



Office: 117 Crichton Ave., Dartmouth, NS, B3A 3R6

Studio: North Woodside Community Centre,
230 Pleasant St., Dartmouth, NS

Phone: 902-466-0101

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Class Schedule - 2023/24

Notes:

- Ages are shown as approximate guidelines. Students are placed in classes based on experience and readiness.
- Adults with training should take the class at their appropriate level. Please contact the office for level recommendations.
- Conditioning is open to all ages and skill levels. Please note it has a 'dancer' focus.
- Schedule is subject to change.
- All students must abide to all published policies on the website, this schedule and the annual Registration Form.

Health Safety:

- Classes will adhere to health safety protocols as required.
- Students must be familiar with our *Health Safety Plan* prior to the start of their session and will be required to abide by the plan to participate in in-person classes.

Class	Age	Class Day & Time	Studio	Teacher
Creative Movement				
Parent & Tot	18 mos -3 yrs	Sun. 11:45-12:30PM	#5	Lehman
KiDance	3-5	Sat. 9:00-9:45AM	#5	Lehman
Ballet & Pointe				
Ballet Primary	5-6	Sun. 12:30-1:15PM	#5	Lehman
Ballet 1	6-7	Sat. 9:45-10:45AM	#5	Lehman
Ballet 2	7-8	Sat. 10:45-11:45AM	#5	Lehman
Ballet 3	8-9	Sat. 11:45-1:00PM	#5	Hardy
Ballet 4	9+	Mon. 4:30-5:45PM	#5	Hardy
Ballet 5	10+	Sun. 1:15-2:45PM	#5	Lehman
Ballet 6	11+	Wed. 4:30-6:00PM	#5	Hardy
Ballet 7 & Pre-Pointe*	12+	Mon. 5:45-7:45PM	#5	Hardy
Ballet Pre-Elementary & Pointe*	14+	Thu. 4:30-6:30PM	#5	Hardy
Ballet Elementary & Pointe*	15+	Wed. 6:00-8:00PM	#5	Hardy
Ballet Intermediate & Pointe*	16+	Sat. 1:00-3:00PM	#5	Hardy
Ballet Advanced & Pointe*	17+	Thu. 7:30-9:30PM	#5	Hardy
Adult Ballet Beginner/Beginner+	Adult	Mon. 7:45-8:45PM	#5	Hardy
Adult Ballet Basic	Adult	Wed. 8:00-9:30PM	#5	Hardy
*Class may be taken without the final 1/2-hour pre-pointe or pointe section.				
Jazz, Contemporary Modern & Floor Work				
Jazz A/B & Modern A Combo	7+	Tue. 4:30-5:45PM	#5	Lehman
Jazz D	10+	Fri. 4:30-6:00PM	#5	Wiebe
Contemporary Modern C	10+	Tue. 5:45-7:15PM	#5	Wiebe
Contemporary Modern E	12+	Tue. 7:45-9:15PM	#5	Wiebe
Floor Work**	By approval	Tue. 7:15-7:45PM	#5	Wiebe
**Open to Contemporary Modern students by approval of the instructor.				
Conditioning & Privates				
Conditioning	All ages	Thu. 6:30-7:30PM	#5	Hardy
Private/Semi-Private	All ages	Fri., Sat., Sun. By Appointment	#5	TBA