

# Arlington Dance Academy

## 2025-2026 Fall Class Schedule

Saturday, August 23 - Thursday, December 18

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
<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 after September 1. This class will start in January.</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 1:45-2:30 Christine</p> <p>Tap 1 4:00-5:00 Corinne</p> <p>Ballet &amp; Tap 6&amp;7 yrs old 4:00-5:00 Tatum</p> <p>Ballet 3 4:00-5:00 Laura</p> <p>Modern 7-9 yrs old 4:15-5:00 Sarah</p> <p>Tap 2 5:00-6:00 Corinne</p> <p>Ballet 1 5:00-6:00 Tatum</p> <p>Ballet 2 5:00-6:00 Laura</p> <p>Jazz 3 5:00-6:00 Sarah</p> <p>Tap 3 and 4 6:00-7:00 Corinne</p> <p>Jazz 1 6:00-7:00 Tatum</p> <p>Ballet 7 6:00-7:15 Laura</p> <p>Contemporary Levels 3-5 10-12 years 6:00-7:00 Sarah</p> <p>Adult Beg. Tap 7:00-8:00 Corinne</p> <p>Jazz 4 7:00-8:00 Tatum</p> <p>Pointe 2 7:15-8:00 Laura</p> <p>Modern 3 7:00-8:00 Sarah</p> <p>Contemporary Levels 3-5 13+ years 8:00-9:00 Tatum</p> <p>Adult Int. Jazz 8:00-9:15 Mari Jo</p> <p>Modern 5 8:00-9:00 Sarah</p>	<p>*BeMoved 9:00-10:00 Mari Jo</p> <p>Pre Ballet &amp; Tap 3&amp;4 yrs old 9:30-10:15 Caroline</p> <p>Pre Ballet &amp; Tap 4&amp;5 yrs old 10:15-11:00 Caroline</p> <p>Ballet &amp; Tap 5&amp;6 yrs old 4:15-5:15 Sarah</p> <p>Ballet 2 4:15-5:15 Laura</p> <p>Casey</p> <p>5&amp;6 yrs old 5:30-6:15 Casey</p> <p>Modern 7-9 yrs old 5:30-6:15 Casey</p> <p>Modern 2 6:15-7:15 Casey</p> <p>PP1 6:15-7:00 Laura</p> <p>PP2 6:15-7:00 Jeanette</p> <p>Jazz 5 7:15-8:15 Casey</p> <p>Ballet 3 7:00-8:15 Laura</p> <p>Teen Ballet 12+ 7:00-7:45 9/9 - 10/14 Jeanette</p> <p>*College Prep for Dancers 15+ yrs 8:15-9:15 9/9 - 10/14 Casey</p> <p>*PBT 12+ 8:15-9:00 11/4 - 12/16 Laura</p> <p>Modern 4 8:15-9:15 Sarah</p>	<p>Ballet 7&amp;8 yrs old 4:30-5:15 Caroline</p> <p>Jazz 7 yrs old 5:15-6:00 Caroline</p> <p>Ballet 5 7:00-8:00 Rachel</p> <p>Ballet 6 5:45-7:00 Laura</p> <p>Special Stars 7:00-8:00 Kelly 10/22 - 12/17</p> <p>Ballet 7 8:00-9:15 Rachel</p> <p>Jazz 7&amp;8 yrs old 4:30-5:15 Caroline</p> <p>*Jumps and Turns 12+ 4:45-5:45 Julie</p> <p>9/10 - 10/29 Julie</p> <p>Ballet 3 5:15-6:15 Laura</p> <p>Ballet 6 6:00-7:00 Julie</p> <p>Jazz 8 7:00-8:00 Julie</p> <p>Jazz 7 8:00-9:00 Julie</p> <p>Teen Tap 12+ 9:30-9:15 9/10 - 10/15 Jenna</p>	<p>Ballet &amp; Tap 5&amp;6 yrs old 4:15-5:15 Christine</p> <p>Ballet 1 4:15-5:15 Jeanette</p> <p>Ballet 3 5:15-6:15 Laura</p> <p>Ballet 7 6:15-7:30 Christine</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 6 5:15-6:15 Jeanette</p> <p>Ballet 7 6:15-7:30 Jeanette</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>	<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>Adult Modern 11:00-12:00 27 - 10/18 Katie</p> <p>Ballet &amp; Tap 5&amp;6 yrs old 9:00-10:00 Rose</p> <p>Pre Ballet &amp; Tap 3&amp;4 yrs old 9:00-10:00 Rose</p> <p>Pre Ballet &amp; Tap 4&amp;5 yrs old 9:00-10:00 Rose</p> <p>Ballet 2 9:45-10:45 Jeanette</p> <p>Ballet 8 10:45-12:00 Rose</p> <p>Ballet 6 11:00-12:15 Corinne</p> <p>Pointe 2 12:00-12:45 Jeanette</p> <p>Pointe 1 12:15-1:00 Corinne</p> <p>Peanutcracker Ages 4 - 10 Saturdays, 1-3pm: 11/8, 11/15, 11/22, 12/6 and 12/13 Sundays, 12-2pm: 11/9 and 12/7 Performance is Sunday 12/14</p>

7/14/2025

\* 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.

\* College Prep for Dancers: Are you planning to audition for a college dance program? Set yourself apart with our College Dance Audition Prep Class—a focused, high-energy training course designed to help serious dancers prepare for the unique demands of college auditions. This class is for ages 15+

\* Progressing Ballet Technique (PBT) is a body-conditioning and strengthening program designed to enhance ballet technique by focusing on muscle memory, flexibility, and injury prevention. It uses ballet-specific exercises, often incorporating equipment like exercise balls, to help dancers develop a stronger core, improve posture, and refine movement patterns. The student class is for dancers ages 12+. The adult class is for ages 18+