



North Shore Academy of Dancing

# Class Schedule 2022/2023

VERSION 10 - Updated May 31st, 2022

## MONDAYS

STUDIO 1	STUDIO 2	STUDIO 3	STUDIO 4
3:45-4:45 <i>Black Diamond Lyrical Performance Group 13yrs+ Alicia Bruce</i>	3:45-4:45 <b>Jumps &amp; Turns Boys Ballet 10 yrs+ Thomas Teague</b>	3:45-4:45 <b>Hip Hop 8-10 years Astrid Eckerle</b>	3:45-5:15 <i>Ballet Bloch Junior Program Ballet Technique - By Audition Only Tracy-Lea Bloch</i>
4:45-6:15 <b>Ballet Bloch Advanced Program Pas de Deux Class By Audition Only Thomas Teague</b>	4:45-5:45 <i>Emerald/Sapphire Jazz Performance Group 11 yrs+ Alicia Bruce</i>	4:45-5:45 <b>Jazz 8-10 years Astrid Eckerle</b>	5:15-5:45 <b>Body Conditioning Junior/Inter Levels 8-12 years Tracy-Lea Bloch</b>
6:15-6:45 <b>Pilates for Dancers Intermediate/Advanced Levels 12-16 years Thomas Teague</b>	5:45-6:45 <i>Diamond Jazz Performance Group 13yrs+ Alicia Bruce</i>	5:45-6:45 <i>Crystal Jazz Performance Group 12 yrs+ Astrid Eckerle</i>	5:45-6:45 <b>Jazz 10-13yrs Abby Hoffman</b>
6:45-7:45 <i>Diamond Lyrical Performance Group 13 yrs+ Alicia Bruce</i>	6:45-7:45 <i>Sapphire/Crystal Broadway Performance Group 13 yrs+ Astrid Eckerle</i>	6:45-8:15 <i>Ballet Bloch Inter/Advanced Program Ballet Technique Thomas Teague</i>	6:45-7:45 <b>Lyrical/Contemporary 10-13 years Abby Hoffman</b>
7:45-8:45 <b>Lyrical/Jazz 13 years+ Astrid Eckerle</b>	7:45-8:45 <b>Video Dance Hip Hop 13 years+ Abby Hoffman</b>		

## TUESDAYS

STUDIO 1	STUDIO 2	STUDIO 3	STUDIO 4
3:45-5:15 <i>Ballet Bloch ISTD Intermediate Foundation/Intermediate Tracy-Lea Bloch</i>	3:30-4:45 <b>Advanced Foundation Ballet R.A.D Sorami Moriyama</b>	3:45-4:45 <i>Mischief Boys Hip Hop Performance Group 11 yrs+ Chris Bonus</i>	3:45-4:45 <b>Grade Five Modern I.S.T.D Karrie Hill</b>
5:15-5:45 <i>Ballet Bloch ISTD Intermediate Foundation/Intermediate Pointe Tracy-Lea Bloch</i>	4:45-5:45 <b>Intermediate Foundation/Intermediate Pointe Training Ages: 11yrs+ Sorami Moriyama</b>	4:45-5:45 <i>Night Vision Hip Hop Performance Group Chris Bonus</i>	4:45-5:45 <b>Grade Four Ballet R.A.D Karrie Hill</b>
5:45-6:45 <b>Intermediate Ballet R.A.D Sorami Moriyama</b>	5:45-6:45 <b>Intermediate Foundation Modern I.S.T.D Karrie Hill</b>	5:45-7:15 <i>'Bonus Round' Hip Hop Program By Invitation Chris Bonus</i>	5:45-6:45 <b>Broadway Jazz 8-11 years Venice Dang</b>
6:45-7:45 <b>Intermediate Foundation Ballet R.A.D Sorami Moriyama</b>	6:45-7:45 <b>Intermediate Modern I.S.T.D Karrie Hill</b>	6:45-7:45 <b>Lyrical/Contemporary 12yrs+ Venice Dang</b>	
7:45-9:15 <b>Advanced One Modern I.S.T.D Karrie Hill</b>	7:45-8:45 <i>Large Group Performance Contemporary 12 yrs+ Venice Dang</i>	7:45-8:45 <i>Ballet Coaching Sorami Moriyama</i>	

## WEDNESDAYS

STUDIO 1	STUDIO 2	STUDIO 3	STUDIO 4
3:45-4:45 <b>Junior Jazz Technique 8 years+ Performance Students Only Belinda Sobie</b>	3:30-4:45 <i>Ballet Bloch Advanced Program Pointe Training - By Audition Only Muriel Teague</i>	3:45-4:45 <i>E.M.C. Hip Hop Performance Group 13 yrs+ Astrid Eckerle</i>	3:45-4:45 <i>Intermediate Ballet Performance 11yrs+ Sorami Moriyama</i>
4:45-5:45 <i>Emerald/Sapphire Lyrical Performance Group 12 yrs+ Belinda Sobie</i>	4:45-5:45 <i>Ruby/Amber Broadway Performance Group 8-12yrs Astrid Eckerle</i>	4:45-5:45 <i>Ballet Bloch Junior Program Ballet Technique - By Audition Only Tracy-Lea Bloch</i>	4:45-5:45 <b>Grade Two Ballet R.A.D Sorami Moriyama</b>
5:45-6:45 <i>Large Group Broadway Performance Group 13 yrs+ Belinda Sobie</i>	5:45-6:45 <i>Ruby/Amber Jazz Performance Group 8-12yrs Astrid Eckerle</i>	5:45-6:15 <b>Foot Conditioning Junior/Inter Levels 8-12 years Tracy-Lea Bloch</b>	5:45-6:45 <b>Open Ballet 12yrs+ R.A.D Sorami Moriyama</b>
6:45-7:45 <b>Advanced Jazz Technique 13 years+ Performance Students Only Belinda Sobie</b>	6:45-7:45 <b>Video Dance Hip Hop 11-14 years Astrid Eckerle</b>	6:15-7:45 <i>Ballet Bloch Inter/Advanced Program Ballet Technique - By Audition Only Tracy-Lea Bloch</i>	6:45-7:45 <b>Intermediate Foundation Ballet R.A.D Sorami Moriyama</b>
7:45-8:45 <i>Adult Dance Performance Group Dylan Steyns</i>	7:45-9:00 <b>Advanced Foundation Ballet R.A.D Sorami Moriyama</b>	7:45-8:45 <b>Industry Jazz 13+ years Astrid Eckerle</b>	



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## THURSDAYS

STUDIO 1	STUDIO 2	STUDIO 3	STUDIO 4
3:45-4:45 Intermediate Jazz Technique 10ys+ Performance Students Only Belinda Sobie	3:45-5:45 <i>Ballet Bloch Int/Adv Program</i> Ballet <i>Bloch Production Rehearsals</i>	4:00-4:45 Boys Hip Hop 6-9 years Dylan Steyns	3:45-4:45 <i>Ballet Junior Performance</i> Group 8 yrs+ Sorami Moriyama
4:45-5:45 Intermediate Lyrical Technique 13 years+ Performance Students Only Belinda Sobie	<i>By Audition Only</i>  <i>Muriel Teague</i>	4:45-5:45 Boys Hip Hop 10-13 years Dylan Steyns	4:45-5:45 Grade Three Ballet R.A.D Sorami Moriyama
5:45-6:15 Tech for Black Diamond Performance Students Only Belinda Sobie	5:45-6:45 Intermediate Ballet R.A.D Sorami Moriyama	5:45-7:15 <i>Ballet Bloch ISTD Intermediate</i> <i>Muriel Teague</i>	5:45-6:45 <i>Lite Bright Hip Hop</i> <i>Performance Group 8 yrs+</i> <i>Dylan Steyns/Alyssa Rive</i>
6:15-7:45 <i>Advanced Contemporary Program</i> <i>*By Invitation - 15 yrs+</i> <i>Nadia White</i>	6:45-7:45 Intermediate Foundation Modern I.S.T.D Alyssa Rive	7:15-7:45 Ballet Bloch ISTD Intermediate Pointe Muriel Teague	6:45-7:45 Grade Five Ballet R.A.D Sorami Moriyama
7:45-8:45 Smooth Groove Hip Hop 13 years+ Zaiven Garrett	7:45-8:45 Improv Industry Class 13yrs+ Nadia White	7:45-8:45 Intermediate Modern I.S.T.D Alyssa Rive	7:45-9:00 Advanced One Ballet R.A.D Sorami Moriyama

## FRIDAYS

STUDIO 1	STUDIO 2	STUDIO 3	STUDIO 4
3:30-4:45 Industry Workshop Drop In Weekly Guest Instructors	3:45-5:15 <i>Ballet Bloch Advanced Program</i> <i>Contemporary Choreography</i> <i>By Audition Only</i> <i>Monica Proenca</i>	3:45-4:45 <i>Midnight Attraction Hip Hop</i> <i>Performance Group 10 yrs+</i> <i>Jarrett Carlington</i>	3:45-3:45 Grade Four Ballet R.A.D Sorami Moriyama
4:45-5:45 Video Dance Hip Hop 11-14 years Jarrett Carlington	5:15-6:45 <i>Ballet Bloch Intermediate</i> <i>Program Contemporary</i> <i>By Audition Only</i> <i>Monica Proenca</i>	4:45-5:45 Advanced Foundation/ Advanced 1 & 2 Pointe Training RAD Vocational Level Sorami Moriyama	4:45-5:45 Hip Hop 8-10 years Abby Hoffman
5:45-6:45 <i>BPM Hip Hop</i> <i>Performance Group 12 yrs+</i> <i>Jarrett Carlington</i>	6:45-7:15 Stretch & Strength Intermediate Levels 10 yrs+ Monica Proenca	5:45-6:45 Jazz 10-14 years Abby Hoffman	5:45-7:15 Advanced Two Ballet R.A.D Sorami Moriyama

## SATURDAYS

STUDIO 1	STUDIO 2	STUDIO 3	STUDIO 4
9:00-9:45 Pre-Ballet 4-5 yrs Alicia Steyns/Tara Talebi	9:00-9:45 Primary Ballet R.A.D Sorami Moriyama	9:00-9:45 Broadway Jazz 5-6 yrs Venice Dang	9:00-10:00 Grade Three Modern I.S.T.D Alyssa Rive
9:45-10:30 Pre-Ballet 3-4 yrs Alicia Steyns/Tara Talebi	9:45-10:30 Pre-Primary Ballet R.A.D Sorami Moriyama	9:45-10:30 Hip Hop 6-8 years Venice Dang	10:00-10:45 Creative Hip Hop 5-6 yrs Alyssa Rive
10:30-11:30 <i>Nutcracker Production</i> <i>Open to all Gr 2, 3, 4 Ballet Levels By</i> <i>Audition Only</i> <i>Tracy-Lea Bloch/Chloe Legaspi</i>	10:30-11:30 Grade Five Ballet R.A.D Sorami Moriyama	10:30-11:30 Hip Hop 8-10 years Venice Dang	10:45-11:30 Broadway Jazz 6-8 yrs  Alyssa Rive
11:30-12:30 <i>Ballet Bloch Program</i> <i>I.S.T.D. Intermediate Foundation</i> <i>Tracy-Lea Bloch/Chloe Legaspi</i>	11:30-12:30 Grade One Ballet R.A.D Sorami Moriyama	11:30-12:30 Broadway Jazz 8-10 years Alyssa Rive	
12:30-2:00 <i>Ballet Bloch Int/Adv Program</i> <i>Company Class</i> <i>Muriel Teague</i>	12:30-1:30 Grade Three Ballet R.A.D Sorami Moriyama	12:30-1:30 Grade Five Modern I.S.T.D Alyssa Rive	
2:00-6:00 <i>Ballet Bloch Productions</i> <i>Company Rehearsals</i> <i>Muriel Teague/Tracy-Lea Bloch</i>	1:30-6:00 <i>Ballet Bloch Productions</i> <i>Company Rehearsals</i> <i>By Audition Only</i> <i>Tracy Bloch/Monica Proenca</i>	1:30-6:00 <i>Nutcracker Production</i> <i>By Audition Only</i> <i>Tracy-Lea Bloch/Chloe Legaspi</i>	1:30-2:30 Grade Two Ballet R.A.D Sorami Moriyama

| Advanced Classes - Performance Students only | Italics indicates - by audition only | R.A.D. - Royal Academy of Dancing | I.S.T.D. - Imperial Society of Teachers of Dancing

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