

**New Life Dance
Schedule of Classes
September 11 – December 12, 2023**

Monday – Studio A

Combo (Ages 5-7) 5:35-6:15 pm Class length: 40 minutes
Attire: leotard and ballet skirt or ballet dress, pink tights, and pink ballet slippers (boys: t shirt, black pants or shorts, and black slippers); no jewelry, hair away from the face

Ballet 1 (Ages 6-12) 6:20-7:00 pm Class length: 40 minutes
Attire: leotard and ballet skirt or ballet dress, pink tights, and pink ballet slippers (boys: t-shirt, black pants or shorts, and black slippers); no jewelry, hair in bun (short hair should be pulled away from face)

Monday – Studio B

Tiny Tots (Ages 2-4) 5:10-5:40 pm Class length: 30 minutes
Attire: leotard and ballet skirt or ballet dress, pink tights, and pink ballet slippers (boys: t shirt, black pants or shorts, and black slippers); no jewelry, hair away from the face

Creative Dance (Ages 4-5) 5:45-6:15 pm Class length: 30 minutes
Attire: leotard and ballet skirt or ballet dress, pink tights, and pink ballet slippers (boys: t shirt, black pants or shorts, and black slippers); no jewelry, hair away from the face

Acro Dance (Ages 7+) 6:20-7:00 pm Class length: 40 minutes
Attire: leotard (except boys), t-shirt, black bike shorts, leggings, or capris.

Jazz/Hip-Hop 1 (Ages 6-12) 7:05-7:45 pm Class length: 40 minutes
Attire: leotard (except boys), t-shirt, black dance pants, leggings or capris, and black jazz shoes. Equipment needed: exercise mat, bottled water, and towel

Tuesday – Studio A

Ballet/Lyrical 2 (Ages 10-16+) 5:40-6:20 pm Class length: 40 minutes
Attire: leotard and ballet skirt or ballet dress, pink tights, and pink ballet slippers (boys: t-shirt, black pants or shorts, and black slippers); no jewelry, hair in bun (short hair should be pulled away from face)

Teen-Adult Ballet 6:25-7:05 pm Class length: 40 minutes
Attire: leotard and ballet skirt or ballet dress, t-shirt, pink tights, and pink ballet slippers (boys: t-shirt, black pants or shorts, and black slippers); no jewelry, hair in bun (short hair should be pulled away from face)

Teen-Adult Jazz/Hip-Hop 7:10-7:50 pm Class length: 40 minutes
Attire: leotard (except guys), t-shirt, black dance pants, leggings or capris, and black jazz shoes. Equipment needed: exercise mat, bottled water, and towel

Intermediate Ballet/Lyrical 7:50-8:30 pm Class length: 40 minutes
Attire: leotard and ballet skirt or ballet dress, pink tights, and pink ballet slippers (boys: t-shirt, black pants or shorts, and black slippers); no jewelry, hair in bun (short hair should be pulled away from face)

Tuesday – Studio B

Creative Dance (Ages 4-5) 5:10-5:40 pm Class length: 30 minutes
Attire: leotard and ballet skirt or ballet dress, pink tights, and pink ballet slippers (boys: t shirt, black pants or shorts, and black slippers); no jewelry, hair away from the face

Combo (Ages 5-7) 5:45-6:25 pm Class length: 40 minutes
Attire: leotard and ballet skirt or ballet dress, pink tights, and pink ballet slippers (boys: t shirt, black pants or shorts, and black slippers); no jewelry, hair away from the face

Jazz/Hip-Hop 2 (Ages 9-12) 6:30-7:10 pm Class length: 40 minutes
Attire: leotard (except guys), t-shirt, black dance pants, leggings or capris, and black jazz shoes. Equipment needed: exercise mat, bottled water, and towel

Thursday – Studio A

Beginning Ballet/Jazz Combo (Ages 6-10) 6:00-6:50 pm Class length: 50 minutes
Attire: leotard and ballet skirt or ballet dress, pink tights, pink ballet slippers and black jazz shoes (boys: t-shirt, black pants or shorts, and black slippers); no jewelry, hair in bun (short hair should be pulled away from face)

Intermediate-Advanced Ballet 7:00-7:45 pm Class length: 45 minutes
Attire: leotard and ballet skirt or ballet dress, t-shirt, pink tights, and pink ballet slippers (boys: t-shirt, black pants or shorts, and black slippers); no jewelry, hair in bun (short hair should be pulled away from face)

Advanced Ballet/Pointe* 7:45-8:15 pm Class length: 30 minutes
Attire: leotard and ballet skirt or ballet dress, t-shirt, pink tights, and pink ballet slippers (boys: t-shirt, black pants or shorts, and black slippers); no jewelry, hair in bun (short hair should be pulled away from face)

Saturday – Studio A

Dance, Tambourines & Flags 11:00-11:50 am Class length: 50 minutes
Attire: leotard and ballet skirt or ballet dress, t-shirt, pink tights, and pink ballet slippers (boys: t-shirt, black pants or shorts, and black slippers); no jewelry, hair in bun (short hair should be pulled away from face)

Ballet Technique 12:00-12:40 pm Class length: 40 minutes
Attire: leotard and ballet skirt or ballet dress, t-shirt, pink tights, and pink ballet slippers (boys: t-shirt, black pants or shorts, and black slippers); no jewelry, hair in bun (short hair should be pulled away from face)

Contemporary Jazz 12:45-1:30 pm Class length: 45 minutes
Attire: leotard (except guys), t-shirt, black dance pants, leggings or capris, and black jazz shoes. Equipment needed: exercise mat, bottled water, and towel

**must be enrolled in at least two additional ballet classes*