

Flat Track - Foundational Levels

Primary

Professional Program - 2-3 hours per week-Choose 2-3 sections

Monday - 4:30 PM-5:30 PM
Thursdays – 4:00 PM-5:00 PM
Saturdays – 10:30 AM-11:30 AM

Demi Program - 1 hour per week-Choose 1 sections

Monday - 4:30 PM-5:30 PM
Thursdays – 4:00 PM-5:00 PM
Saturdays – 10:30 AM-11:30 AM

Level 1 Flat Track

Professional Program - 3 hours 30 min. per week

Tuesdays – 5:00 PM-6:15 PM Ballet & Character
Thursdays – 5:00 PM-6:15 PM Ballet
Saturday - 12:00 PM-1:00 PM Flat class

Demi Program - 2 hours 15 min. per week

Tuesdays – 4:45 PM-6:15 PM Ballet & Character
Saturday - 12:00 PM-1:00 PM Flat class

Level 1A Flat Track

Professional Program - 3 hours 30 min. per week

Wednesdays – 5:00 PM-6:15 PM Ballet & Character
Fridays – 5:00 PM-6:15 PM Ballet
Saturday - 12:00 PM-1:00 PM Flat class

Demi Program - 2 hours 15 min. per week

Wednesdays – 5:00 PM-6:15 PM Ballet & Character
Saturday - 12:00 PM-1:00 PM Flat class

Level 2&2A Flat Track

Professional Program - 6 hours 45 min. per week

Tuesdays – 5:00 PM- PM 5:30 Foot Strengthening
Tuesdays – 5:30 PM-7:00 PM Ballet
Tuesdays – 7:00 PM-7:30 PM Character
Wednesdays - 5:00 PM-6:30 PM Ballet
Thursdays – 5:00 PM-6:30 PM Ballet
Thursdays – 6:30 PM-7:00 PM Pirouette class
Saturday - 12:00 PM-1:00 PM Flat class

Demi Program – 5 hours and 15 min. per week

Tuesdays – 5:00 PM- PM 5:30 Foot Strengthening -Homework required
Tuesdays – 5:30 PM-7:00 PM Ballet
Tuesdays – 7:00 PM-7:30 PM Character
Thursdays – 5:00 PM-6:30 PM Ballet
Thursdays – 6:30 PM-7:00 PM Pirouette class
Saturday - 12:00 PM-1:00 PM Flat class

Level 3&3A Flat Track

Professional Program - 8 hours 15 min. per week

Mondays – 5:00 PM-5:30 PM Character
Mondays -- 5:30 PM-7:00 PM Ballet
Mondays– 8:00 PM-9:00 PM Contemporary
Wednesdays – 5:30 PM-7:15 PM Ballet
Wednesdays – 7:15 PM-7:45 PM Pirouette class

Wednesday - 7:45 PM-8:00 PM Flat Class

Fridays – 5:30 PM-7:00 PM Ballet

Fridays – 7:00 PM-7:15 PM Flat class

Saturday - 12:00 PM-1:00 PM Flat class

Demi Program - 4 hours 45 min. per week

Mondays – 5:00 PM-5:30 PM Character
Mondays -- 5:30 PM-7:00 PM Ballet
Fridays – 5:30 PM-7:00 PM Ballet
Fridays – 7:00 PM-7:15 PM Flat class
Saturday - 12:00 PM-1:00 PM Flat class
Opt-in strength and Conditioning -Wednesdays 8:00 PM-9:00 PM -additional enrollment required

Flat Track- Upper Levels

Level 3P Flat Track

Professional Program - 9 hours 45 min per week

Mondays – 5:00 PM-5:30 PM Character
Mondays -- 5:30 PM-7:00 PM Ballet
Monday - 7:00 PM-8:00 PM Strength and Conditioning Gym
Mondays– 8:00 PM-9:00 PM Contemporary
Thursdays – 5:30 PM-7:00 PM Ballet
Thursday - 8:15 PM-9:00 PM Partnering
Fridays – 5:15 PM-7:15-PM Ballet
Fridays – 8:30 PM-9:00 PM Flat Class

Demi Program -6 hours 15 min. per week

Mondays – 5:00 PM-5:30 PM Character
Mondays -- 5:30 PM-7:00 PM Ballet
Monday - 7:00 PM-8:00 PM Strength and Conditioning Gym
Thursday - 8:15 PM-9:00 PM Partnering
Fridays – 5:15 PM-7:15-PM Ballet
Fridays – 8:30 PM-9:00 PM Flat Class
Opt-in strength and Conditioning -Wednesdays 8:00 PM-9:00 PM -additional enrollment required

Level 4&4A Flat Track

Professional Program - 13 hours per week

Mondays – 5:30 PM-7:00 PM Ballet
Monday - 7:00 PM-8:00 PM Strength and Conditioning Gym
Mondays – 8:00 PM-9:00 PM Contemporary
Tuesdays – 5:30 PM-7:30 PM Ballet
Thursday - 6:15 PM-6:45 PM Character
Thursdays – 7:00 PM-8:15 PM Ballet
Thursday - 8:15 PM-9:00 PM Partnering
Fridays – 5:15 PM-7:15-PM Ballet
Fridays – 8:30 PM-9:00 PM Flat Class
Saturdays – 9:00 AM-10:30 AM Ballet
Saturdays – 11:00 AM-12:00 PM Nique/ Contemporary

Demi Program - 9 hours 30 min per week

Mondays – 5:30 PM-7:00 PM Ballet
Monday - 7:00 PM-8:00 PM Strength and Conditioning Gym
Thursdays – 7:00 PM-8:15 PM Ballet
Thursday - 8:15 PM-9:00 PM Partnering
Fridays – 5:15 PM-7:15-PM Ballet
Fridays – 8:30 PM-9:00 PM Flat Class
Saturdays – 9:00 AM-10:30 AM Ballet

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

Level 5&5A

Professional Program - 13 hours per week

Mondays – 5:30 PM-7:00 PM Ballet
Monday - 7:00 PM-8:00 PM Strength and Conditioning Gym
Mondays – 8:00 PM-9:00 PM Contemporary
Tuesdays – 6:15 PM-7:45 PM Ballet
Thursday - 6:15 PM-6:45 PM Character
Thursdays – 6:45 PM-8:15 PM Ballet
Thursdays – 8:15 PM-9:00 PM Partnering
Fridays- 5:30 PM-6:15 PM Strength and conditioning Gym
Fridays – 6:15 PM-7:45 PM Ballet
Fridays – 8:30 PM-9:00 PM Flat Class
Saturdays – 9:15 AM-10:45 AM Ballet
Saturdays – 12:00 PM-1:00 PM Nique/Contemporary

Demi Program - 10 hours per week

Mondays – 5:30 PM-7:00 PM Ballet
Monday - 7:00 PM-8:00 PM Strength and Conditioning Gym
Thursdays – 6:45 PM-8:15 PM Ballet
Thursdays – 8:15 PM-9:00 PM Partnering
Fridays- 5:30 PM-6:15 PM Strength and conditioning Gym
Fridays – 6:15 PM-7:45 PM Ballet
Fridays – 8:30 PM-9:00 PM Flat Class
Saturdays – 9:15 AM-10:45 AM Ballet
Saturdays – 12:00 PM-1:00 PM Nique/Contemporary
Opt-in strength and Conditioning -Wednesdays 8:00 PM-9:00 PM -additional enrollment required

Level 6

Professional Program- No Demi Option - 13 hours per week

Mondays – 5:30 PM-7:00 PM Ballet
Monday - 7:00 PM-8:00 PM Strength and Conditioning Gym
Mondays – 8:00 PM-9:00 PM Contemporary
Tuesdays – 6:15 PM-7:45 PM Ballet
Thursday - 6:15 PM-6:45 PM Character
Thursdays – 6:45 PM-8:15 PM Ballet
Thursdays – 8:15 PM-9:00 PM Partnering
Fridays- 5:30 PM-6:15 PM Strength and conditioning Gym
Fridays – 6:15 PM-7:45 PM Ballet
Fridays – 8:30 PM-9:00 PM Flat Class
Saturdays – 9:15 AM-10:45 AM Ballet
Saturdays – 12:00 PM-1:00 PM Nique/Contemporary
Opt-in strength and Conditioning -Wednesdays 8:00 PM-9:00 PM -additional enrollment required