

# Arlington Dance Academy

## 2024-2025 Spring Class Schedule

Saturday, January 11 - Thursday, May 15

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY	
<p>Adult Jazz Workshop 9:30-10:30 1/27 - 3/17</p> <p>Dance with Mel 18 - 36 months 10:30-11:00 Caroline</p> <p>New 3's Class 11:00-11:30 Caroline</p> <p>New 3's is for dancers turning 3 between September 1 and January 15</p> <p>Pre Ballet &amp; Tap 4&amp;5 yrs old 1:00-1:45 Christine</p>	<p>Pre Ballet &amp; Tap 3&amp;4 yrs old 9:30-10:15 Caroline</p>			<p>Dance with Mel 18 - 36 months 9:00-9:30 Katie</p> <p>Pre Ballet &amp; Tap 3&amp;4 yrs old 9:30-10:15 Katie</p> <p>Pre Ballet &amp; Tap 4&amp;5 yrs old 10:15-11:00 Katie</p> <p>Ballet &amp; Tap 5&amp;6 yrs old 9:00-10:00 Casey</p> <p>Pre Ballet &amp; Tap 3&amp;4 yrs old 10:00-10:45 Casey</p> <p>Pre Ballet &amp; Tap 4&amp;5 yrs old 10:45-11:30 Casey</p> <p>Ballet &amp; Tap 6&amp;7 yrs old 11:30-12:30 Casey</p>	<p>Ballet 2 9:00-9:45 Jeanette</p> <p>Adult Core 9:00-9:45 Jeanette</p> <p>Ballet 2 9:45-10:45 Jeanette</p> <p>Ballet 7/8 10:45-12:00 Jeanette</p> <p>Ballet 1 12:00-1:00 Jeanette</p> <p>Ballet 2 9:00-10:00 Corinne</p> <p>Ballet 4 10:00-11:00 Corinne</p> <p>Ballet 6 11:00-12:15 Corinne</p> <p>Pointe 1 12:15-1:00 Corinne</p>
<p>Tap 1 4:00-5:00 Corinne</p> <p>Tap 2 5:00-6:00 Corinne</p> <p>Tap 3 6:00-7:00 Corinne</p> <p>Adult Beg. Tap 7:00-8:00 Corinne</p> <p>Adult Int. Jazz 8:00-9:15 Mari Jo</p>	<p>Ballet &amp; Tap 6&amp;7 yrs old 4:30-5:30 Tatum</p> <p>Modern 7-9 yrs old 5:30-6:15 Tatum</p> <p>Jazz 1 6:15-7:15 Tatum</p> <p>Jazz 4 7:15-8:15 Tatum</p> <p>Contemporary Levels 3-5 10-12yrs 8:15-9:15 Tatum</p>	<p>Ballet 2 4:15-5:15 Celine</p> <p>Jazz 3 4:30-5:15</p> <p>Modern 7-9 yrs old 5:30-6:15 Celine</p> <p>PP2 6:15-7:00 Celine</p> <p>Modern 2 7:15-8:15 Celine</p> <p>Jazz 5 8:15-9:15 Celine</p>	<p>Ballet &amp; Tap 5&amp;6 yrs old 4:15-5:15 Jeanette</p> <p>Ballet 5 5:15-6:15 Jeanette</p> <p>Jazz 2 5:15-6:15 Sarah</p> <p>Jazz 9 6:15-7:15 Sarah</p> <p>Contemporary Levels 6+ 7:15-8:15 Sarah</p> <p>Modern 4 8:15-9:15 Sarah</p>	<p>Ballet 7&amp;8 yrs old 4:15-5:00 Rachel</p> <p>Ballet 3 5:00-6:00 Rachel</p> <p>Ballet 4 6:00-7:00 Rachel</p> <p>Ballet 5 7:00-8:00 Rachel</p> <p>Special Stars 7:00-8:00 Kelly 4/2-5/14</p> <p>*BeMoved 6:30-7:30 Mari Jo Adult Int. Tap 7:30-8:30 Jenna</p> <p>*Jumps and Turns 12+ 5:00-6:00 Julie 3/5-3/19</p> <p>Jazz 7 6:00-7:00 Julie</p> <p>Jazz 8 7:00-8:00 Julie</p> <p>Jazz 6 8:00-9:00 Julie</p>	<p>Ballet 7&amp;8 yrs old 4:30-5:15 Christine</p> <p>Ballet 4 5:15-6:15 Laura</p> <p>Ballet 7/8 6:15-7:30 Laura</p> <p>Pointe 3 7:30-8:15 Laura</p> <p>Adult Ballet 1 8:15-9:15 Laura</p> <p>Ballet 5 4:15-5:15 Jeanette</p> <p>Ballet &amp; Tap 5&amp;6 yrs old 5:15-6:15 Christine</p> <p>Ballet &amp; Tap 6&amp;7 yrs old 6:15-7:15 Christine</p> <p>*Dance Conditioning (10-13 yrs old) 7:15-8:00 2/13 - 3/20</p> <p>Pointe 1 7:30-8:15 Jeanette</p> <p>Hip Hop 7-9 yrs old 5:30-6:15 Irfan</p> <p>Hip Hop 10-13 yrs old 6:15-7:15 Irfan</p> <p>Adult Hip Hop 7:15-8:15 Irfan</p> <p>Hip Hop 14-18 yrs old 8:15-9:15 Irfan</p>

11/22/2024

\* BeMoved® is a dance fitness experience for adults of all ages and skill levels, including those who have never danced before. Do you love to dance, or have you always wanted to learn? Whether you are a beginner or a pro, BeMoved Dance is the perfect place for you to express yourself, have fun, and improve your wellbeing. BeMoved Dance is a dance fitness program that offers over 20 unique dance genres, from Bollywood to Broadway, to suit your mood and style. You will be guided through a warm-up, a genre, and a cool-down. You will feel the joy of movement, the rhythm of music, and the power of dance. BeMoved Dance is more than just a workout, it is a celebration of life. Join today and discover how BeMoved Dance can transform your body, mind, and soul.

\* Jumps and Turns 12+: Looking to improve your jumps and turns? This class will help students improve technique for stronger jumps and turns for class, dance team, poms and orchesis. This class is for ages 12+ and dancers must be in level 3 or higher.

\* Dance Conditioning (10-13 yrs old): Looking to get a little stronger? This class is great for working your core strength. A strong core is needed in all forms of dance and will help improve posture, jumps and turns. This class is for ages 10-13 years old.