

# FALL @ 174 FIRST AVENUE

Weekly Schedule at a Glance (SEPT 8 - DEC 14)

## MONDAY

TIME	PURPLE STUDIO	ORANGE STUDIO	PINK STUDIO	BLUE STUDIO	GREEN STUDIO
4:15 - 5:15 PM	Hip Hop 10 - 13 Gemma-Lee	Limbering 7-12 Sophia	Senior Level 2 Ballet Laura <i>Permission Only</i>	Jazz 5 - 7  Mika	Senior Level 3 Character Daphné
5:15 - 6:15 PM	<b>*NEW*</b> Inter/Adv Tumbling (Level 6+) Victoria K <i>Pre-Requisite: Must take acro Permission Only</i>	<b>*NEW*</b> Lyrical 10 - 13 Gemma-Lee	Grade 5 Ballet  Laura	Senior Level 3 Ballet  Daphné <i>Permission Only</i>	Jazz Technique 8 - 12 Mika
6:30 - 7:30 PM	Intermediate Handstands (Level 4+) Victoria K <i>Pre-Requisite: Must take acro Permission Only</i>	Limbering 7-12 Sophia	Open Ballet 9+  Daphné	Senior Level 4 Ballet 6:30-8:00pm Laura <i>Permission Only</i>	<b>Competitive highland w/ Bytown Highland</b>
7:30 - 8:30 PM	Tumbling 8+ (All Levels) Victoria K <i>Pre-Requisite: Must take acro</i>	Ottawa Rhythm Initiative Adult Tap	Adult Ballet Level 2/3 Daphné 7:30PM - 8:45PM		<b>Competitive highland w/ Bytown Highland</b>
8:30 - 9:30 PM	Limbering 13+ Victoria K	Ottawa Rhythm Initiative Adult Tap	Adult Pointe Daphné <i>Permission Only 8:45PM - 9:30PM</i>	Pointe & Classical Variations  Laura	<b>Competitive highland w/ Bytown Highland</b>

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### TUESDAY

TIME	PURPLE STUDIO	ORANGE STUDIO	PINK STUDIO	BLUE STUDIO	GREEN STUDIO
4:15 - 5:15 PM	Acro 7-10 (Level 2) Victoria K	<b>*NEW!*</b> Tap 10 - 13 Victoria F	Senior Level 6 Ballet 4:00-5:30pm Laura <b>Permission Only</b>	Intermediate Jazz Technique 9 - 13 Roxanne	Hip Hop 5 - 7 Gemma-Lee
5:15 - 6:15 PM	Intro to Contortion (Level 4+) Victoria K <i>Pre-Requisite: Must take acro</i>	<b>*NEW!*</b> Tap 7 - 9 Victoria F	Senior Level 6 Pointe 5:30-6:15pm Laura <b>Permission Only</b>	Grade 1 Ballet (6-8 years)  Emily S	Hip Hop 8 - 10 Gemma-Lee
6:30 - 7:30 PM	Intermediate Acro (Level 5/6) Victoria K <i>Pre-Requisite: Must take 2 acro extra classes</i>	<b>*NEW!*</b> Advanced Jazz Choreography 12 - 17 Victoria F <b>Permission Only</b>	Intermediate Pointe  Laura <b>Permission Only</b>	Little Lotus	<b>Beginner/Experienced Highland w/ Bytown Highland</b>
7:30 - 8:30 PM	Advanced Handstands (Level 6+) Victoria K <i>Pre-Requisite: Must take acro Permission Only</i>	<b>*NEW*</b> All Levels Ages 10+ Lyrical Gemma-Lee	Senior Level 5 Ballet 8:00-9:30pm Laura <b>Permission Only</b>	Adult conditioning Drop ins welcome Mel	<b>Competitive Highland w/ Bytown Highland</b>
8:30 - 9:30 PM	Adult Acro Drop ins welcome Victoria K				<b>Competitive Highland w/ Bytown Highland</b>

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### WEDNESDAY

TIME	PURPLE STUDIO	ORANGE STUDIO	PINK STUDIO	BLUE STUDIO	GREEN STUDIO
4:15 - 5:15 PM	Acro 8-12 (Level 3) Victoria K	<b>*NEW!*</b> Beginner/ Intermediate Tap 12 - 17 Victoria F	Pre-Ballet (3 - 4) 45 Minutes Kailena	Grade 4 Ballet Laura	Pre-Primary Ballet (5 - 6 years) Emily S
5:15 - 6:15 PM	Advanced Jazz Technique 12-17 Victoria F <i>Permission Only</i>	Primary Ballet (6-7 Years) Emily S	Jazz 7 - 9 Kailena	Grade 5 Ballet Laura	Beginner Acro 9-14 Victoria K
6:30 - 7:30 PM	Stunting 8+ (All Levels) Victoria K <i>Pre-Requisite: Must take acro</i>	<b>Recreational Highland w/ Bytown Highland</b>	Advanced Contemporary 11 - 14 Kailena <i>Permission Only</i>	Open Ballet 9+  Laura	Adult Jazz Dance Melanie K
7:30 - 8:30 PM	Inter/Adv Contortion (Level 6+) Victoria K <i>Pre-Requisite: Must take acro Permission Only</i>	<b>Competitive Highland w/ Bytown Highland</b>	Adult Ballet Level 2/3 Ashley (Drop Ins Welcome)	Inter/Adv Ballet Conditioning 13+ Laura	Little Lotus
8:30 - 9:30 PM	Advanced Acro (Level 7+) Victoria K <i>Pre-Requisite: Must take 3 extra acro classes</i>	<b>Premier/Adult Highland w/ Bytown Highland</b>	Adult Contemporary Melanie K		Tai Chi

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## THURSDAY

TIME	PURPLE STUDIO	ORANGE STUDIO	PINK STUDIO	BLUE STUDIO	GREEN STUDIO
4:15 - 5:15 PM	Intermediate Contemporary 10 - 14 Kailena <i>Pre-Requisite: Must be registered in another Jazz or Ballet class</i>	Contemporary 7 - 9 Roxane	Senior Level 6 Ballet (4:00-5:30pm) Daphné <b>Permission Only</b>	Senior Level 2 Ballet Laura <b>Permission Only</b>	Acro 5 - 7 Victoria K
5:15 - 6:15 PM	Intermediate Acro (Level 4) Victoria K <i>Pre-Requisite: Must take 1 extra acro class</i>		Intermediate Jazz 10 - 14 Kailena <i>Pre-Requisite: Must be registered in another Jazz, contemporary or Ballet class</i>	Senior Level 3 Ballet Laura <b>Permission Only</b>	Inter/Adv Modern 13+ (5:30-6:15pm) Daphné
6:30 - 7:30 PM	FITMOM CLASS	Beginner Handstands (Level 3+) Victoria K <i>Pre-Requisite: Must take acro</i>	Senior Level 4 Ballet 6:30-8:00pm Laura <b>Permission Only</b>	Adult Ballet Level 1 Daphné (drop ins welcome!)	Adv Hip Hop 13 + <b>Permission Only</b> Gemma-Lee
7:30 - 8:30 PM	FITMOM CLASS	Conditioning for ACRO 9+ Victoria K	Senior Level 5 Ballet 8:00-9:30pm Laura <b>Permission Only</b>	Adult Ballet Level 2 Daphné	Hip Hop 10 - 13 Gemma-Lee
8:30 - 9:30 PM	Adult conditioning Victoria K (drop ins welcome)	Advanced Contemporary 15+ Melanie Kosev		Adult Ballet Level 3 Daphné (drop ins welcome!)	Dance Fitness Chris Drumm (drop ins welcome)

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## FRIDAY

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4:15 - 5:15 PM	Jazz 10 - 13 Kailena	Acro 7-10 (Level 1) Sophia	Grade 4 Ballet  Laura	Modern 10+  Daphné	<b>*NEW!*</b> Acro 5 - 7 Torri
5:15 - 6:15 PM	Contemporary 10 - 13 Kailena	<b>*NEW!*</b> Hip Hop 9 - 12 Sophia	All Levels Ballet Conditioning 9-12 Laura	All Levels Ballet Conditioning 9-12 Laura	Ballroom Basics 10 - 17 Chris Drumm
6:30 - 7:30 PM	Adult Ballroom Basics Chris Drumm (Drop ins welcome)		Beginner Pointe Laura <b>Permission Only</b>	Grade 4/5 Character Daphné	
7:30 - 8:30 PM	Adult Ballroom Basics Chris Drumm (Drop ins welcome)		COMP REHEARSAL <b>Permission Only</b>		

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## Weekly Schedule at a Glance (SEPT 8 - DEC 14)

### SATURDAY

TIME	Purple Studio	PINK STUDIO	ORANGE STUDIO	BLUE STUDIO	GREEN STUDIO
9:00 - 10:00 AM	Beginner Acro 9-14 Torri	Tots & Teddy Bears (2 - 4 years) 9:00 - 9:30AM Mika	Tartan Tots (ages 3-5) w/ Bytown Highland	FITMOM CLASS	<b>*NEW!*</b> AcroDance Preschool (3-5 years) 45 min Kailena
10:00 - 11:00 AM	Pre-Ballet (3-4 years) 45 min Mika	Pre-Ballet (3-4 years) 45 min Kailena	Beginner Highland (Ages 6-8) w/ Bytown Highland	Grade 1 Ballet (7-8 years) Laura	Pre-Primary Ballet 5-6 years Emily S
11:00 - 12:00 PM	Competitive Conditioning	Pre-Ballet (3-4 years) 45 min Kailena	Beginner/Returning highland w/ Bytown Highland	Grade 2 Ballet (7-9 years) Laura	Primary Ballet (6-7 years) Emily S
12:00 - 1:00 PM	COMPETITIVE LINE REHEARSAL <i>Permission Only</i>	COMP REHEARSAL <i>Permission Only</i>	COMP REHEARSAL <i>Permission Only</i>	Grade 2 Character 45 min Laura <i>Pre-Requisite: Must be enrolled in Grade 2 Ballet</i>	COMP REHEARSAL <i>Permission Only</i>
1:00 - 2:00 PM	COMP REHEARSAL <i>Permission Only</i>	COMP REHEARSAL <i>Permission Only</i>	Flamenco	COMP REHEARSAL <i>Permission Only</i>	COMP REHEARSAL <i>Permission Only</i>
2:00 - 3:00PM	COMP REHEARSAL <i>Permission Only</i>	COMP REHEARSAL <i>Permission Only</i>	Flamenco	COMP REHEARSAL <i>Permission Only</i>	COMP REHEARSAL <i>Permission Only</i>

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## SUNDAY

TIME	Purple Studio	PINK STUDIO	BLUE STUDIO	GREEN STUDIO	ORANGE STUDIO
10:00 - 11:00 AM	COMP REHEARSAL <i>Permission Only</i>	Pre-Ballet (3-4) 45 Min Emily S	Pre-Hip Hop (3-4) 45 Min  Mika	Mom/Dad and Me creative movement 18 months - 4 years (parent/child class) 45 Min	<b>*NEW!*</b> Pre-Tap (3-5 years) 45 Minutes Meagan L
11:00 - 12:00 PM	COMP REHEARSAL <i>Permission Only</i>	COMP REHEARSAL <i>Permission Only</i>			<b>*NEW!*</b> Tap 9 - 13 Meagan L