

Pointe 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 section

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

Level 1 Pointe Track

Professional Program - 2 hours 30 min. per week

Tuesdays – 5:00 PM-6:15 PM Ballet & Character
Thursdays – 5:00 PM-6:15 PM Ballet

Demi Program - 1 hours 15 min. per week

Tuesdays – 5:00 PM-6:15 PM Ballet & Character

Level 1A Pointe Track

Professional Program - 2 hours 30 min. per week

Wednesdays – 5:00 PM-6:15 PM Ballet & Character
Fridays – 5:00 PM-6:15 PM Ballet

Demi Program - 1 hours 15 min. per week

Wednesdays – 5:00 PM-6:15 PM Ballet & Character

Level 2&2A Pointe Track

Professional Program - 5 hours 45 min. per week

Tuesdays – 5:00 PM- 5:30 PM 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

Demi Program – 4 hours and 30 min. per week

Tuesdays – 5:00 PM- 5:30 PM 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

Level 3&3A Pointe Track

Professional Program - 8 hours 30 min. per week

Mondays – 5:00 PM-5:30 PM Character
Mondays -- 5:30 PM-7:00 PM Ballet
Mondays – 7:15 PM-8:00 PM Pointe
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
Fridays – 5:30 PM-7:00 PM Ballet
Fridays – 7:15 PM-8:15 PM Pointe

Demi Program - 5 hours 15 min. per week

Mondays – 5:00 PM-5:30 PM Character
Mondays -- 5:30 PM-7:00 PM Ballet
Mondays – 7:15 PM-8:00 PM Pointe

Fridays – 5:30 PM-7:00 PM Ballet

Fridays – 7:15 PM-8:15 PM Pointe

Opt-in strength and Conditioning -Wednesdays 8:00 PM-9:00 PM -additional enrollment required

Pointe Track- Upper Levels

Level 3P Pointe 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
Mondays – 7:15 PM-8:00 PM Pointe
Mondays– 8:00 PM-9:00 PM Contemporary
Thursdays – 5:30 PM-7:00 PM Ballet
Thursday – 7:00 PM-7:45 PM Pointe
Thursdays- 8:30 PM-9:00 PM Variations - Flat
Fridays – 5:15 PM-7:15 PM Ballet
Fridays – 7:15 PM-8:30 PM Pointe

Demi Program - 5 hours per week

Mondays – 5:00 PM-5:30 PM Character
Mondays -- 5:30 PM-7:00 PM Ballet
Mondays – 7:15 PM-8:00 PM Pointe
Thursdays – 5:30 PM-7:00 PM Ballet
Thursday – 7:00 PM-7:45 PM Pointe
Opt-in strength and Conditioning -Wednesdays 8:00 PM-9:00 PM -additional enrollment required

Level 4 Pointe Track

Professional Division - 13 hours 45 min. per week

Mondays – 5:30 PM-7:00 PM Ballet
Mondays – 7:00 PM-7:45 PM Pointe
Mondays – 8:00 PM-9:00 PM Contemporary
Tuesdays – 5:30 PM-7:30 PM Ballet
Tuesdays – 7:30 PM-8:30 PM – Pointe
Wednesdays – 6:30 PM-8:00 PM Ballet
Wednesdays – 8:00 PM-9:00 PM – Pointe
Thursday - 6:15 PM-6:45 PM Character
Thursdays – 7:00 PM-8:30 PM Ballet
Thursdays – 8:30 PM-9:00 PM Variations
Saturdays – 9:00 AM-10:30 AM Ballet
Saturdays – 11:00 AM-12:00 PM Nique/ Contemporary

Demi Program - 8 hours per week

Tuesdays – 5:30 PM-7:30 PM Ballet
Tuesdays – 7:30 PM-8:30 PM – Pointe
Wednesdays – 6:30 PM-8:00 PM Ballet
Wednesdays – 8:00 PM-9:00 PM – Pointe
Saturdays – 9:00 AM-10:30 AM Ballet
Saturdays – 11:00 AM-12:00 PM Nique/ Contemporary

Level 5 Pointe Track

Professional Division - 14 hours 45 min. per week

Mondays – 5:30 PM-7:00 PM Ballet
Mondays – 7:00 PM-8:00 PM Pointe
Mondays – 8:00 PM-9:00 PM Contemporary
Tuesdays – 6:15 PM-7:45 PM Ballet
Tuesdays – 7:45 PM-9:00 PM – Pointe
Thursday - 6:15 PM-6:45 PM Character

Thursdays – 6:45 PM-8:15 PM Ballet
Thursdays – 8:15 PM-9:00 PM Pointe/Partnering
Fridays – 6:15 PM-7:45 PM Ballet
Fridays – 7:45 PM -8:30 PM Pointe/Variations
Saturdays – 9:15 AM-10:45 AM Ballet
Saturdays – 11:00 AM-12:00 Pointe/Variations/Rep
Saturdays – 12:00 PM-1:00 PM Nique/Contemporary

Demi Program - 9 hours per week

Mondays – 5:30 PM-7:00 PM Ballet
Mondays – 7:00 PM-8:00 PM Pointe
Tuesdays – 6:15 PM-7:45 PM Ballet
Tuesdays – 7:45 PM-9:00 PM – Pointe
Thursdays – 6:45 PM-8:15 PM Ballet
Thursdays – 8:15 PM-9:00 PM Pointe/Partnering
Saturdays – 9:15 AM-10:45 AM Ballet
Opt-in strength and Conditioning -Wednesdays 8:00 PM-9:00 PM -additional enrollment required

Level 6 Pointe Track

Professional Division- No Demi Option - 14 hours 45 min. per week

Mondays – 5:30 PM-7:00 PM Ballet
Mondays – 7:00 PM-8:00 PM Pointe
Mondays – 8:00 PM-9:00 PM Contemporary
Tuesdays – 6:15 PM-7:45 PM Ballet
Tuesdays – 7:45 PM-9:00 PM – Pointe
Thursday - 6:15 PM-6:45 PM Character
Thursdays – 6:45 PM-8:15 PM Ballet
Thursdays – 8:15 PM-9:00 PM Pointe/Partnering
Fridays – 6:15 PM-7:45 PM Ballet
Fridays – 7:45 PM -8:30 PM Pointe/Variations
Saturdays – 9:15 AM-10:45 AM Ballet
Saturdays – 11:00 AM-12:00 Pointe/Variations/Rep
Saturdays – 12:00 PM-1:00 PM Nique/Contemporary
Opt-in strength and Conditioning -Wednesdays 8:00 PM-9:00 PM -additional enrollment required