

## SEAFORD STUDIO – SEMESTER 1 2023 TIMETABLE

Monday					
Dance room	9:30 – 10:15	Ready Set Dance	Acro room		
	4:00-4:45	Primary/Grade 1 RAD Ballet		4:15 – 5:15	7-10 years Beginner Mixed Apparatus Aerial
	4:45-5:30	Grade 2 RAD Ballet		5:15 – 6:15	11+ years Beginner Mixed Apparatus Aerial
Tuesday					
Dance Room	4:00-4:45	10&U Jazz	Acro Room	4:00-5:00	Tiny Tumblers Acrobatics
	4:45-5:30	10&U Lyrical/Contemporary		5:00-6:00	Additional Acro class if needed
	5:30-6:15	10&U Hip Hop			
	6:15-7:00	15&U Hip Hop			
	7:00-7:45	15&U Recreational Jazz			
	7:45-8:30	15&U Recreational Contemporary/Lyrical			
Wednesday					
Dance Room	4:30-5:00	8&U Tap	Acro Room	4:00-5:00	Level 1 Acrobatics
	5:00-5:30	8&U jazz		5:00-6:00	Level 3/4 Acrobatics
	5:30-6:00	8&U Hip Hop		6:00-7:00	Level 2 Acrobatics
	6:00-6:45	12&U Recreational Contemporary/Lyrical		7:00-8:00	Level 5+ Acrobatics
	6:45-7:30	12&U Recreational Jazz			
	7:30-8:15	12&U Recreational Hip Hop			
Thursday					
Dance Room	4:00-4:45	IDT/RADAR/Jazz Technique	Acro Room		
	4:45-6:15	15&U Competition Troupe			
	6:15 – 7:00	TAP 12 +		6:45-7:45	Adult Beginner Aerial
				8:00-9:00	Adult Advanced Aerial
Friday					
Dance Room	4:00 – 4:45	PBT – PROGRESSING Ballet Technique	Acro Room	4:00-5:00	Junior (7-10 years) Intermediate Aerial
	5:00 – 6:00	Grade 5 Ballet		5:00-6:00	11+ Intermediate Aerial
				6:00-7:00	11+ Advanced Aerial
Saturday					
Dance Room	9:00-9:45	Ready Set Dance Level 1			
	10:00-10:30	Preschool Ballet			
	10:30 – 11:30	Ready Set Dance Level 2			

Green indicates required classes for PERFORMANCE TROUPE

PROGRESSING BALLET TECHNIQUE AND IDT/RADAR TECHNIQUE CLASSES are also available to recreational students wishing to improve their technique

But spaces are limited