, flexibility and posture. Classical ballet positions and terminology are first introduced in this level along with creative dance opportunities. Uniform: Pink leotard, pink full foot tights and pink full sole ballet shoes. A detachable ballet skirt can be worn if it doesn't cause a distraction. Hair must be secured in a neat ballet bun, no bangs. No watches, bracelets or necklaces.	\$62.00/mo.
Lower School 1 (LS1)	Tuesday Or Wednesday Or Friday	11:15-12:00 pm 2:15-3:00 pm 4:00-4:45 pm	LS2 is for students ages 7 and up. In this level we will be expanding on classical ballet, ballet positions, and terminology along with creative dance opportunities. Uniform: Pink leotard, pink full foot tights and pink full sole ballet shoes. A detachable ballet skirt can be worn if it doesn't cause a distraction. Hair must be secured in a neat ballet bun, no bangs. No watches, bracelets or necklaces.	\$72.00/mo.
Lower School 2 (LS2)	Tuesday <i>*Temporarily on hold. Contact office for more info*</i> Or Friday	12:00-1:00 pm 4:45-5:45 pm		

Lower School 3 (LS3)	Monday Or Tuesday (FULL) Or Thursday	6:00-7:00 pm 1:00-2:00 pm 3:30-4:30 pm	LS3 is for students ages 8 and up. In this level we will be expanding on classical ballet, ballet positions, barre work and terminology. Students will need teacher recommendations to advance to LS4. Uniform: Black leotard, pink full foot tights and pink full sole ballet shoes. A detachable ballet skirt or black dance shorts can be worn if it doesn't cause a distraction. Hair must be secured in a neat ballet bun, no bangs. No watches, bracelets or necklaces.	\$72.00/mo.
Lower School 4 (LS4)	Tuesday Or Tuesday (FULL) Or Wednesday <i>*Optional Add-Ons*</i> Tuesday (Conditioning) Wednesday (Additional Ballet Class)	3:00-4:00 pm 4:00-5:00 pm 6:00-7:00 pm 5:00-6:00 pm 4:30-5:30 pm	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. Uniform: Black leotard, pink full foot tights and pink full sole ballet shoes. A detachable ballet skirt or black dance shorts can be worn if it doesn't cause a distraction. Hair must be secured in a neat ballet bun, no bangs. No watches, bracelets or necklaces. *Add-on classes are not required, but are encouraged. These are designed for LS4 students looking for extra opportunities in the week to challenge themselves in strength and technique. Student must be enrolled in a regular LS4 class to take an Add-on class*	\$72.00/mo. <i>*Price w/o Add-on class*</i> \$20/mo. <i>*Conditioning Add-on*</i> \$40.00/mo. <i>*Additional Ballet Class*</i>

UPPER SCHOOL SCHEDULE

(Teacher recommendation required for all Upper School levels)

Class	Days	Time	Class Description and Dress Code	Tuition
Grade I (Day)	Tuesday	5:00-6:00 pm Conditioning	<p>Grade 1 is the first level of Upper School and the first level requiring twice a week ballet. Students will be using a combination of ballet and conditioning in their classes.</p> <p>Uniform: Navy blue leotard, pink full foot tights and pink split sole ballet shoes. A detachable ballet skirt or dance shorts may be worn. Please see Policies/Guidelines for specifications. Tights must be worn over feet and under leotard. Hair must be secured in a neat ballet bun, no bangs. No watches, bracelets or necklaces.</p>	\$140.00/mo.
	Wednesday	1:00-2:15 pm		
	Friday	12:45-2:00 pm		
Or				
Grade I (Evening)	Tuesday	5:00-6:00 pm Conditioning		
		6:00-7:15 pm Ballet Class		
	Friday	5:45-7:00 pm		
Grade II	Monday	4:30-6:00 pm Ballet Class	<p>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.</p> <p>Uniform: Navy blue leotard, pink full foot tights and pink split sole ballet shoes. A detachable ballet skirt or dance shorts may be worn. Please see Policies/Guidelines for specifications. Tights must be worn over feet and under leotard. Hair must be secured in a neat ballet bun, no bangs. No watches, bracelets or necklaces.</p>	\$160.00/mo. \$40.00/mo. *Optional Friday class*
		6:00-7:00 pm Conditioning		
	Wednesday	4:30-6:00 pm		
	Friday *Optional*	4:00-5:00 pm		

Grade III	Monday	4:30-6:00 pm Ballet Class 6:00-7:00 pm Conditioning	<p>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 other various types of dance in their classes. Pointe work may begin at this level depending on readiness.</p> <p>Uniform: Maroon leotard, pink full foot tights and pink split sole ballet shoes. A detachable ballet skirt or dance shorts may be worn. Please see Policies/Guidelines for specifications. Tights must be worn over feet and under leotard.</p> <p>Hair must be secured in a neat ballet bun, no bangs. No watches, bracelets or necklaces.</p>	\$190.00/mo.
	Thursday	3:30-4:30 pm Cross Training 4:30-6:00 pm Ballet Class		
	Friday	4:00-5:00 pm		
Grade IV	Tuesday	3:30-4:30 pm Conditioning 4:30-6:00 pm Ballet Class	<p>Grade 4 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, conditioning, and other various types of dance in their classes.</p> <p>Uniform: Black leotard. Pink full foot tights and pink split sole ballet shoes. A detachable ballet skirt or dance shorts may be worn. Please see Policies/Guidelines for specifications. Tights must be worn over feet and under leotard.</p> <p>Hair must be secured in a neat ballet bun, no bangs. No watches, bracelets or necklaces.</p>	\$230.00/mo.
	Wednesday	5:30-7:00 pm		
	Thursday	3:30-4:30 pm Cross Training 4:30-6:00 pm Ballet Class		
	Friday	3:00-4:00 pm		

Grade V	<p>Tuesday</p> <p>3:30-4:30 pm Conditioning</p> <p>4:30-6:00 pm Ballet Class</p> <p>6:15-7:15 pm Touring Company (Feb.-April)</p> <p>Wednesday</p> <p>3:00-4:30 pm</p> <p>Thursday</p> <p>4:30-5:30 pm Cross Training</p> <p>5:30-7:00 pm Ballet Class</p> <p>Friday</p> <p>5:00-7:00 pm</p>	<p>Grade 5 is the fifth level of Upper School and students continue taking 4 days per week. Students will be using a combination of ballet, pointe, conditioning, and other various types of dance in their classes.</p> <p>Uniform: Black leotard. Pink full foot tights and pink split sole ballet shoes. A detachable ballet skirt or dance shorts may be worn. Please see Policies/Guidelines for specifications. Tights must be worn over feet and under leotard.</p> <p>Hair must be secured in a neat ballet bun, no bangs. No watches, bracelets or necklaces.</p>	\$240.00/mo.
Grade VI	<p>Monday</p> <p>3:00-4:30 pm</p> <p>Tuesday</p> <p>3:30-4:30 pm Conditioning</p> <p>4:30-6:00 pm Ballet Class</p> <p>6:15-7:15 pm Touring Company (Feb.-April)</p> <p>Thursday</p> <p>4:30-5:30 pm Cross Training</p> <p>5:30-7:00 pm Ballet Class</p> <p>Friday</p> <p>5:00-7:00 pm</p>	<p>Grade 6 is the highest level of Upper School and students continue taking 4 days per week. Students will be using a combination of ballet, pointe, conditioning, and other various types of dance in their classes.</p> <p>Uniform: Black leotard. Pink full foot tights and pink split sole ballet shoes. A detachable ballet skirt or dance shorts may be worn. Please see Policies/Guidelines for specifications. Tights must be worn over feet and under leotard.</p> <p>Hair must be secured in a neat ballet bun, no bangs. No watches, bracelets or necklaces.</p>	\$240.00/mo.
Adult Conditioning	<p>Tuesday</p> <p>1:00-2:00 pm</p>	<p>Adult Conditioning requires no dance experience! Designed for women ages 16 and up, these classes are a fusion of pilates and strength training exercises to help you build/maintain strength, and improve in flexibility. Class includes modifications so you get just the right workout for you!</p>	<p>\$45.00/mo.</p> <p>Or</p> <p>\$15.00 for drop in class</p>

Adult Ballet	Saturday October-May	3:00-4:00 pm	<p>Adult Ballet requires no prior dance experience! Designed for teenage and young adult women, these classes are perfect for someone looking to try something new and learn to worship Jesus through the technique and movement of Ballet.</p> <p>This class is offered from October-May, no participation in the year-end recital.</p>	\$60.00/mo. Oct.-May
Jazz	Saturday October-May	2:00-3:00 pm	<p>Jazz - The embodiment of energy, rhythm, and sheer joy! This class will be infused with a creative twist using props like chairs and hats. We will explore playful combinations that challenge the boundaries of traditional Jazz, allowing dancers to unleash their imagination and create captivating sequences that reflect their vibrant personalities.</p> <p>This class is offered from October-May for teenage and young adult women. No participation in the year-end recital.</p>	\$60.00/mo. Oct.-May
Contemporary	Saturday October-May	1:00-2:00 pm	<p>Contemporary will focus on building a strong and stable foundation by incorporating invigorating Pilates warm-ups. Strengthening the core is essential for developing control and balance, enabling dancers to execute movements with grace and precision. Throughout the class, we will delve into the elements of dance, including space, time, lines, and curves, which will elevate the artistic quality of every movement.</p> <p>This class is offered from October-May for teenage and young adult women. No participation in the year-end recital.</p>	\$60.00/mo. Oct.-May