

SEAFORD 2026 CLASS TIMETABLE (non competitive)

(see PRESCHOOL schedule for ages 2-4.5)

AGE 5 – 6 YRS:

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| MONDAY | 4:00 – 5:00 | MINIS (combo jazz/tap and hip hop) |
| WEDNESDAY | 4:00 – 5:00 | MINIS (combo jazz/tap and hip hop) |
| | 5:00 – 5:45 | MINIS – Acrobatics |
| THURSDAY | 4:00 – 4:45 | BALLET GRADE 1 |

AGE 7 – 8 YRS:

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| TUESDAY | 4:00 – 4:45 | COMBO JAZZ & HIP HOP |
| | 4:00 – 5:00 | AERIAL LEVEL 1 (from Age 8- beginner) |
| WEDNESDAY | 5:00 – 5:45 | BALLET GRADE 2 |
| THURSDAY | 4:00 – 5:00 | ACRO LEVEL 1/2 |

AGE 9 – 10 YRS:

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| WEDNESDAY | 4:00 – 5:00 | AERIAL LEVEL 1 / 2 |
| | 5:00 – 5:45 | BALLET GRADE 2 |
| | 5:45 – 6:45 | COMBO JAZZ & HIP HOP |
| | 6:45 – 7:15 | TAP |
| THURSDAY | 5:00 – 6:00 | ACRO LEVEL 3 |
| | 6:15 – 7:00 | BALLET GRADE 4 |
| | 6:00 – 7:00 | ACRO LEVEL 4 |
| | 5:45 – 6:30 | LYRICAL (Ages 7 – 10) |

AGE 11 – 12 YRS

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|-----------|-------------|----------------------------------------------|
| MONDAY | 5:00 – 6:00 | COMBO JAZZ & CONTEMPORARY |
| | 6:00 – 6:45 | HIP HOP |
| | 6:45 – 7:30 | TAP |
| TUESDAY | 5:00 – 6:00 | AERIAL LEVEL 2/3 |
| WEDNESDAY | 6:00 – 7:00 | AERIAL LEVEL 2 /3 |
| THURSDAY | 5:30 – 6:15 | LYRICAL |
| | 6:15 – 7:15 | BALLET GRADE 4 |
| | 6:00 – 7:00 | ACRO LEVEL 4 |
| | 7:15 – 8:00 | PBT EXTENSION CLASS – Stretch and strengthen |

FRIDAY 4:00 – 5:30 ELITE EXTENSION CLASS (development of technique,
CHOREOGRAPHY FOR COMPETITIONS)

AGE 13 – 17 YRS + Adult Aerial Intermediate

MONDAY 5:00 – 6:00 Intermediate Aerial (prior experience required)
 6:00 – 7:00 Advanced Acrobatics (min. 3 yrs acro required)
 7:00 – 8:00 Advanced Youth Aerial
 8:15 – 9:15 Adult Aerial Intermediate

TUESDAY 5:00 – 5:45 JAZZ 13-17
 5:45 – 6:30 CONTEMPORARY
 6:30 – 7:15 HIP HOP
 6:00 – 7:00 AERIAL LEVEL 4 (EXPERIENCED FLYERS)

WEDNESDAY 7:15 – 8:00 BALLET GRADE 6
 8:00 – 8:30 POINTE

THURSDAY 7:00 – 7:30 ACRO PERFORMANCE TEAM
 7:30 – 8:30 ADVANCED ACRO