



SEFTON DANCE ACADEMY

Strive Dream Achieve

TIMETABLE 2023

| SATURDAY | | | | WEDNESDAY | | | |
|---------------|-----------------------------------|--------------|----------------------------------|---|----------------------------------|---------------|---------------------|
| 8:45 - 9:45 | READY SET DANCE LEVEL 2 (4/5 yrs) | 9:00 - 9:45 | READY SET DANCE LEVEL 1 (2/3yrs) | 3:45 - 4:15 | Private Lesson by appointment | | |
| 9:45 - 10:45 | MINI'S (Jazz/Tap Combo (6/7yrs)) | 9:45 - 10:15 | TINY TUMBLERS | 4:15 - 5:00 | PMJ,JMJ - JUNIOR JAZZ | 4:15 - 5:00 | GRADE 4 BALLE |
| 10:15 - 10:45 | FOUNDATION TAP | | | 5:00 - 6:00 | 14YRS JAZZ (MJ4,5) | 5:00 - 5:45 | GRADE 1 BALLE |
| 10:45 - 11:30 | LEVEL 1 ACRO | | | 6:00 - 6:45 | GRADE 5 BALLE | 6:00 - 6:45 | TEEN GENERAL BALLE |
| 11:30 - 12:15 | PMJ/JMJ & 10 TROUPE - Juniors | | ***** | 6:45 - 7:15 | 16YRS TROUPE | | |
| 12:15 - 1:00 | TAP 1 & 3 | | ***** | 7:15 - 8:00 | SUB SENIOR JAZZ - MJ6 (15/16yrs) | | |
| 1:00 - 1:45 | MJ1,2,3 / 12 TROUPE - Pre Teens | | ***** | | | | |
| 1:45 - 2:45 | LEVEL 2 ACRO | 1:45 - 2:45 | SUB ELEMENTARY | THURSDAY | | | |
| 2:45 - 3:30 | Tap 4 & 5 | 2:30 - 3:15 | ***** | 9:15 - 10:00 | READY SET DANCE LVL 1 (2/3YRS) | 10:00 - 10:30 | TUTU BALLE (2-4yrs) |
| 3:30 - 4:30 | MJ4/5 - Teen Troupe | | ***** | 4:00 - 4:45 | JNR / PRE TEEN LYRICAL | | |
| | | | | 4:45 - 5:30 | JNR / PRE TEEN HIP HOP | 4:45 - 5:30 | GRADE 5 BALLE |
| | | | | 5:30 - 6:15 | TEEN HIP HOP | | |
| | | | | 6:15 - 7:15 | TEEN LYRICAL | | |
| | | | | 7:15 - 8:15 | ADULT JAZZ / TAP | | |
| MONDAY | | | | FRIDAY | | | |
| 4:15 - 5:00 | MJ6 | | | 4PM - | PRIVATE LESSONS BY APPOINTMENT | | |
| 5:00 - 6:00 | LEVEL 3 ACRO | | | **CLASSES SUBJECT TO CHANGE DEPENDANT ON ENROLMENTS** ACRO CLASSES - For the safety and best interest of our students, SDA teachers will assess students and advise class levels. LEVEL 2 ACRO - Must have the ability to show bendback and recover up and straightover without assistance LEVEL 3 ACRO - Must have the ability to show a handspring, bendback footover, tinscea proficiently and neat/correct technique LYRICAL CLASS - Strongly recommend a ballet class is taken to help understanding of the subject | | | |
| 6:00 - 6:45 | SENIOR HIP HOP (15YRS +) | 6:00- 6:45 | SUB ELEMENTARY | | | | |
| 6:45 - 7:45 | SENIOR LYRICAL (Sub Elem & Above) | | | | | | |
| 7:45 - 9:00 | INTERMEDIATE BALLE | | | | | | |
| TUESDAY | | | | | | | |
| 4:00 - 4:45 | MINI'S (Jazz/Tap Combo (6/7yrs)) | 3:45 - 4:45 | READY SET DANCE LVL 2 (4/5yrs) | | | | |
| 4:45 - 5:30 | MJ1,2,3 (PRE TEEN JAZZ) | 4:45 - 5:30 | PRIMARY BALLE | | | | |
| 5:30 - 6:15 | GRADE 2 & 3 BALLE | | ***** | | | | |
| 6:15 - 7:00 | ADVANCED TAP | | | | | | |
| 7:00 - 8:15 | SENIOR JAZZ | | | | | | |
| 8:15 - 9:00 | MJ9 | | | | | | |