

PIVOTAL DANCE PERFORMANCE ACADEMY – SEAFORD Studio – Term 1 2024

LESSON FORMAT (MONDAY)	LESSON TIME
AERIAL – BEGINNER (7 – 10YRS)	4:00 – 5:00
AERIAL – BEGINNER (7 – 10 yrs)	5:30 – 6:30
AERIAL – BEGINNER (11+)	6:30 – 7:30
MINIS – (ages 5,6)	4:00 - 5:00 (Jazz, tap and hip hop combo class)
MINIS ACROBATICS Primary	5:00 – 5:30
BALLET – Grade 3 (ages 7,8)	5:00 – 5:45
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MUSICAL THEATRE – 10 YRS and under	5:45 – 6:15
LYRICAL – 10 yrs and under	6:15 – 7:00
LESSON FORMAT (TUESDAY)	LESSON TIME
HIP HOP (8-10)	5:00 – 5:45
HIP HOP (13 – 16)	5:45 – 6:30
JAZZ (13-16)	6:30 – 7:15
CONTEMPORARY (13- 16)	7:15 – 8:00
AERIAL – BEGINNER (7 – 10)	5:00 – 6:00
AERIAL – 11+	6:00 – 7:00
OPEN TRAINING	7:00 – 8:00
LESSON FORMAT (WEDNESDAY)	LESSON TIME
ACRO – Level ½ (7 – 8)	4:00 – 5:00
TAP (5 – 8)	4:30 – 5:00
ACRO – Level 3 (9-10)	5:00 – 6:00
JAZZ – (7-8)	5:00 – 5:30
HIP HOP (7-8)	5:30 – 6:00
ACRO- Level 4 (10+)	6:00 – 7:00
CONTEMPORARY (10-12)	6:00 – 6:45
ACRO – Advanced (11+)	7:15 – 8:15
JAZZ – (10-12)	7:00 – 7:45
HIP HOP – (10-12)	7:45 – 8:30
LESSON FORMAT (THURSDAY)	LESSON TIME
ADVANCED JAZZ TECHNIQUE – IDT/RADAR	4:00 – 4:45
ELITE PERFORMANCE TEAM 13 – 16 YRS	4:45 – 6:15
TAP (13 – 16 YRS)	6:15 – 7:00
AERIAL – Junior 7 – 10 yrs BEGINNER	4:00 – 5:00
AERIAL – Beginner 11+	5:00 – 6:00
ACRO - Beginner	6:00 – 7:00
AERIAL – ADULT INTERMEDIATE	7:15 – 8:15
AERIAL – ADULT ADVANCED	8:15 – 9:15
LESSON FORMAT (FRIDAY)	LESSON TIME
AERIAL – JNR INTERMEDIATE (7 – 10)	4:00 – 5:00
AERIAL – INTERMEDIATE (11-14)	5:00 – 6:00
AERIAL – INTERMEDIATE (11-14)	6:00 – 7:00
AERIAL – ADVANCED	7:00 – 8:00
BALLET – GRADE 2 (5-7)	4:00 – 4:45
BALLET – GRADE 6 (12+)	4:45 – 5:45
POINTE CLASS	5:45 – 6:15
PBT (PROGRESSING BALLET TECHNIQUE)	6:15 – 7:00