

- All Classes are 1 Hour unless otherwise specified
- All ages are calculated as of December 31st
- Classes with a (*) are advanced and students must be invited or receive a direct placement in order to enroll.
- New students must perform a private assessment to be considered for any (*) classes.
- For more information on levels please call us at 204-334-0080 or email at info@ladanceacademy.com
- Please Note: Classes may be subject to change

MOMMY & ME (10 WEEK PROGRAM)

(Ages 2-3) Mommy & Me Intro Saturday 9:00 A.M. (45 Mins). (10 Weeks)
Intro to music, movement & rhythm through fun songs and actions

PRESCHOOL COMBO

(Ages 3 & 4) Level 1 & 2 Monday 4:45 P.M.
A fun combination of ballet, tap, & Jazz using the "Dancing School for Kids" official curriculum Level 1 & 2 Thursday 4:30 P.M.
which incorporates fun action songs, dances and age-appropriate activities Level 1 & 2 Saturday 9:45 A.M.
Level 1 & 2 Sunday 9:45 A.M.

PRESCHOOL ACRO

(Ages 3-5) Level 1 & 2 Saturday 9:15 A.M.
Release your inner cirque artist. Prep Step combos to the acrobatics 1.

BTJ COMBO

(Ages 5) Level 3 & 4 Monday 5:45 P.M.
Prep Step combos to the primary levels of these ballet, tap and jazz. Students will use the ballet Level 3 & 4 Monday 10:45 A.M.
barre to learn traditional technique, rhythm and fluidity in a fun and exciting environment. Level 3 & 4 Sunday 10:45 A.M.

TAP

(Ages 6 & Up) Tap 1 Sunday 12:45 P.M.
A classic dance style and a fun filled way to develop rhythm, co-ordination & precision Develop Tap 2/3 Friday 7:30 P.M.
strong footwork technique. Tap Advanced* Friday 8:30 P.M.

STRETCH & STRENGTH

(Ages 8 & Up) Multi- Level Thursday 4:30 P.M.
Technique and stretch classes to build core, flexibility, and strength.
*Highly recommended for jazz, competitive team and advanced dancers

BALLET

(Ages 6 & Up) Primary Wednesday 5:00 P.M.
The syllabus is based on the Royal Academy of Dance England curriculum and is a progression of Primary Sunday 9:30 A.M.
exercises from barre to center, preparing the body and mind for technique that develops good Pre-Elementary Monday 6:45 P.M.
placement, proper breathing, coordination, strength, grace and musicality. Traditional ballet Pre-Elementary Saturday 11:00 A.M.
training is the basis for all great dancing! Elementary* Thursday 5:30 P.M.
Intermediate 4/5* Thursday 6:30 P.M.
Intermediate Advanced 6/7* Wednesday 8:00 P.M.
Advanced* Thursday 9:15 P.M.

POINTE

(Ages 12 & Up) Intro to Pointe* Sunday 12:00 P.M.
Must also be enrolled in a ballet class Pointe technique is part of classical ballet technique which Pointe 1* Wednesday 9:00 P.M.
involves pointe work, in which a dancer supports their body weight on the tips of their toes with Pointe 2* Sunday 1:00 P.M.
special pointe ballet shoes. *Dancers enrolled in Intro to Pointe start in soft slippers, only approved students will go on pointe in the new year*.

LYRICAL

(Ages 10 & Up) Lyrical Beginner * Sunday 11:30 A.M.
Must also enroll in jazz and/or ballet (depending on level). Lyrical blends jazz and ballet Lyrical Intermediate* Wednesday 5:00 P.M.
technique. Movement is used to express emotions to interpret the lyrics of a song. Class requires Lyrical Experienced* Saturday 2:15 P.M.
strong ballet foundation with elements of all other styles for a range of expression and musicality. Lyrical Advanced* Sunday 4:45 P.M.

MODERN / CONTEMPORARY

(Ages 9 & Up) Experienced - Advanced* Tuesday 8:00 P.M.
Must also enroll in jazz & ballet. Modern/Contemp blends jazz, ballet, and lyrical technique.
Movement in this style strives to connect the mind and the body through fluid dance movements.
Strong formal training is required.

MUSICAL THEATRE

(Ages 7 & Up) Level Entry – Experienced Sunday 1:45 P.M.
Singing, Dancing, Acting are the cornerstones of all great musical productions. Expand skills in every area with a focus on theatrical dancing. Recommended to take a jazz class for further development.

ACRO

(Ages 8 & Up) Acro Level 1 Saturday 10:00 A.M.
This class is structured to develop safe, effective and proper progressions in the five divisions of Acro Level 2* Monday 5:00 P.M.
Acrobatics: flexibility, strength, balance, tumbling and of course dance! (E.g. Somersaults, handstands, bridges, Acro Level 3/4* Monday 6:00 P.M.
cartwheels, flips etc.). Recommended to take a jazz class for further technical development.

AERIAL

(Ages 8 & Up) Aerial 1A (Ages 7 – 9) Sunday 12:30 P.M.
Channel your inner cirque artist! This class features acrobatic performances while hanging from Aerial 1B (10 – 15) Sunday 1:30 P.M.
aerial silks or hammocks. This style develops flexibility, balance, upper body and core strength. Aerial 2 Intermediate* Sunday 2:30 P.M.
Recommended to add Acro for further development. Aerial 3 Experienced* Sunday 3:30 P.M.
Aerial 4 Advanced* Wednesday 6:30 P.M.
Aerial 5/6 Advanced * Wednesday 8:30 P.M.
Aerial 7 Advanced Adults* Wednesday 9:30 P.M.
Aerial 8 Advanced Invitational* Wednesday 7:30 P.M.
Aerial Adults Beginner - 10 Weeks Thursday 9:30 P.M.

JAZZ

<p>(Ages 6 & Up) Upbeat pop music and stylized dance used to express a variety of jazz styles. Jazz is a technical class that develops skill, performance and musicality. For even quicker development, pair it with a ballet class!</p>	<p>Jazz Level 1 Jazz Level 1 Jazz Level 2 Jazz Level 2 Jazz Level 3 Jazz Level 3 Jazz Level 4* Jazz Level 5/6* Jazz Level Teen Jazz Level Teen Advanced (Invitational)* Jazz Graduate Advanced (Invitational)* Jazz Ladies Only Tech & Choreo*</p>	<p>Wednesday 6:00 P.M. Sunday 11:45 A.M. Thursday 5:30 P.M.. Sunday 10:30 A.M. Tuesday 7:00 P.M. Wednesday 7:00 P.M. Tuesday 5:00 P.M. Thursday 7:30 P.M. Thursday 8:45 P.M. Monday 9:00 P.M. Tuesday 9:00 P.M. (75 mins) Thursday 8:00 P.M. (90 mins)</p>
HIP HOP		
<p>(Ages 5 & Up) Hip Hop music and dance permeate our culture and has a unique and unmistakable style. Have fun learning all the latest styles while developing musicality, textures, coordination, and performance style.</p>	<p>Mini Hip Hop Mini Hip Hop Hip Hop Foundation 1 Hip Hop Foundation 1 Hip Hop Pre-Intermediate Hip Hop Intermediate 1* Hip Hop Intermediate 2* Hip Hop Senior Found- Inter Hip Hop Senior Advanced Hip Hop Boys Foundation Hip Hop Boys Intermediate- Experienced*</p>	<p>Thursday 4:30 P.M. Saturday 11:45 A.M. Tuesday 5:00 P.M. Saturday 12:45 P.M. Tuesday 5:00 P.M. Tuesday 6:00 P.M. Saturday 1:45 P.M. Monday 7:45 P.M. Monday 8:45 P.M. Saturday 2:45 P.M. Saturday 3:45 P.M.</p>
COMPETITIVE DANCE TEAM (CDT ELITE PROGRAM)		
JAZZ, Ballet, & LYRICAL CDT		
<p>(Ages 6 & Up) *Jazz CDT requires ballet *Lyrical CDT requires Jazz CDT enrollment</p>	<p>Mini Elite Jazz Choreography Mini Elite Jazz Technique Mini Elite Ballet Jr. 1 Elite Jazz Choreography Jr. 1 Elite Technique Jr. 1 Elite Ballet Jr. 2 Elite Jazz Choreography Jr. 2 Elite Jazz Technique Jr. 2 Elite Ballet Jr. 2 Lyrical CSG (Fall) Pre-Elite Ballet Pre-Elite Jazz Technique 1 Pre-Elite Jazz Choreography Pre-Elite Lyrical Choreography Pre-Elite Jazz Technique 2 Inter Elite Jazz Technique Inter Elite Ballet Inter Elite Jazz Choreography Sr. Elite Ballet Sr. Elite Jazz Choreography Sr. Elite Jazz Technique Sr Lyrical CSG (Fall) Explosion Technique 1 Explosion Ballet Explosion Choreography Explosion Technique 2 Explosion Lyrical Choreography Lyrical/ Contemp CSG *Invitational</p>	<p>Monday 5:00 P.M. Saturday 10:00 A.M. Required take rec ballet class per placement Monday 6:00 P.M. Saturday 11:00 A.M. Saturday 12:00 P.M. Monday 7:00 P.M. Saturday 12:00 P.M. (75 mins) Saturday 1:15 P.M. Must be enrolled in lyrical experienced Monday 8:00 P.M. Tuesday 6:00 P.M. Tuesday 7:00 P.M. Sunday 10:00 A.M. Sunday 11:00 A.M. Thursday 6:30 P.M. Saturday 1:15 P.M. Saturday 2:15 P.M. (90 mins) Thursday 5:30 P.M. Thursday 6:30 P.M. (75 mins) Saturday 3:45 P.M. (90 mins) Must be enrolled in lyrical advanced Monday 9:00 P.M. (75 mins) Tuesday 8:00 P.M. Thursday 7:45 P.M. (90 mins) Sunday 2:00 P.M. (90 mins) Sunday 3:30 P.M. (75 mins) Sunday 5:45 P.M. (20 hours) *CSG tuition applies</p>
TAP CDT		
<p>(Ages 6 & Up) *Jazz highly recommended</p>	<p>Mini Elite Tap Choreography Mini Elite Tap Technique Elite Tap Choreography Elite Tap Technique Sr. Elite Tap Choreo/ Tech</p>	<p>Friday 6:15 (75 mins) Must take tap 1 or 2 per student placement Tuesday 8:00 P.M. Saturday 3:45 P.M. Tuesday 9:00 P.M. (90 mins)</p>
HIP HOP CDT		
<p>(Ages 6 & Up) * co-req recreational hip hop required= check your parent portal</p>	<p>Mini Elite Hip Hop Choreo * Jr. 1 Elite Hip Hop Choreo* Jr. 2 Elite Hip Hop Choreo Jr. 2 Elite Hip Hop Tech Jr. 3 Elite Hip Hop Choreo Jr. 3 Elite Technique Inter Elite Hip Hop Technique Inter Elite Hip Hop Choreo Elite Hip Hop Choreo Elite Hip Hop Technique Sr. Elite Hip Hop Choreo Sr. Elite Hip Hop Technique Explosion Hip Hop *Invitational Explosion Hip Hop Choreo 1 Explosion Hip Hop Choreo 2 Boys Hip Hop CSG *Invitational</p>	<p>Friday 5:00 P.M. (75 mins) Friday 6:15 P.M. (75 mins) Tuesday 6:00 P.M. Friday 7:30 P.M. Wednesday 6:00 P.M. Friday 7:00 P.M. Friday 8:30 P.M. Sunday 4:45 P.M. Tuesday 7:00 P.M. Friday 9:30 P.M. Wednesday 7:00 P.M. Friday 8:00 P.M. Wednesday 8:00 P.M. *must be in on a choreo team Wednesday 9:00 P.M. Friday 9:00 P.M. TBA over summer/fall</p>
ACRO CDT		
<p>(Ages 7 & Up) * co-req required= must enroll in a jazz class</p>	<p>Jr. Elite Acro Choreo + Tech* Elite Acro Choreography* Elite Acro Technique* Sr. Elite Acro Technique* Sr. Elite Acro Choreography*</p>	<p>Wednesday 5:00 P.M. (90 mins) Monday 7:00 P.M. Friday 6:00 P.M. Friday 5:00 P.M. Monday 8:00 P.M.</p>
MUSICAL THEATRE CDT		
<p>(Ages 7 & Up) * co-req required= must enroll in a jazz class</p>	<p>Jr. Elite Musical Theatre Sr. Elite Musical Theatre</p>	<p>Sunday 2:45 P.M. Sunday 3:45 P.M.</p>