

- 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 or cancellation

MOMMY & ME (10 WEEK PROGRAM) - (Ages 2-3)

Intro to music, movement & rhythm through fun songs and actions Mommy & Me Intro Saturday 9:00 A.M. (45 min)

PRESCHOOL COMBO - (Ages 3 & 4)

A fun combination of ballet, tap, & Jazz using the "Dancing School for Kids" official curriculum, which incorporates fun action songs, dances and age-appropriate activities Level 1 & 2
Monday 4:45 P.M.
Thursday 5:00 P.M.
Saturday 9:45 A.M.
Sunday 9:45 A.M.

PRESCHOOL ACRO - (Ages 3-4)

Release your inner cirque artist. Prep Step combos to the acrobatics 1. Level 1 & 2 Saturday 9:15 A.M. (45 min)

BTJ COMBO - (Ages 5)

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

TAP - (Ages 5 & Up)

A classic dance style and a fun-filled way to develop rhythm, coordination & precision. Develop strong footwork technique. Tap 1/2
Tap 3/4
Tap Advanced*
Friday 5:00 P.M.
Monday 6:45 P.M.
Friday 9:15 P.M.

BALLET - (Ages 6 & Up)

The syllabus is based on the Royal Academy of Dance England curriculum and is a progression of exercises from barre to center, preparing the body and mind for technique that develops good placement, proper breathing, coordination, strength, grace and musicality. Traditional ballet training is the basis for all great dancing! Primary
Pre- Elementary
Elementary
Intermediate
Advanced*
Wednesday 6:00 P.M.
Saturday 10:00 A.M.
Thursday 8:00 P.M.
Wednesday 8:00 P.M.
Tuesday 9:15 P.M.

POINTE - (Ages 12 & Up)

Must also be enrolled in a ballet class Pointe technique is part of classical ballet technique, which involves pointe work, in which a dancer supports their body weight on the tips of their toes with 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*. Pre Pointe/Intro to Pointe*
Pointe 1/2*
Sunday 11:45 A.M.
Monday 9:30 P.M.

LYRICAL - (Ages 7 & Up)

Must also enroll in jazz and/or ballet (depending on level). Lyrical blends jazz and ballet technique. Movement is used to express emotions to interpret the lyrics of a song. Class requires a strong ballet foundation with elements of all other styles for a range of expression and musicality. Lyrical Beginner*
Lyrical Intermediate*
Lyrical Experienced*
Lyrical Advanced*
Sunday 11:45 A.M.
Saturday 1:00 P.M.
Saturday 2:15 P.M.
Saturday 3:45 P.M.

MUSICAL THEATRE - (Ages 7 & Up)

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. Level Entry – Experienced Sunday 3:45 P.M.

ACRO - (Ages 5 & Up)

This class is structured to develop safe, effective and proper progressions in the five divisions of Acrobatics: flexibility, strength, balance, tumbling and of course dance! (E.g. Somersaults, handstands, bridges, cartwheels, flips etc.). Recommended to take a jazz class for further technical development. Acro Level 1
Acro Level 1
Acro Level 2
Acro Level 3/4*
Wednesday 4:30 P.M.
Friday 5:00 P.M.
Wednesday 5:30 P.M.
Friday 6:00 P.M.

AERIAL - (Ages 7 & Up)

Channel your inner Cirque artist! This class features acrobatic performances while hanging from aerial silks or hammocks. This style develops flexibility, balance, upper body and core strength. Recommended to add Acro for further development. Aerial 1A
Aerial 1B
Aerial 2
Aerial 3/4
Aerial 5/6*
Aerial Teen Invitational*
Aerial Adult Invitational*
Aerial Adults Beginner - 10 Weeks
Sunday 9:45 A.M.
Sunday 10:45 A.M.
Sunday 11:45 A.M.
Wednesday 6:30 P.M.
Wednesday 7:30 P.M.
Wednesday 8:30 P.M.
Wednesday 9:30 P.M.
Thursday 9:30 P.M.

JAZZ - (Ages 6 & Up)

Upbeat pop music and stylized dance are 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! Jazz Level 1
Jazz Level 1
Jazz Level 2
Jazz Level 2
Jazz Level 3
Jazz Level 3
Jazz Level 3
Jazz Level 4/5*
Jazz Teen Progression
Jazz Intermediate*
Jazz Advanced*
Jazz Graduate Advanced*
Jazz Ladies Only Tech & Choreo
Wednesday 5:00 P.M.
Thursday 6:00 P.M.
Thursday 5:00 P.M.
Sunday 12:45 P.M.
Wednesday 7:00 P.M.
Thursday 7:00 P.M.
Tuesday 7:00 P.M.
Thursday 5:45 P.M.
Monday 7:30 P.M.
Monday 8:30 P.M.
Thursday 9:15 P.M. (75 mins)
Thursday 8:00 P.M. (90 mins)

HIP HOP - (Ages 5 & Up)

Hip Hop music and dance permeate our culture and have a unique and unmistakable style. Have fun learning all the latest styles while developing musicality, textures, coordination, and performance style.

Mini Hip Hop	Thursday 4:45 P.M.
Mini Hip Hop	Saturday 11:45 A.M.
Hip Hop Foundation 1	Tuesday 5:00 P.M.
Hip Hop Foundation 1	Saturday 12:45 P.M.
Hip Hop Foundation 2	Tuesday 6:00 P.M.
Hip Hop Pre-Intermediate	Tuesday 5:00 P.M.
Hip Hop Intermediate 1*	Saturday 1:45 P.M.
Hip Hop Intermediate 2*	Tuesday 6:00 P.M.
Hip Hop Teen Found-Inter	Tuesday 8:00 P.M.
Hip Hop Senior Advanced*	Tuesday 9:00 P.M.
Hip Hop Boys Foundation 1	Saturday 3:45 P.M.
Hip Hop Boys Experienced*	Saturday 4:45 P.M.

COMPETITIVE DANCE TEAM (CDT ELITE PROGRAM)**JAZZ, BALLET, & LYRICAL (& CONTEMPORARY) CDT - (Ages 5 & Up)**

*Jazz CDT requires ballet

*Lyrical CDT requires Jazz CDT enrollment

*Contemporary Invitational requires Jazz CDT requirement

Mini Elite Jazz Choreography	Wednesday 5:00 P.M.
Mini Elite Ballet	Required to take rec ballet class per placement
Mini Elite Jazz Technique	Saturday 11:00 A.M.
Jr. 1 Elite Ballet	Monday 5:15 P.M.
Jr. 1 Elite Jazz Choreography	Monday 6:15 P.M.
Jr. 1 Elite Jazz Technique	Saturday 12:00 P.M.
Jr. 2 Elite Jazz Choreography	Monday 5:15 P.M.
Jr. 2 Elite Ballet	Monday 6:15 P.M. (75 mins)
Jr. 2 Elite Jazz Technique	Saturday 1:00 P.M. (75 Mins)
Pre-Elite Ballet 1 (Choreography)	Tuesday 5:00 P.M.
Pre-Elite Jazz Technique 1	Tuesday 6:00 P.M.
Pre-Elite Ballet 2 (Technique)	Wednesday 6:00 P.M.
Pre-Elite Jazz Choreography	Wednesday 7:00 P.M.
Pre-Elite Lyrical	Sunday 9:45 A.M.
Pre-Elite Jazz Technique 2	Sunday 10:45 A.M.
Inter Elite Ballet	Thursday 6:00 P.M.
Inter Elite Jazz Technique	Thursday 7:00 P.M.
Inter Elite Jazz Choreography	Saturday 3:45 P.M. (90 mins)
Sr. Elite Ballet	Wednesday 8:00 P.M.
Sr. Elite Jazz Choreography	Wednesday 9:00 P.M. (75 mins)
Sr. Elite Jazz Technique	Saturday 2:15 P.M. (90 mins)
Explosion Ballet 1 (Technique)	Monday 7:15 P.M.
Explosion Jazz Technique 1	Monday 8:15 P.M. (75 mins)
Explosion Jazz Choreography	Tuesday 8:00 P.M. (75 mins)
Explosion Jazz Technique 2	Thursday 8:00 P.M. (75 mins)
Explosion Ballet 2 (Choreography)	Sunday 12:45 P.M.
Explosion Lyrical Choreography	Sunday 1:45 P.M.
Contemporary Invitational Choreography*	Thursday 6:45 P.M. (75 mins)

TAP CDT - (Ages 5 & Up)

*Tap CDT requires Jazz or Ballet

Mini Elite Tap Choreography*	Sunday 1:45 P.M.
Mini Elite Tap Technique	Required to take rec tap class per placement
Jr. Elite Tap Choreography*	Friday 7:00 P.M. (75 mins)
Jr. Elite Tap Technique	Required to take rec tap class per placement
Elite Tap Technique	Monday 7:45 P.M.
Elite Tap Choreography*	Friday 8:15 P.M.
Sr. Elite Tap Technique	Thursday 9:15 P.M.
Sr. Elite Tap Choreography*	Sunday 4:45 P.M.

HIP HOP CDT - (Ages 5 & Up)

*co-req recreational hip hop required= check your parent portal

Mini Elite Hip Hop Choreography*	Friday 4:45 P.M. (75 mins)
Jr. 1 Elite Hip Hop Choreography*	Friday 6:00 P.M. (75 mins)
Jr. 2 Elite Hip Hop Choreography	Tuesday 7:00 P.M.
Jr. 2 Elite Hip Hop Technique	Friday 7:15 P.M.
Jr. 3 Elite Hip Hop Choreography	Tuesday 8:00 P.M.
Jr. 3 Elite Hip Hop Technique	Friday 6:00 P.M.
Inter Elite Hip Hop Technique	Friday 8:15 P.M.
Inter Elite Hip Hop Choreography	Sunday 5:30 P.M.
Elite Hip Hop Technique	Friday 9:15 P.M.
Elite Hip Hop Choreography	Saturday 2:45 P.M.
Elite Hip Hop *Invitational Choreography	Sunday 4:15 P.M. (75 mins)
Sr. Elite Hip Hop Choreography	Tuesday 7:00 P.M.
Sr. Elite Hip Hop Technique	Friday 7:00 P.M.
Explosion Hip Hop Choreography	Friday 9:00 P.M. (75 mins)
Explosion Hip Hop *Invitational Choreo 1	Tuesday 9:15 P.M.
Explosion Hip Hop *Invitational Choreo 2	Friday 8:00 P.M.

ACRO CDT - (Ages 5 & Up)

*co-req required= must enroll in a jazz class

Mini Elite Acro Choreography*	Saturday 10:00 A.M.
Jr. Elite Acro Choreo + Tech*	Sunday 1:45 P.M. (90 mins)
Elite Acro Technique	Saturday 11:00 A.M.
Elite Acro Choreography*	Sunday 12:45 P.M.
Sr. Elite Acro Technique	Saturday 12:00 P.M.
Sr. Elite Acro Choreography*	Sunday 3:15 P.M.

MUSICAL THEATRE CDT - (Ages 7 & Up)

*co-req required= must enroll in a jazz class

Jr. Elite Musical Theatre	Sunday 4:45 P.M.
Sr. Elite Musical Theatre	Sunday 2:45 P.M.