Metrowest Dance Academy

Schedule 2024/25

Studio 1			Studio 2			Studio 3		
Monday			**Monday**			**Monday**		
			4:30-5.30pm	Grade 2 Ballet	Ages 8+	4:15-5:30pm	Grade 4 Ballet	Ages 10+
5:45-7:00pm	Advanced Contemporary	Ages 14+	5:30-7:00pm	Intermediate Foundation Ballet	Ages 12+	5:30-7:00pm	Grade 5 Ballet and Conditioning	Ages 11+
7:00-8:15pm	Intermediate Contemporary	Ages 11+	7:00-8:30pm	Advanced 2 Ballet	Ages 14+	7:00-8:30pm	Advanced Foundation Ballet	Ages 14+
Tuesday			**Tuesday**			**Tuesday**		
4.15-7.15pm	Heavey Quinn School of Dance		4:30-6:00pm	Advanced Foundation Ballet	Ages 14+	4:00-4:45pm	Little Steps Ballet	Ages 3-5
			6:00-7:00pm	Discovering Repertoire 3 (AF-A2)	Ages 14+	4:45-5:15pm	Grade 4 Conditioning	Ages 10+
			7:00-8:30pm	Advanced 2 Ballet	Ages 14+	5:15-6:30pm	Grade 4 Ballet	Ages 10+
						6:30-7:30pm	Intermediate Jazz	Ages 11+
						7:30-8:15pm	Intermediate Tap	Ages 11+
Wednesday			**Wednesday**			**Wednesday**		
4:30-5:15pm	Pre-Primary Ballet	Ages 5+	4:30-5:30pm	Primary Ballet	Ages 6+	4:30-5:30pm	Grade 1 Ballet	Ages 7+
5:30-7:30pm	Grade 5 Ballet and Pre-Pointe	Age 11+	5:30-7:00pm	Intermediate Foundation Ballet	Ages 12+	5:30-6:30pm	Primary & Grade 1 Jazz/Tap	Ages 6+
7:30-8-30pm	Intermediate Ballet	Age 13+	7:15-8:15pm	Discovering Repertoire 2 (IF)	Ages 12+	6:30-7:15pm	Advanced Tap	Ages 14+
						7:15-8:30pm	Advanced Jazz	Ages 14+
Thursday			**Thursday**			**Thursday**		
8.30-9:45am	Adult Ballet	Ages 18+	4:45-5:30pm	Grade 4 Tap	Ages 10+	4:30-5:30pm	Grade 2 Ballet	Ages 8+
4.15-8.00pm	Heavey Quinn School of Dance		5.30-6.15pm	Grade 4 Jazz	Ages 10+	5:30-6:30pm	Grade 2 Jazz/Tap	Ages 8+
			6.30-7:15pm	Hip Hop 1	Ages 10-13	6:30-7:15pm	Adult Tap Beginner	Ages 18+
			7:15-8:15pm	Hip Hop 2	Ages 14+	7:15-8:15pm	Adult Tap Intermediate	Ages 18+
Friday			**Friday**			**Friday**		
			5:00-5:30pm	Advanced Conditioning	Ages 14+			
			5:30-7:00pm	Advanced Open Pointe	Ages 14+			
Saturday			**Saturday**			**Saturday**		
9:00-9:45am	Little Steps Ballet	Ages 3-4	9:30-10:30am	Pre-Primary Ballet & Tap	Ages 5+	10:00-11:30am	Intermediate Open Ballet	Ages 12+
9:50-10:35am	Little Steps Ballet & Tap	Ages 4-5	10:30-11:30am	Primary Ballet	Ages 6+	11:30-1:00pm	Advanced Open Ballet	Ages 14+
10:40-11:40am	Grade 1 Ballet	Ages 7+	11:45-12:15pm	Intermediate Foundation Pointe	Age 14+			
11:45-12:45pm	Primary & Grade 1 Jazz/Tap	Ages 6+						