Arlington Dance Academy

Summer 2026 Schedule

Session 1: June 8 - June 27

Session 2: July 6 - July 25

MONDAY

- Modern 1 — 5:15-6:15 — Sarah
- Jazz 2/3 — 6:15-7:15 — Sarah
- Contemporary levels 3-5 — 7:15-8:15 — Sarah
- Modern 4/5 — 8:15-9:15 — Sarah
- Tap 1 — 7-10 yrs — 5:15-6:15 — Corinne
- Ballet 4/5 — 6:15-7:15 — Corinne
- Pointe 1 — 7:15-8:00 — Corinne
- Adult Beginning Tap — 8:00-9:00 — Corinne
- Ballet 2 — 5:00-6:00 — Laura
- Ballet 6-8 — 6:00-7:15 — Laura
- Pointe 2 — 7:15-8:00 — Laura

TUESDAY

- BeMoved® * — 9:00-10:00 — Mari Jo
- Summer Dance 3-5 yrs — 5:15-6:00pm — Rose
- Beg. Ballet/Jazz Combo 10-12 yrs — 6:00-7:00 — Rose
- Dance Conditioning 14-18 yrs — 7:00-7:45 — Rose
- Modern 7-9 yrs — 5:15-6:00 — Sarah
- Jazz 8/9 — 6:00-7:00 — Sarah
- Jazz 4/5 — 7:00-8:00 — Sarah
- Jazz 6/7 — 8:00-9:00 — Sarah
- *Adult PBT — 6:15-7:00 — Jeanette
- Adult Ballet Basics — 7:00-8:00 — Jeanette
- *PBT 12yrs+ — 4:30-5:15 — Laura
- Ballet 4/5 — 5:15-6:15 — Laura
- Pointe Prep 1 — 6:15-7:00 — Laura
- Adult Ballet 3 — 7:00-8:15 — Laura

WEDNESDAY

- BeMoved® * — 6:30-7:30 — Mari Jo
- Ballet/Jazz Combo 7-9 yrs — 6:30-7:30 — Julie
- *Jumps and Turns 12+ — 7:30-8:15 — Julie
- Contemporary levels 6+ — 8:15-9:15 — Julie
- Adult Int.Tap — 7:30-8:30 — Jenna
- Ballet 4/5 — 4:30-5:30 — Rachel
- Pointe Prep 2 — 5:30-6:15 — Rachel
- Ballet 6-8 — 6:15-7:30 — Rachel
- Pointe 1 — 7:30-8:15 — Rachel

THURSDAY

- Modern 2/3 — 4:15-5:15 — Tatum
- Combo Class — 5-7 yr olds — 5:15-6:15 — Tatum
- Ballet 3 — 6:15-7:15 — Tatum
- Adult Ballet 1 — 7:15-8:15 — Tatum
- Adult Continuing Jazz — 7:15-8:30 — Jenna
- Hip Hop — 7-9 yrs — 4:30-5:15 — Irfan
- Hip Hop — 10-13 yrs — 5:15-6:15 — Irfan
- Adult Hip Hop — 6:15-7:15 — Irfan

SATURDAY

- Dance with Me. 18mo-3 yrs — 9:00-9:30 — Katie
- Summer Dance. 3&4 yr olds — 9:30-10:15 — Katie
- Summer Dance. 4&5 yr olds — 10:15- 11:00 — Katie
- Combo Class — 5-7 yr olds — 9:00-10:00 — Jeanette
- Adult Ballet 2 — 10:00-11:00 — Jeanette

7/1/2026

* 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+