



**New Life Dance
Schedule of Classes
September 15 – December 8, 2025**

Monday – Studio A

Combo (Ages 5-7) 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 away from the face

Beginning Ballet/Lyrical (Ages 6-12+) 6:25-7:10 pm Class length: 45 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)

Beginning Jazz/Hip-Hop (Ages 6-12+) 7:15-7:55 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

Monday – Studio B

Tiny Tots (Ages 2-4) 5:15-5:45 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) 5:50-6:25 pm Class length: 35 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

Tap (Ages 6+) 6:30-7:10 pm Class length: 40 minutes

Attire: leotard (except boys), t-shirt, black dance pants, leggings or capris, and black tap shoes

Acro Dance (Ages 6+) 7:10-7:55 pm Class length: 40 minutes

Attire: leotard (except boys), t-shirt, black bike shorts, leggings, or capris.

Tuesday – Studio A

Pre-Ballet/Jazz (Ages 5-9) 5:10-5:50 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

Intermediate Ballet/Lyrical (Ages 10+) 6:00-6:45 pm Class length: 45 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)

Intermediate /Advanced Ballet 6:50-7:35 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)

Intermediate/Advanced Jazz 7:45-8:30 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

Tuesday – Studio B

Intermediate Jazz/Hip-Hop (Ages 10+) 6:50-7:35 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

Thursday – Studio A

Advanced Ballet* 7:00-7:40 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)

Pointe* 7:40-8:10 pm Class length: 30 minutes
 Attire: black leotard and ballet skirt, t-shirt, pink tights, and pointe shoes, no jewelry, hair in bun (short hair should be pulled away from face)

Saturday – Studio A

Worship Dance, Flags, & Tambourines 11:00-12:30 pm Class length: 90 minutes
 Attire: NA

Teen-Adult Dance Fusion 12:45-1:30 pm Class length: 45 minutes
 Attire: NA

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