



**New Life Dance
Schedule of Classes
September 14 – December 7, 2026**

Monday – Studio A

Combo (Ages 5-8) 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)
Boys - T-shirt, black pants or shorts, and black slippers.

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
Boys - t-shirt, black pants or shorts, and black slippers.

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

Acro Dance (Ages 6+) 7:15-7:55 pm Class length: 40 minutes
Attire: leotard (except boys), t-shirt, black bike shorts, leggings, or capris.

Tuesday – Studio A

Pre-Ballet/Jazz (Ages 5-10) 5:00-5:40 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 Technique (Ages 11+) 5:50-7:00 pm Class length: 70 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)
Boys - t-shirt, black pants or shorts, and black slippers.

Teen-Adult Ballet/Lyrical 7:05-7:45 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)
Boys - t-shirt, black pants or shorts, and black slippers.

Intermediate/Advanced Jazz 7:50-8:30 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

Tuesday – Studio B

Acro Dance (Ages 12+)* 5:10-5:50 pm Class length: 40 minutes
* *permission of instructor required*
Attire: leotard (except boys), t-shirt, black bike shorts, leggings, or capris.

Thursday – Studio A

Intermediate/Advanced Ballet** 6:45-7:25 pm Class length: 40 minutes
** *must be enrolled in Tuesday Ballet Technique class*
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)
Boys - t-shirt, black pants or shorts, and black slippers.

Advanced Ballet & Pointe*** 7:30-8:15 pm Class length: 45 minutes
*** *by invitation only; must be enrolled in at least 3 additional ballet classes, including Ballet Technique*
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)
Boys - T-shirt, black pants or shorts, and black slippers.

Saturday – Studio A

Ballet Fundamentals 11:00-11:40 am 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)
Boys - T-shirt, black pants or shorts, and black slippers.

Worship Dance 11:45-12:30 pm Class length: 45 minutes
Attire: comfortable dance or workout wear that does show when you raise your arms and bend to touch your toes. ballet, jazz shoes, or yoga socks with grips. No dangling jewelry that can get caught on clothing.

Contemporary 12:45-1:30 pm Class length: 45 minutes
Attire: leotard, t-shirt, bike shorts, capris, or leggings, pink tights, and jazz shoes or ballet slippers.
Boys - t-shirt, black pants or shorts, and black slippers.

We reserve the right to cancel any class with insufficient registration.