

ADULT CLASSES

DAY	TIME	CLASS	EXPERIENCE LEVEL	TEACHER
MONDAY	12:00-1:00PM	ADULT BALLET & STRETCH	ALL-LEVELS (NO PREVIOUS EXPERIENCE REQUIRED)	MISS RHIANNON
MONDAY	7:30-8:15PM	ADULT TAP	ADVANCED (18+)	MISS KRISTIE
MONDAY	8:15-9:00PM	ADULT TAP	INTERMEDIATE (18+)	MISS KRISTIE
MONDAY	8:15-9:00PM	ADULT TAP	BEGINNERS (18+)	MISS RHIANNON
TUESDAY	7:20-8:20PM	ADULT BALLET	INTERMEDIATE (18+)	MISS KRISTIE
TUESDAY	8:20-9:05PM	ADULT STREET	ALL-LEVELS (18+) (NO PREVIOUS EXPERIENCE REQUIRED)	MISS LYDIA
WEDNESDAY	7:35-8:35PM	ADULT BALLET	BEGINNERS 18+	MISS GEMMA
WEDNESDAY	7:35-8:35PM	ADULT BALLET & POINTE	ADVANCED (18+) (EXPERIENCED DANCERS ONLY)	MISS KRISTIE
WEDNESDAY	8:35-9:35PM	ADULT JAZZ	ALL-LEVELS (NO PREVIOUS EXPERIENCE REQUIRED)	MISS KRISTIE/MISS GEMMA

Adult Beginner Classes

These classes are designed for adults with little to no prior dance experience. Classes move at a slow, comfortable pace, allowing students plenty of time to learn and practice each movement. The focus is on building foundational technique, coordination, balance, and confidence while introducing basic dance vocabulary and movement skills in a supportive, encouraging, and fun environment. No prior experience is required.

Adult Intermediate Classes

Designed for adults with some prior dance experience, these classes move at a moderate pace, building on foundational skills while introducing more detailed technique and longer combinations. The focus is on refining technique, improving coordination, strength, flexibility, and musicality, and learning more complex movements. Students are encouraged to develop expression, performance quality, and confidence in their abilities.

Adult Advanced Classes

For experienced adult dancers, these classes move at a challenging and dynamic pace. Emphasis is placed on advanced technique, control, strength, precision, and intricate combinations. Dancers will continue developing musicality, artistry, and expressive performance skills. Classes may include opportunities for performance, choreography, and higher-level technical and artistic challenges for committed dancers.