

## Arlington Dance Academy Summer 2026 Schedule

Session 1: June 8 - June 27

Session 2: July 6 - July 25

MONDAY	TUESDAY			WEDNESDAY			THURSDAY		SATURDAY					
	BeMoved® * 9:00-10:00  Mari Jo								Dance with Me. 18mo-3 yrs 9:00-9:30 Katie	Combo Class 5-7 yr olds 9:00-10:00	Tap 2/3			
			Ballet 2 5:00-6:00  Laura	Summer Dance 3-5 yrs 5:15-6:00pm  Rose	Modern 7-9 yrs 5:15-6:00  Sarah	Teen Beginning Ballet 13+  5:15-6:15  Jeanette	Ballet 4/5 5:15-6:15  Laura	*PBT 12yrs+ 4:30-5:15 Laura	Modern 2/3 4:15-5:15 Tatum	*PBT 12yrs+ 4:30-5:15 Jeanette	Hip Hop 7-9 yrs 4:30-5:15 Irfan	Adult Ballet 2 10:00-11:00  Jeanette	Tap 4 10:30-11:30 Corinne	
	Modern 1 5:15-6:15  Sarah	Tap 1 7-10 yrs 5:15-6:15  Corinne	Ballet 6-8 6:00-7:15  Laura	Beg. Ballet/Jazz Combo 10-12 yrs 6:00-7:00  Rose	Jazz 8/9 6:00-7:00  Sarah	*Adult PBT 6:15-7:00 Jeanette	Pointe Prep 1 6:15-7:00 Laura	Ballet 3 6:30-7:30  Jenna	Ballet 3 6:15-7:15  Tatum	Ballet 3 6:15-7:15  Tatum	Hip Hop 10-13 yrs 5:15-6:15  Irfan	Adult Hip Hop 6:15-7:15  Irfan	Jazz/Tap Musical Theatre 12+ yrs 11:30-12:30  Corinne	
Special Stars 7:00-8:00 Kelly, Marcy and Nicole Session 1 Only	Contemporary levels 3-5 7:15-8:15  Sarah	Pointe 1 7:15-8:00 Corinne	Pointe 2 7:15-8:00 Laura	Dance Conditioning 14-18 yrs 7:00-7:45  Rose	Jazz 4/5 7:00-8:00  Sarah	Adult Ballet Basics 7:00-8:00  Jeanette	Adult Ballet 3 7:00-8:15  Laura	BeMoved® * 6:30-7:30  Mari Jo	Ballet/Jazz Combo 7-9 yrs 6:30-7:30  Julie	Ballet 3 6:30-7:30  Jenna	Ballet 6-8 6:15-7:30  Rachel	Adult Ballet 1 7:15-8:15  Mari Jo	Adult Continuing Jazz 7:15-8:30  Mari Jo	Hip Hop 14+ yrs 7:15-8:15  Irfan
	Modern 4/5 8:15-9:15 Sarah	Adult Beginning Tap 8:00-9:00  Corinne			Jazz 6/7 8:00-9:00  Sarah			*Jumps and Turns 12+ 7:30-8:15  Julie	Adult Int. Tap 7:30-8:30  Jenna	Pointe 1 7:30-8:15  Rachel	Tatum			

3/30/2026

\* 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.

\* 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+