



Summer Training Program 2026 - June & July
Subject to change

Pre-Ballet (ages 4-6)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				Pre-Ballet 4:00-5:00 pm	Pre-Ballet 10:00-11:00 am

Primary Ballet (Level 1A)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				Ballet Technique + Stretch 3:00-4:00 pm	Ballet Technique + Stretch 9:00-10:00 am

Level 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Ballet Technique 4:00-5:00 pm		Ballet Technique 4:00-5:00 pm		Ballet Technique 11:00-12:00 pm
	Flexibility for Dancers 5:00-5:30 pm		Repertoire 5:00-5:30 pm		Repertoire 12:00-12:30 pm

Level 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Ballet Technique 4:00-5:00 pm		Ballet Technique 3:30-4:30 pm		PBT (Progressing Ballet Technique) 5:00-6:00 pm	Ballet Technique 11:00-12:00 pm
Strength & Coordination 5:00-5:30 pm		Repertoire 4:30-5:00pm		Contemporary Technique + Repertoire 6:00-7:00 pm	Repertoire 12:00-12:30 pm
		Strong Feet & Turnout 5:00-5:30 pm			

Level 3

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Strength & Coordination 5:00-5:30 pm	Flexibility for Dancers 5:00-5:30 pm	Strong Feet & Turnout 5:00-5:30 pm	Upper Body/ Back Strength & Flexibility 5:30-6:00 pm	PBT (Progressing Ballet Technique) 5:00-6:00 pm	Pilates Reformer for Dancers (Limited Enrollment) 11:30-12:30 pm
Ballet Technique + Pointe 5:30-7:00 pm	Ballet Technique + Pointe 5:30-7:00 pm	Pointe** 5:30-6:30 pm	Ballet Technique + Pointe 6:00-7:30 pm	Contemporary Technique + Repertoire 6:00-7:00 pm	Ballet Technique + Pointe 12:30-2:00 pm
Repertoire 7:00-7:30 pm	Repertoire 7:00-7:30 pm	Ballet Technique 6:30-8:00 pm			

Level 4

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Strength & Coordination 5:00-5:30 pm	Flexibility for Dancers 5:00-5:30 pm	Strong Feet & Turnout 5:00-5:30 pm	Upper Body/ Back Strength & Flexibility 5:30-6:00 pm	PBT (Progressing Ballet Technique) 5:00-6:00 pm	Pilates Reformer for Dancers (Limited Enrollment) 11:30-12:30 pm
Ballet Technique + Pointe 5:30-7:00 pm	Ballet Technique + Pointe 5:30-7:00 pm	Pointe** 5:30-6:30 pm	Ballet Technique + Pointe 6:00-7:30 pm	Contemporary Technique + Repertoire 6:00-7:00 pm	Ballet Technique + Pointe 12:30-2:00 pm
Repertoire 7:00-7:30 pm	Repertoire 7:00-7:30 pm	Ballet Technique 6:30-8:00 pm			

Level 5

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Strength & Coordination 5:00-5:30 pm	Flexibility for Dancers 5:00-5:30 pm	Strong Feet & Turnout 5:00-5:30 pm	Upper Body/ Back Strength & Flexibility 5:30-6:00 pm	PBT (Progressing Ballet Technique) 5:00-6:00 pm	Pilates Reformer for Dancers (Limited Enrollment) 11:30-12:30 pm
Ballet Technique + Pointe 5:30-7:00 pm	Ballet Technique + Pointe 5:30-7:00 pm	Pointe** 5:30-6:30 pm	Ballet Technique + Pointe 6:00-7:30 pm	Contemporary Technique + Repertoire 6:00-7:00 pm	Ballet Technique + Pointe 12:30-2:00 pm
Repertoire 7:00-7:30 pm	Repertoire 7:00-7:30 pm	Ballet Technique 6:30-8:00 pm			

Adult Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Open/ Adult Ballet Technique 9:00-10:00am		Open/ Adult Ballet Technique 9:00-10:00am		

** Wednesday pointe class by invitation only