

# 2024 Rochester School of Dance Summer Programs

Enroll Now on the Parent Portal! Diverse class offerings for all ages and levels.  
 Session 2 - Highlighted in Colors: Summer Intensive Classes (Refer to Color Key for Levels).  
 All Classes are Open for Enrollment Based on Dancer's Level.

## Summer Session 1 - June 10 - June 27

### STUDIO A

Monday	Tuesday	Wednesday	Thursday
Strength & Conditioning 4:30-5:30	Ballet 5/Adv Ballet 4:30-6:00	Ballet 5/Adv Ballet 4:30-6:00	Strength & Conditioning 4:30-5:30
Ballet 5/Adv Ballet 5:30-7:00	Variations 6:00-7:00	Men's Class 6:00-7:00	Ballet 5/Adv Ballet 5:30-7:00
5/Adv Pointe 7:00-8:00	Adv Contemporary 7:00-8:00	Partnering 7:00-8:00	5/Adv Pointe 7:00-8:00
	Adv Jazz 8:00-9:00	Adv Lyrical 8:00-9:00	Teen Acro 8:15-9:15

### STUDIO B

Monday	Tuesday	Wednesday	Thursday
Int Ballet 5:30-7:00	Beg/Int Contemp 5:00-6:00	Int Lyrical 5:00-6:00	
Int Pointe 7:00-7:30	Int Jazz 6:00-7:00	Adv Pointe 6:15-7:00	Int. Ballet 5:30-7:00
Ballet Basics 7:30-9:00		Pilates 7:00-8:00	Int Pointe 7:00-7:30
		Teen/Adult Ballet 8:00-9:30	
		8:00-9:30	
		Teen/Adult Pointe 9:30-10:00	

Int Ballet & Pointe - Ballet 3 (ballet only), 3B & 4  
Ballet Basics - for dancers with no experience wanting to start ballet at the very beginning.  
Learn to Move - class includes Lyrical, Jazz and Ballet foundations. No experience required!

## STUDIO C

Monday	Tuesday	Wednesday	Thursday
Pre-Ballet (3-4 yr) 4:30-5:15	Ballet 1/2 4:45-6:00		Beg Jazz (6-8) 4:30-5:15
Pre-Ballet (5-6 yr) 5:15-6:00	Beg Lyrical 6:00-7:00		Beg Jazz (9-12) 5:15-6:15
Beg/Adv Beg Ballet (6-8 Yr) 6:00-7:00	Learn to Move 7:00-8:00	Beg/Int Acro 6:15-7:15	Leaps & Turns 7:15-8:15
Beg Tap 7:00-7:45			for Jazz Dancers 7:15-8:15
Int Tap 7:45-8:30			

## Summer Session 2 - June 8 - June 15

## STUDIO A

Monday	Tuesday	Wednesday	Thursday
Strength & Conditioning 4:30-5:30	Strength & Conditioning 4:30-5:30	Ballet 5/Adv Ballet 4:30-6:00	Strength & Conditioning 4:30-5:30
Ballet 5/Adv Ballet 5:30-7:00	Ballet 5/Adv Ballet 5:30-7:00	Men's Class 6:00-7:00	Ballet 5/Adv Ballet 5:30-7:00
Adv Pointe 7:00-8:00	Variations 7:00-8:00	Partnering 7:00-8:00	Adv Pointe 7:00-8:00
Adv Epaulment & Port de Bras 8:00-9:00	Adv Jazz 8:00-9:00	Adv Lyrical 8:00-9:00	Adv Contemporary 8:00-9:00

## STUDIO B

Monday	Tuesday	Wednesday	Thursday
Ballet 2/3 4:30-6:00	Ballet 2/3 4:30-6:00	Ballet 2/3 4:30-6:00	
Ballet 3B/4 6:00-7:30	Ballet 3B/4 6:00-7:30	Adv Pointe 6:00-6:30	Ballet 2/3 5:30-7:00
3B/4 Pointe 7:30-8:00	3B/4 Pointe 7:30-8:00	Stretch/Warm-up 6:30-7:00	Ballet 3B/4 7:00-8:30
Ballet Basics 8:00-9:00	Int Lyrical 8:00-9:00	Ballet 3B/4 7:00-8:30	3B/4 Pointe 8:30-9:00
		3B/4 Pointe 8:30-9:00	

## STUDIO C

Monday	Tuesday	Wednesday	Thursday
Pre-Ballet/Tap Combo 4:30-5:15	Int Jazz 5:00-6:00	Ballet 1/2 4:45-6:00	Beg Jazz (6-8) 4:30-5:30
Int Tap 5:15-6:00	Beg Jazz (9-12 yr) 6:00-7:00	Beg Lyrical 6:00-7:00	Beg/Int Contemporary 5:30-6:30
Beg Tap 6:00-6:45	Learn to Move 7:00-8:00	Pilates 7:00-8:00	Acro I (4-7 yr) 6:30-7:15
Pre-Ballet (5-6 yr) 6:45-7:30		Teen/Adult Ballet 8:00-9:30	Acro II 7:15-8:00
Beg/Adv Beg Ballet (7-8) 7:30-8:30		Teen/Adult Pointe 9:30-10:00	

Summer Intensive Color Key:

All Levels	Advanced	Intermediate	Beginning
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