

## BALLET

### CHILDREN'S PROGRAM

#### Dance Development - 3 years old

- Sunday 10:00-10:30 am – Ms. Isabella
- Thursday 4:15-4:45 pm – Ms. Alexia
- Saturday 9:45-10:15 am – Ms. Alexia

#### Dance Readiness - 4 years old

- Sunday 1:45-2:30 pm – Ms. Isabella
- Saturday 9:00-9:45 am – Ms. Alexia

#### Pre-Primary - 5 years old

- Sunday 10:30-11:15 am – Ms. Isabella
- Monday 4:00-4:45 pm – Ms. Megan
- Saturday 12:30-1:15 pm – Ms. Alexia

#### Primary - 6 years old

- Sunday 12:00-12:45 pm – Ms. Isabella
- Monday 5:30-6:15 pm – Ms. Megan
- Saturday 11:45 am – 12:30 pm – Ms. Alexia

### JUNIOR PROGRAM

#### Level 1 - 7 years old

- Sunday 10:15-11:15 am – Ms. MacKenzie
- Thursday 4:45-5:45 pm – Ms. Alexia
- Friday 4:30-5:30 pm – Ms. MacKenzie
- Saturday 2:30-3:30 pm – Ms. MacKenzie

✓ *To be considered a potential Royal Academy of Dance ballet exam candidate, dancers in Level 1+ must take a minimum of 2 ballet classes per week.*

#### Level 2 – 8 years old

- Tuesday 4:15-5:15 pm – Ms. Rosemarie
- Wednesday 4:30-5:30 pm – Ms. Rosemarie
- Thursday 6:00-7:00 pm – Ms. Rosemarie

#### Level 3 – 9 years old (by placement only)

- Tuesday 5:15-6:15 pm – Ms. Rosemarie
- Thursday 5:00-6:00 pm – Ms. Rosemarie

#### Level 4 – 10 & 11 years old (by placement only)

- Tuesday 7:15-8:15 pm – Ms. Rosemarie
- Thursday 7:00-8:00 pm – Ms. Rosemarie

#### Level 5 & 6 – 11+ years old (by placement only)

- Monday 4:15-5:15 pm – Ms. Rosemarie
- Tuesday 6:15-7:15 pm – Ms. Rosemarie
- Thursday 8:00-9:00 pm – Ms. Rosemarie

### SENIOR PROGRAM

#### Level 7 - 13+ years old (by placement only)

- Monday 5:45-7:00 pm – Ms. Rosemarie
- Wednesday 8:15-9:30 pm – Ms. Rosemarie

#### Level 8+ – 14+ years old (by placement only)

- Monday 7:45-9:00 pm – Ms. Rosemarie
- Wednesday 6:15-7:30 pm – Ms. Rosemarie

✓ *Starting at Level 3, students must take ballet 2x per week to register in the levelled program or alternatively may register in our pre-teen or teen ballet classes.*

### PRE-TEEN & TEEN PROGRAM

#### Pre-Teen Open – 9-11 years old

- Wednesday 4:15-5:15 pm – Ms. Megan
- Saturday 3:30-4:30 pm – Ms. MacKenzie

#### Teen Open – 12-16 years old

- Friday 5:30-6:30 pm – Ms. MacKenzie

### ADULT PROGRAM

#### Level 1 (Beginner: 0-1 year of experience)

- Wednesday 8:30-9:30 pm – Ms. Megan

#### Level 2 (1-2 years of experience)

- Tuesday 6:15-7:15 pm – Ms. Dale
- Thursday 5:45-6:45 pm – Ms. Dale

#### Level 3 (3-4 years of experience)

- Tuesday 7:15-8:15 pm – Ms. Dale
- Thursday 6:45-7:45 pm – Ms. Dale

#### Level 4 (5+ years of experience)

- Tuesday 8:15-9:15 pm – Ms. Dale
- Thursday 7:45-8:45 pm – Ms. Dale

#### Open (anyone with previous ballet experience)

- Sunday 4:30-5:30 pm – Ms. Megan
- Tuesday 8:15-9:15 pm – Ms. Rosemarie
- Wednesday 10:30-11:30 am – Ms. Dale

## PROGRESSING BALLET TECHNIQUE (PBT) & PILATES

#### Level 2-9 PBT – 8-15+ years old

- Sunday 12:45-1:30 pm – Ms. Megan

#### Adult Open PBT

- Sunday 5:30-6:15 pm – Ms. Megan

#### Adult Pilates

- Tuesday 9:15-10:00 pm – Ms. Rosemarie

## PRE-POINTE & POINTE

#### Level 5-7 Pre-Pointe – 11+ years old

- Monday 5:15-5:45 pm – Ms. Rosemarie

#### Level 7+ Junior Pointe (by placement only)

- Monday 7:00-7:45 pm – Ms. Rosemarie
- Wednesday 7:30-8:15 pm – Ms. Rosemarie

#### Level 8+ Senior Pointe (by placement only)

- Monday 9:00-9:45 pm – Ms. Rosemarie
- Wednesday 5:30-6:15 pm – Ms. Rosemarie

✓ *Pre-Pointe is a non-performing technique class for Level 5-7 ballet students aiming to join the pointe program. Participation does not guarantee a future pointe offer.*

✓ *Pointe classes are by invitation only & approved by NLDC ballet faculty.*  
 ✓ *Pointe students must be registered for a min. of 2 ballet classes/week.*  
 ✓ *Pointe classes must be taken twice per week.*

## ACRO

#### Level A – Ages 5-8

- Sunday 11:15 am-12:00 pm – Ms. Isabella
- Monday 4:45-5:30 pm – Ms. Megan

#### Level C – Ages 6-11 (by placement only)

- Sunday 12:00-12:45 pm – Ms. Megan

#### Level B - Ages 6-10 (by placement only)

- Sunday 11:15 am-12:00 pm – Ms. Megan

#### Level D – Ages 7-12 (by placement only)

- Wednesday 5:15-6:00 pm – Ms. Megan

✓ *To enroll in Acro, students must also be concurrently enrolled in ballet, jazz, or contemporary at NLDC.*

**JAZZ**
**CHILDREN'S & JUNIOR PROGRAM**
**Primary & Level 1 – 6 & 7 years old**

- Saturday 10:15-11:00 am – Ms. Alexia

**Level 2 & 3 – 8 & 9 years old**

- Wednesday 6:00-6:45 pm – Ms. Megan
- Saturday 10:15-11:00 am – Ms. Megan

**Level 4 – 10 years old (by placement only)**

- Saturday 1:15-2:15 pm – Ms. Megan

**SENIOR PROGRAM (JAZZ & LYRICAL)**
**Level 5 & 6 – 11-16 years old (by placement only)**

- Sunday 1:30-2:45 pm – Ms. Megan

**Level 7 – 13-15 years old (by placement only)**

- Monday 7:45-9:00 pm – Ms. Megan

**Level 9+ - 15-17 years old (by placement only)**

- Monday 6:15-7:45 pm – Ms. Megan

**Level 5+ Jumps & Turns - 11+ years old (taken concurrently with Level 5 & 6, 7 or 9+ jazz)**

- Sunday 2:45-3:30 pm – Ms. Megan

**PRE-TEEN & TEEN PROGRAM**
**Pre-Teen & Teen Open – 10-15 years old**

- Friday 6:30-7:30 pm – Ms. Alexia
- Saturday 1:15-2:00 pm – Ms. Alexia

**ADULT PROGRAM**
**Adult Open Jazz**

- Sunday 2:30-3:30 – Ms. Isabella

✓ *From Level 5+, lyrical is included in jazz classes, so students must take a minimum of one ballet class weekly to join Level 5+ jazz classes, or choose the pre-teen & teen jazz class instead.*

✓ *To be considered as a potential CDTA jazz exam candidate at any level, dancers must be registered in a minimum of 1 ballet class per week.*

**HIP HOP**
**CHILDREN'S & JUNIOR PROGRAM**
**Pre-Primary & Primary – 5 & 6 years old**

- Sunday 12:45-1:30 pm – Ms. Isabella

**Level 1 - 7 years old**

- Saturday 3:30-4:15 pm – Ms. Alexia

**Level 2 & 3 – 8 & 9 years old**

- Sunday 2:30-3:15 pm – Ms. Isabella
- Friday 4:45-5:30 pm – Ms. Alexia
- Saturday 11:00-11:45 am – Ms. Alexia

**Level 4 - 10 years old**

- Saturday 2:30-3:30 pm – Ms. Alexia

**SENIOR PROGRAM**
**Level 5 & 6 – 11 & 12 years old**

- Saturday 4:15-5:15 pm – Ms. Alexia

**Level 7 – 13 years old**

- Friday 5:30-6:30 pm – Ms. Alexia

**Level 8+ – 14-17 years old (by placement only)**

- Friday 8:30-9:30 pm – Ms. Alexia

**TEEN PROGRAM**
**Teen Open – 14+ years old**

- Friday 7:30-8:30 pm – Ms. Alexia

**ADULT PROGRAM**
**Adult Open Hip Hop**

- Thursday 8:45-9:45 pm – Ms. Alexia

**TAP**
**CHILDREN'S & JUNIOR PROGRAM**
**Primary & Level 1 (A) – 6 & 7 years old**

- Saturday 11:00-11:45 am – Ms. Megan

**Level 1 & 2 (B) – 7 & 8 years old (7 with experience, 8 with or without)**

- Saturday 9:30-10:15 am – Ms. Megan

**Level 2 & 3 (C) – 8 & 9 years old (by placement only)**

- Wednesday 6:45-7:30 pm – Ms. Megan

✓ *To be considered as a potential CDTA exam candidate at any level of tap, dancers must also be registered in a minimum of 1 ballet class per week.*

**Level 4-8 (D) – 10-14 years old (by placement only)**

- Saturday 12:30-1:15 pm – Ms. Megan

**SENIOR PROGRAM**
**Level 5-7 (E) – 11-15 years old (by placement only)**

- Sunday 3:30-4:30 pm – Ms. Megan

**Level 8+ (F) – 14-17 years old (by placement only)**

- Wednesday 7:30-8:30 pm – Ms. Megan

**ADULT PROGRAM**
**Level 1 (Beginner: 0-1 year of experience)**

- Saturday 5:15-6:00 pm – Ms. Alexia

**Adult Open Tap (anyone with previous tap experience)**

- Monday 9:00-10:00 pm – Ms. Megan

**MUSICAL THEATRE**
**Pre-Teen Open – 9-13 years old**

- Saturday 11:45 am – 12:30 pm – Ms. Megan

**TODDLER TIME**
**Toddler Time – 2 years old WITH Caregiver**

- Saturday 9:00-9:30 am – Ms. Megan

**CONTEMPORARY**
**Level 4-6 – 10-12 years old**

- Tuesday 5:15-6:15 pm – Ms. Kaitlin

**Level 6+ – 12+ years old**

- Tuesday 4:15-5:15 pm – Ms. Kaitlin

**Adult Open Contemporary**

- Wednesday 9:30-10:30 am – Ms. Dale