

# WINTER 2020 @ 174 FIRST AVENUE

## Weekly Schedule at a Glance (JAN 6 - MARCH 13)

### MONDAY

TIME	PURPLE STUDIO	ORANGE STUDIO	PINK STUDIO	BLUE STUDIO	GREEN STUDIO
12:00 - 1:00PM			Adult Lunchtime Ballet Daphné		
4:15 - 5:15 PM	Intermediate Tumbling Level 4+ <b>Permission Only</b> Victoria K. <i>Pre-Requisite: Must take acro</i>	Hip Hop 10 - 13 years Gemma - Lee	Open Ballet Year 1 9+ (Mon/Thurs) Mackenzie	All Levels Ballet Conditioning 9+ Bronwyn	Pre-Junior Jazz 5 - 7 years Mika
5:15 - 6:15 PM	Intermediate Handstands Level 4+ <b>Permission Only</b> Victoria K. <i>Pre-Requisite: Must take acro</i>	Intermediate Hip Hop 10 - 15 Gemma - Lee	Senior Level 3 Ballet (Mon/Wed class) <b>Permission Only</b> Bronwyn	Grade 2 Ballet 7-10 Mackenzie	Beginner/ Intermediate Limbering 9+ years Sophia M
6:30 - 7:30 PM	Advanced Handstands Level 7+ <b>Permission Only</b> Victoria K. <i>Pre-Requisite: Must take acro</i>	Intermediate Limbering 9+ years Kiana	Senior Level 4 Ballet <b>Permission Only</b> (Mon/Wed class) <b>6:30-7:45</b> Bronwyn	Open Ballet Year 2 10+ (Mon/Thurs) Katie S	
7:30 - 8:30 PM	All Levels Tumbling Level 1-3 <b>Permission Only</b> Victoria K. <i>Pre-Requisite: Must take acro</i>	Adult Conditioning Mel F.	Senior Level 5 Ballet & Pointe (Mon/Wed class) <b>Permission Only</b> <b>7:45-9:15pm</b> Bronwyn	Senior Level 2 Ballet (Mon/Thurs) Katie S	
8:30 - 9:30 PM	Adult Acro Victoria K.	All Levels Adult Tap Jacqueline S.		Beginner Ballet technique 14-18 Katie S	

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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 1/2 Victoria K.	Beginner/ Intermediate Tap 10 - 13 Katy	Grade 5 Ballet (Tues/Fri class) Bronwyn	Modern 10+ Daphné	Hip Hop 5 - 7 years Gemma - Lee
5:15 - 6:15 PM	NEW! Conditioning 8+ Victoria K. <b>Pre-Requisite: Must take other dance class(es)</b>	Advanced Jazz Technique (Tues/Thurs class) <b>(Permission Only)</b> Katie M	Senior Level 1 Ballet (Tues/Fri class) Bronwyn	NEW! Adult Yoga Katy N	Hip Hop 8 - 10 years Gemma - Lee
6:30 - 7:30 PM	Advanced Limbering <b>Permission Only</b> Victoria K. 6:30 - 7:00PM (30 Minutes)	NEW! Contemporary 12 -16 Katy N	Adult Ballet Level 1 Daphné	Grade 3 Ballet & Character 8-10 years Bronwyn	
7:30 - 8:30 PM	Inter/Adv Contortion <b>Permission Only</b> Victoria K. 7:00PM - 8:00PM Advanced Limbering Recommended <b>Pre-Requisite: Must take acro</b>		Adult Competitive Group Gemma <b>Permission Only</b>	Adult Ballet Level 2/3 7:30-8:45 Daphné	Beginner/Intermediate Adult Contemporary (Drop-Ins Welcome!) Katy N
8:30 - 9:30 PM	Advanced Acro Pre-Professional 1 <b>Permission Only</b> Victoria K. 8:00PM - 9:00PM <b>Pre-Requisite: 3 extra acro classes</b>	All Levels Adult Jazz (Drop-Ins Welcome!) Katy N	Adult Ballet Repertoire 8:45-9:30 Daphné		

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### WEDNESDAY

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12:00 - 1:00PM			Adult Lunchtime Ballet Daphné		
4:15 - 5:15 PM	Acro 8-12 Level 3 Victoria K. <i>(Permission Only)</i>	Musical Theatre 8 - 12 Kailena	Pre-Primary Ballet 5 - 6 Emily S	Elementary Pointe (45 Min - 4:30-5:15) Bronwyn <i>(Permission Only)</i>	Grade 1 Ballet 7 - 9 years Mackenzie
5:15 - 6:15 PM	Beginner Handstands Level 2+ Victoria K. <i>Pre-Requisite: Must take acro</i>	NEW! Inter/Adv Tap 14 - 18 years Jacqueline <i>Pre-Requisite: Minimum 1 year of tap experience</i>	Junior Jazz 7-9 years Kailena	Senior Level 3 Ballet (Mon/Wed class) Bronwyn <i>(Permission Only)</i>	Primary Ballet 6 - 7 Emily S
6:30 - 7:30 PM	Advanced Tumbling Level 7+ Victoria K. <i>Pre-Requisite: Must take acro (Permission Only)</i>	Intermediate Jazz Technique 14 - 16 Kailena	Senior Level 4 Ballet (Mon/Wed class) <b>6:30-7:45</b> Bronwyn <i>(Permission Only)</i>	NEW! Inter/Adv Tap 10 - 13 years Mackenzie <i>Pre-Requisite: Minimum 1 year of tap experience</i>	
7:30 - 8:30 PM	Beginner Acro Level 1/2 Victoria K. <b>New to Acro</b>	Advanced Contemporary 15 - 18 Katy/Brelene <i>(Permission Only)</i>		<b>Feb 12 - Rumba Into Romance Workshop (Partners)</b>  <b>Feb 19 - Mar 11- Adult Tai Chi</b>	
8:30 - 9:30 PM	Advanced Acro Level 7 <b>Permission Only</b> Victoria K. <i>Pre-Requisite: Must take 3 extra acro classes</i>	Adult Contemporary (Drop ins welcome!) Katy/Brelene	Senior Level 5 Ballet & Pointe (Mon/Wed class) <b>7:45-9:15PM</b> Bronwyn <i>(Permission Only)</i>		

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### THURSDAY

TIME	PURPLE STUDIO	ORANGE STUDIO	PINK STUDIO	BLUE STUDIO	GREEN STUDIO
4:15 - 5:15 PM	Lyrical 12 - 16 <i>Pre-requisite - Must take jazz or ballet</i> Kailena	Contemporary 7-9 Mika/Brelene	Senior Level 3/4 Pointe <i>(Permission only)</i> Daphné	Open Ballet Year 1 9+ (Mon/Thurs) Katy N	Acro 5-7 Level 1 Victoria K.
5:15 - 6:15 PM	Intermediate Acro Level 4/5 <b>Permission Only</b> Victoria K. <i>Pre-Requisite: Level 4 - 1 extra acro class Level 5 - 2 extra acro classes</i>	Advanced Jazz Technique (Tues/Thurs class) <b>Permission Only</b> Katie M	Intermediate Jazz Technique 10 - 13 Kailena	Inter/Adv Ballet Technique 14+ Daphné	NEW! Hip Hop 7-9 Katy
6:30 - 7:30 PM		Intermediate/Advanced Hip Hop 13 - 18 Gemma - Lee	Adult Ballet Level 2 Daphné	Open Ballet Year 2 10+ (Mon/Thurs) Katie S	Beginner/ Intermediate Contortion Level 4+ <i>(Permission only)</i> Victoria K. <i>Pre-Requisite: Must take acro</i>
7:30 - 8:30 PM		Acro 12+ Level 3 Victoria K.	Adult Ballet Level 3 7:30-8:45 Daphné	Senior Level 2 Ballet (Mon/Thurs) Ashley	Hip hop 10-13 Gemma Lee
8:30 - 9:30 PM	NEW! Conditioning 12+ Victoria K.		Adult Pointe 8:45-9:30 Daphné <i>(Permission only)</i>	Adult Ballet Level 1 Ashley	Adult Hip Hop Gemma - Lee

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### FRIDAY

TIME	PURPLE STUDIO	ORANGE STUDIO	PINK STUDIO	BLUE STUDIO	GREEN STUDIO
12:00-1:00PM	NEW! Adult Zumba Kailena				
4:15 - 5:15 PM	Jazz 10 - 13 Kailena	Tap/Jazz combo technique class Ages 5 - 7 Mackenzie	Grade 5 Ballet (Tues/Fri class) Bronwyn	All Levels Hip Hop 12 - 16 Kiana	Junior Tap 7 - 9 years Victoria F.
5:15 - 6:15 PM	Contemporary 10 - 13 Kailena	Intermediate/Advanced Adult Tap Jacqueline	Senior Level 1 Ballet (Tues/Fri class) Bronwyn	Intermediate Jazz Technique 10 - 14 Victoria F	Grade 1 Ballet 7-9 Years Mackenzie
6:30 - 7:30 PM	Adult Ballroom Basics Session 1: Jan 10 - Feb 7 Session 2: Feb 14 - March 13 Chris Drumm		Grade 5/6 Character Bronwyn		
7:30 - 8:30 PM			COMPETITIVE CHOREOGRAPHY	Adult Latin Basics Session 1: Jan 10-Feb 7 Session 2: Feb 14 - March 13 Chris Drumm	

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### SATURDAY

TIME	Purple Studio	ORANGE STUDIO	PINK STUDIO	BLUE STUDIO	GREEN STUDIO
9:00 - 10:00 AM	NEW! Adult Zumba Kailena			Pre-Primary Ballet 5-6 Emily S	Beginner Acro 9-14 Kiana
10:00 - 11:00 AM	First Year Competitive Conditioning Mel Fiala		Pre-Ballet 3-4 years (45 min) Kailena	Acro Dance (Year 1) 3-5 years Emma C	Primary Acro 5-7 Katy N.
11:00 - 12:00 PM	2+ years Competitive Conditioning Mel Fiala	Acro 7- 9 Level 1 Katy N.	Pre-Ballet 3-4 years (45 min) Kailena	Grade 1 Ballet 7-9 Bronwyn	Pre-Primary Ballet 5-6 Emily S
12:15 - 1:15 PM	COMPETITIVE CHOREOGRAPHY	NEW! Adult Yoga Katy	Pre- Junior Jazz Ages 5 - 7 Kailena	Grade 3 Ballet 8-10 Bronwyn	Junior Tap 7 - 9 years Gemma-Lee
1:15 - 2:15 PM	COMPETITIVE CHOREOGRAPHY	COMPETITIVE CHOREOGRAPHY	Junior Jazz 7 - 9 Kailena	Grade 2 Ballet 7-10 Bronwyn	COMPETITIVE CHOREOGRAPHY
2:15 - 3:15PM	COMPETITIVE CHOREOGRAPHY	COMPETITIVE CHOREOGRAPHY	COMPETITIVE CHOREOGRAPHY	COMPETITIVE CHOREOGRAPHY	COMPETITIVE CHOREOGRAPHY

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### SUNDAY

TIME	Purple Studio	ORANGE STUDIO	PINK STUDIO	BLUE STUDIO	GREEN STUDIO
9:00-10:00 AM	Boys Only Hip Hop 5-7 years Mika	COMPETITIVE CHOREOGRAPHY	COMPETITIVE CHOREOGRAPHY	Mom/Dad & Me (45 Min) Meagan L.	Pre-Ballet 3-4 years (45 min) Emily S
10:00 - 11:00 AM	Pre- Ballet 3-4 years (45 min) Mika	COMPETITIVE CHOREOGRAPHY	COMPETITIVE CHOREOGRAPHY	Tots & Teddy Bears (30 Min) 2-4 Meagan L.	Tap/Jazz combo technique class Ages 5 - 7 Mackenzie
11:00 - 12:00 PM	Pre- Hip Hop 3-4 years (45 min) Mika	Junior Tap 7-10 years Mackenzie	COMPETITIVE CHOREOGRAPHY	Pre-Primary Ballet 5-6 years Emily S	Pre-Tap 3-5 years (45 min) Meagan L.
12:00 - 1:00PM	COMPETITIVE CHOREOGRAPHY	Pre-Junior Tap 5-7 years Mackenzie	COMPETITIVE CHOREOGRAPHY	NEW! Adult Ballet Level 1/2 Ashley	Primary Ballet 6-7 Emily S
1:00-2:00 PM	COMPETITIVE CHOREOGRAPHY	COMPETITIVE CHOREOGRAPHY	COMPETITIVE CHOREOGRAPHY	COMPETITIVE CHOREOGRAPHY	COMPETITIVE CHOREOGRAPHY
2:00-3:00 PM	COMPETITIVE CHOREOGRAPHY	COMPETITIVE CHOREOGRAPHY	COMPETITIVE CHOREOGRAPHY	COMPETITIVE CHOREOGRAPHY	COMPETITIVE CHOREOGRAPHY