



2024-2025 Season Dance Class Schedule

Teen Program Ages 12+

Welcome to another great dance season at On Stage - where dancing is fun for everyone! We can't wait to dance with you!

All classes listed are held once per week - you may choose from the options below.

JAZZ

Jazz dance develops coordination, flexibility, & strength through entertaining classes using popular music. Emphasis is on proper technique with a flair for performance and style.

Intermediate Jazz (ages 11-13)

Mondays 7:45-8:45pm Saturday 1:45-2:45pm(*)

Teen Jazz (age 13+, minimum 3 years exp)

Mondays 8:45-9:45pm (*)

TAP

Tap dance is a rhythmic dance style that focuses on coordination, rhythm, and musicality. Tap classes give your child the ability to make music with their feet!

Teen Tap (ages 12+)

Monday 8:45-9:30pm (*)

BALLET

All of our ballet classes follow the Society of Russian Ballet (SRB) Vaganova-based syllabus. Our recreational ballet classes introduce dancers to the fundamentals & basics of ballet technique. For more ballet options for older dancers, including examinations, please contact the studio.

Teen Ballet (ages 12+)

Monday 5:45-6:45 (*)

LYRICAL, CONTEMPORARY, & MODERN

Learn to express & tell a story through dance! Through natural movement and breath we will learn the basics of modern technique, and develop our own creative style.

Senior Modern (ages 11-14)

Tuesdays 8:45-9:45pm (*)

HIP HOP

Combine funky moves & popular music for tons of fun! These fast-paced classes are rhythmic and high-energy. It is recommended (but not required) that dancers in our hip hop program also enrol in a jazz or ballet class, to ensure a proper technical foundation.

Intermediate/Teen Hip Hop (ages 12+)

Thursdays 6:30-7:30pm (*)

MUSICAL THEATRE

Basic jazz technique combines with singing & acting to create a dance class with a flair for the dramatic! Let loose & learn the songs & dances from many popular musicals. It is recommended (but not required) that dancers in our musical theatre program also enrol in a jazz or ballet class, to ensure a proper technical foundation.

Musical Theatre

Monday 6:45-7:45pm

Saturday 2:45-3:45 (*)

ACRO

This class teaches & builds upon gymnastic skills and flexibility. All acro classes are taught by a certified and trained gymnastics instructor. Acro classes do not take part in any performances. All participants must be enrolled in another dance class, to ensure a solid technical foundation.

Acro 1

Monday 7:15-8:15pm

Acro 2 (min 2 year acro/gymnastics experience)

Monday 8:15-9:15pm



At On Stage, we present 2 separate performances (morning & afternoon) for each recital. Classes marked with a (*) will perform in one show, and those with no marking will perform in another. If you want to guarantee you will only need to be present for one performance per day, be sure to keep this in mind when choosing classes for your child(ren)!

IDP & Exam level classes should plan on being in both shows.