**Foundational Levels**

Students placed in Primary, Levels 1, 2, and 3 make up the Foundational Levels and are invited to join either the Professional or Demi Programs in the corresponding Level.

**Primary**

**Professional Program - 2 hours per week**

Thursdays – 4:00 PM-5:00 PM

Saturdays – 10:30 AM-11:30 AM

**Demi Program - 1 hour per week**

Thursdays – 4:00 PM-5:00 PM

or

Saturdays – 10:30 AM-1:30 AM

**Level 1**

**Professional Program - 3 hours 45 min. per week**

Wednesdays – 4:00 PM-5:30 PM Ballet & Character

Fridays – 5:00 PM-6:15 PM Ballet

Saturdays – 9:00 AM-10:00 AM Jr Boys class

**Demi Program – 2 hours 30 min. per week**

Wednesdays – 4:00 PM-5:30 PM Ballet + Character

Saturdays – 9:00 AM- 10:00 AM Jr Boys class

**Opt-in Option**

Saturdays - 10:00 11:00 AM – Opt-in Contemporary

(Available to both programs; incurs additional fee)

**Level 2**

**Professional Program - 7 hours per week**

Mondays – 4:15 PM-4:45 PM Foot Strengthening

Mondays – 4:45 PM-6:15 PM Ballet

Wednesdays – 5:00 PM-5:30 PM Character

Wednesdays - 5:30 PM-7:00 PM Ballet

Fridays – 4:45 PM-6:15 PM Ballet

Fridays – 6:15 PM-6:45 PM Pirouette class

Saturdays – 9:00 AM- 10:00 AM Jr Boys class

**Demi Program – 5 hours per week**

Mondays – 4:15 PM-4:45 PM Foot Strengthening

Mondays – 4:45 PM-6:15 PM Ballet

Wednesdays – 5:00 PM-5:30 PM Character

Wednesdays - 5:30 PM-7:00 PM Ballet

Saturdays – 9:00 AM- 10:00 AM Jr Boys class

**Opt-in Options**

Saturdays – 10:00-11:00 AM – Opt-in Contemporary

Wednesdays – 8:05 PM-9:00 PM -Opt-in Contemporary for 2023-2024 Level 2A students only- Registration for this class must be manually processed by the school office.

(Available to both programs; incurs additional fee)

**Level 3**

**Professional Program - 7 hours 45 min. per week**

Mondays – 5:30 PM-6:00 PM Character

Mondays -- 6:00 PM-7:30 PM Ballet

Wednesdays – 5:30 PM-7:15 PM Ballet

Wednesdays – 8:05 PM-9:00 PM Contemporary

Fridays – 5:30 PM-7:00 PM Ballet

Fridays – 7:00 PM-7:30 PM Pirouette class

Saturdays – 9:00 AM- 10:00 AM Jr Boys class

**Demi Program - 6 hours 30 min. per week**

Mondays – 5:30 PM-6:00 PM Character

Mondays -- 6:00 PM-7:30 PM Ballet

Wednesdays – 5:30 PM-7:15 PM Ballet

Wednesdays – 7:20 PM-8:00 PM Pointe

Wednesdays – 8:05 PM-9:00 PM Contemporary

Saturdays – 9:00 AM- 10:00 AM Jr Boys class

**Upper Levels**

Students placed in Levels 3P, 4, 5, and 6 make up the Upper Levels and are invited to join either our Professional Division or Demi Program in the corresponding Level (Track).

**Level 3P (Track C)**

**Professional Division - 13 hours 5 min. per week**

Mondays - 6:00 PM-7:30 PM Ballet

Mondays - 8:10 PM-9:00 PM Men’s technique

Tuesdays – 5:30 PM-7:00 PM Ballet

Tuesdays – 7:00 PM-8:00 PM Partnering/strength and conditioning

Thursdays - 5:00 PM-5:30 PM Character

Thursdays – 5:30 PM-7:00 PM Ballet

Thursdays – 7:00 PM-8:00 PM Partnering/strength and conditioning

Fridays – 6:45 PM-8:15 PM Ballet

Fridays 8:15 PM- 9:00 PM Men’s technique

Saturdays – 11:00 AM-12:00 Nique Contemporary

Saturdays – 12:00 PM-1:00 PM Modern/Composition/Improv

Strength and conditioning 1 hour TBD

**Demi Program - 9 hours per week**

Mondays -- 6:00 PM-7:30 PM Ballet

Mondays - 8:10 PM-9:00 PM Men’s technique

Tuesdays – 5:30 PM-7:00 PM Ballet

Tuesdays – 7:00 PM-8:00 PM Partnering/strength and conditioning

Thursdays - 5:00 PM-5:30 PM Character

Thursdays – 5:30 PM-7:00 PM Ballet

Thursdays – 7:00 PM-8:00 PM Partnering/strength and conditioning

Saturdays – 12:00 PM-1:00 PM Modern/Composition/Improv

**Level 4 (Track B)**

**Professional Division** - **14 hours 50 min. per week**

Mondays – 5:00 PM-7:00 PM Ballet

Mondays - 8:10 PM-9:00 PM Men’s technique

Tuesdays – 5:00 PM-6:45 PM Ballet

Tuesdays - 7;00 PM-8:00 PM Partnering

Thursdays - 5:00 PM-5:30 PM Character

Thursdays – 5:30 PM-7:00 PM Ballet

Thursdays – 7:00 PM-8:00 PM Partnering

Fridays – 6:15 PM-7:15 PM Ballet

Fridays – Fridays 8:15 PM- 9:00 PM Men’s technique

Saturdays – 9:15 AM-10:45 AM Ballet

Saturdays – 11:00 AM-12:00 Nique Contemporary

Saturdays – 12:00 PM-1:00 PM Modern/Composition/Improv

Strength and conditioning 1 hour TBD

**Level 4 (Track B) Continued**

**Demi Program - 11 hours 5 min. per week**

Mondays – 5:00 PM-7:00 PM Ballet

Mondays - 8:10 PM-9:00 PM Men’s technique

Tuesdays – 5:00 PM-6:45 PM Ballet

Tuesdays - 7;00 PM-8:00 PM Partnering

Thursdays - 5:00 PM-5:30 PM Character

Thursdays – 5:30 PM-7:00 PM Ballet

Thursdays – 7:00 PM-8:00 PM Partnering

Saturdays – 12:00 PM-1:00 PM Modern/Composition/Improv

**Level 5 (Track B)**

**Professional Division - 14 hours 50 min. per week**

Mondays – 5:00 PM-7:00 PM Ballet

Mondays - 8:10 PM-9:00 PM Men’s technique

Tuesdays – 5:00 PM-6:45 PM Ballet

Tuesdays - 7;00 PM-8:00 PM Partnering

Thursday - 5:00 PM-5:30 PM Character

Thursdays – 5:30 PM-7:00 PM Ballet

Thursdays – 7:00 PM-8:00 PM Partnering

Fridays – 6:15 PM-7:15 PM Ballet

Fridays – 8:15 PM- 9:00 PM Men’s technique

Saturdays – 9:15 AM-10:45 AM Ballet

Saturdays – 11:00 AM-12:00 Nique Contemporary

Saturdays – 12:00 PM-1:00 PM Modern/Composition/Improv

Strength and conditioning 1 hour TBD

**Demi Program - 11 hours 5 min. per week**

Mondays – 5:00 PM-7:00 PM Ballet

Mondays - 8:10 PM-9:00 PM Men’s technique

Tuesdays – 5:00 PM-6:45 PM Ballet

Tuesdays – 7:00 PM-8:00 PM Partnering

Thursdays - 5:00 PM-5:30 PM Character

Thursdays – 5:30 PM-7:00 PM Ballet

Thursdays – 7:00 PM-8:00 PM Partnering

Saturdays – 9:15 AM-10:45 AM Ballet

Saturdays – 12:00 PM-1:00 PM Modern/Composition/Improv

**Level 6** **(Track A)**

**Professional Division - 15 hours 5 min. per week**

Mondays – 6:15 PM-8:00 PM Ballet

Mondays - 8:10 PM-9:00 PM Men’s technique

Tuesdays 5:30 PM-7:00 PM Ballet

Tuesdays – 7:00 PM-8:00 PM Partnering

Tuesdays – 8:00 PM-9:00 PM – Modern

Thursdays – 5:00 PM-6:30 PM Ballet

Thursdays - 7:00 PM-8:00 PM Partnering

Fridays – 6:15 PM-7:15 PM Ballet

Fridays – Fridays 8:15 PM- 9:00 PM Men’s technique

Saturdays – 9:15 AM-10:45 AM Ballet

Saturdays –11:00 AM -12:00 PM Modern/Composition/Improv

Saturdays – 12:15 AM-1:30 Nique Contemporary

Strength and conditioning 1 hour TBD

**Demi Program - 12 hours 5 min. per week**

Mondays – 6:15 PM-8:00 PM Ballet

Mondays - 8:10 PM-9:00 PM Men’s technique

Tuesdays 5:30 PM-7:00 PM Ballet

Tuesdays – 7:00 PM-8:00 PM Partnering

Tuesdays – 8:00 PM-9:00 PM – Modern

Thursdays – 5:00 PM-6:30 PM Ballet

Thursdays - 7:00 PM-8:00 PM Partnering

Saturdays – 9:15 AM-10:45 AM Ballet

Saturdays –11:00 AM -12:00 PM Modern/Composition/Improv

Strength and conditioning 1 hour TBD

**Level 6 (Track A+)**

Participation in A+ is by invitation only from the school director as students join Trainees for two morning classes.There is no Demi Division option.

**Professional Division - 18 hours 5 min. per week**

Mondays – 6:15 PM-8:00 PM Ballet

Mondays - 8:10 PM-9:00 PM Men’s technique

Tuesdays 5:30 PM-7:00 PM Ballet

Tuesdays – 7:00 PM-8:00 PM Partnering

Tuesdays – 8:00 PM-9:00 PM Modern

Wednesdays- 9:30 AM-11:00 AM Ballet with Trainees

Thursdays – 5:00 PM-6:30 PM Ballet

Thursdays - 7:00 PM-8:00 PM Partnering

Fridays- 9:30 AM-11:00 AM Ballet with Trainees

Fridays – 6:15 PM-7:15 PM Ballet

Fridays – Fridays 8:15 PM-9:00 PM Men’s technique

Saturdays – 9:15 AM-10:45 AM Ballet

Saturdays –11:00 AM-12:00 PM Modern/Composition/Improv

Saturdays – 12:15 AM-1:30 Nique Contemporary

Strength and conditioning 1 hour TBD

**Note on Strength & Conditioning classes:** We are looking for a location to host opt-in strength and conditioning classes for our upper-level students. We will send more information as soon as we can.