

Arlington Dance Academy

2026-2027 Fall Class Schedule

Saturday, August 22 - Thursday, December 18

MONDAY				TUESDAY				WEDNESDAY				THURSDAY				SATURDAY			
Dance with Me! 18 - 36 months 10:30-11:00 Caroline New 3's Class 11:00-11:30 Caroline New 3's is for dancers turning 3 after September 1. This class will start in January. Pre Ballet & Tap 3-5 yrs old 1:00-1:45 Christine				Pre Ballet & Tap 3-5 yrs old 9:30-10:15 Caroline *BeMoved Level 1 9:30-10:30 Mari Jo												Dance with Me! 18 - 36 months 9:00-9:30 Katie Pre Ballet & Tap 3&4 yrs old 9:30-10:15 Katie Pre Ballet & Tap 4&5 yrs old 10:15-11:00 Katie Ballet & Tap 5&6 yrs old 9:00-9:45 Jeanette Pre Ballet & Tap 3&4 yrs old 9:45-10:45 Megan Pre Ballet & Tap 4&5 yrs old 10:00-10:45 Megan Pre Ballet & Tap 4&5 yrs old 10:45-11:30 Megan *PBT for Adults 9:00-9:45 Jeanette Adult 9:45-10:45 Jeanette Ballet 2 9:45-10:45 Jeanette Ballet 3 9:00-10:00 Corinne Ballet 4b 10:00-11:00 Corinne Ballet 6 11:00-12:15 Corinne Pointe 1 12:15-1:00 Corinne Jazz/Tap Musical Theatre 10+ yrs 1:00-2:00 8/22 - 10/10 Corinne Peanutcracker Ages 4 - 10 Saturdays, 1-3pm: 11/7, 11/14, 11/21 and 12/5 Sundays, 12-2pm: 11/8, 11/15 and 11/22 Performance is Sunday 12/6			
Tap 1 4:00-5:00 Corinne	Ballet & Tap 6&7 yrs old 4:00-5:00 Tatum	Ballet 3 4:00-5:00 Laura	Modern 7-9 yrs old 4:15-5:00 Sarah	Ballet & Tap 5&6 yrs old 4:30-5:30 Casey	*PBT 12+ 4:30-5:15 9/8 - 10/13 Laura	12+ 4:15-5:15 11/3 - 12/15 Jeanette	Teen Ballet 4:15-5:15 11/3 - 12/15 Sarah	Ballet 2 4:15-5:15 Sarah					Jazz 5-7 yrs old 4:30-5:15 Caroline			Ballet & Tap 5&6 yrs old 4:15-5:15 Christine	Ballet 1 4:15-5:15 Rachel		
Tap 2 5:00-6:00 Corinne	Ballet 1 5:00-6:00 Tatum	Ballet 2 5:00-6:00 Laura	Modern 1 ages 10+ 5:00-6:00 Sarah	4:30-5:30 Casey	Ballet 5 5:15-6:15 Laura	Ballet 4a 5:15-6:15 Jeanette	Jazz 3 5:15-6:15 Sarah	*PBT 12+ 5:15-6:00 11/4 - 12/16 Jeanette	ADE2 6:00-7:00 Caroline	Jazz 7&8 yrs old 5:15-6:00 Caroline	*Jumps and Turns 12+ 5:00-6:00 Julie	Ballet 4b 5:15-6:15 Laura	Ballet & Tap 6&7 yrs old 5:15-6:15 Christine	Ballet 5 5:15-6:15 Rachel	Hip Hop 7-9 yrs old 5:30-6:15 Irfan				
Tap 3 6:00-7:00 Corinne	Ballet 4a 6:00-7:00 Tatum	Ballet 7/8 6:00-7:15 Laura	Jazz 1 6:00-7:00 Sarah	Casey	Modern 2 6:15-7:15 Casey	PP1 6:15-7:00 Laura	PP2 6:15-7:00 Jeanette	Jazz 2 6:15-7:15 Sarah	Ballet 7&8 yrs old 6:00-6:45 Jeanette	Special Stars 7:00-8:00 Kelly 10/21 - 12/16	Ballet 7&8 yrs old 6:30-7:30 Mari Jo	Jazz 6 6:00-7:00 Julie	Ballet 6 6:15-7:30 Laura	Ballet 7&8 yrs old 6:15-7:00 Christine	Ballet 7/8 6:15-7:30 Rachel	Hip Hop 10-13 yrs old 6:15-7:15 Irfan			
Adult Cont. Tap 7:00-8:00 Corinne	Jazz 4 7:00-8:00 Tatum	Pointe 2 7:15-8:00 Laura	Modern 3 7:00-8:00 Sarah	Casey	Jazz 5 7:15-8:15 Casey	Adult 7:00-8:15 Laura	Adult Ballet Basics 7:00-8:00 Jeanette	Contemporary Levels 6+ 7:15-8:15 Sarah	Ballet 4a 7:00-8:00 Jeanette	Ballet 5 8:00-9:00 Jeanette	Ballet 7&8 yrs old 7:30-8:30 Jenna	Jazz 7 7:00-8:00 Julie	Ballet 7 7:00-8:00 Julie	Pointe 1 7:30-8:15 Laura	Ballet 3 7:15-8:15 Celine	Pointe 2 7:30-8:15 Rachel	Adult Hip Hop 7:15-8:15 Irfan		
Tap 4&5 8:00-9:00 Corinne	Contemporary Levels 3-5 12+ years 8:00-9:00 Tatum	*BeMoved Level 2 8:00-9:00 Mari Jo	Contemporary Levels 3-5 10-11 years 8:00-9:00 Sarah	Modern 4 8:15-9:15 Casey				Modern 5 8:15-9:15 Sarah					Ballet 7&8 yrs old 8:00-9:00 Julie	Adult Ballet 1 8:15-9:15 Laura	Adult Jazz 8:15-9:15 Celine	Hip Hop 14-18 yrs old 8:15-9:15 Irfan			

8/3/2026

8/3/2026

* 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.

BeMoved Level 1: Ideal for beginners or those who prefer a slower tempo/pace. This level is also perfect for regular BeMovers who enjoy a structured class with fundamental techniques.

BeMoved Level 2: (given by Artistry certified instructors) Designed for participants looking to challenge themselves with more advanced choreography. This level is suitable for those attendees who have had previous dance experience along with consistently dancing BeMoved and want to deepen their practice.

* 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+.