



North Shore Academy of Dancing

Class Schedule 2024/2025

VERSION 5 – DRAFT May 23rd

MONDAYS

STUDIO 1	STUDIO 2	STUDIO 3	STUDIO 4	STUDIO 5
3:45-4:45 Large Group Performance Broadway 15yrs+ Astrid Eckerle	3:45-4:45 Emerald/Sapphire Performance Lyrical 12-15 yrs Alicia Bruce	3:45-4:45 Jumps & Turns Boys Ballet 10 yrs+ Thomas Teague	3:45-4:45 Broadway Jazz 6-8 yrs Emma Dang	3:45-4:45 Hip Hop 8-10 yrs Breanna Lee
4:45-6:15 Ballet Bloch Program Pas de Deux Thomas Teague	4:45-6:00 Intermediate Performance Program Technique 12-15yrs Alicia Bruce	4:45-5:45 E.M.C. Performance Hip Hop 13 yrs+ Astrid Eckerle	4:45-5:45 Jazz 10-13yrs Emma Dang	4:45-5:45 Jazz 8-10 yrs Breanna Lee
6:15-7:15 Crystal Performance Jazz 13 yrs+ Astrid Eckerle	6:00-7:15 Advanced Performance Program Technique 15 yrs+ Alicia Bruce	5:45-6:45 Ruby Performance Jazz Breanna Lee	5:45-6:45 Contemporary/Lyrical 10-13yrs Emma Dang	6:15-6:45 Pilates for Dancers Inter./Adv. Level 12-15 yrs Thomas Teague
7:15-8:15 Contemporary/Lyrical 12yrs+ Breanna Lee	7:15-8:15 Crystal Performance Lyrical 13 yrs+ Alicia Bruce	6:45-8:15 Advanced R.A.D Ballet Tyler Carver	Solo Coaching	6:45-8:15 Ballet Bloch Program Inter./Adv. Ballet Technique Thomas Teague
8:15-9:15 Adult Dance Class Breanna Lee				

TUESDAYS

STUDIO 1	STUDIO 2	STUDIO 3	STUDIO 4	STUDIO 5
3:45-5:15 Ballet Bloch Program ISTD Adv 1 Ballet: 1 st & 2 nd Year Tracy-Lea Bloch	3:45-5:15 Intermediate Foundation Ballet Year 1 & Year 2 R.A.D. Alicia Steyns	3:45-5:15 Ballet Bloch Program Junior Ballet Technique Thomas Teague	3:45-4:30 Hip Hop 5-7 yrs Solomon Le	3:30-4:30 Mischief Performance Hip Hop 13 yrs+ Chris Bonus
5:15-5:45 Ballet Bloch Program Men's Work Thomas Teague	5:15-6:15 Grade Four Ballet R.A.D. Alicia Steyns	5:15-5:45 Ballet Bloch Program Body Conditioning Jnr/Int/Adv 7 yrs+ Tracy-Lea Bloch	4:30-5:15 Boys Hip Hop 6-9 yrs Solomon Le	4:30-5:45 Bonus Round Hip Hop Program (By Invite) Chris Bonus
5:45-7:15 Advanced One Modern I.S.T.D. Sophia Curelli	6:15-6:45 Pointe Training Intermediate R.A.D. Alicia Steyns	5:45-7:15 Ballet Bloch Program ISTD Intermediate Foundation Ballet Tracy Lea-Bloch	5:15-6:15 Hip Hop 8-10 yrs Solomon Le	5:45-6:45 Groove & Fundamentals Hip Hop Class 12-15 yrs Chris Bonus
7:15-7:45 Solo, Duo & Trio Program Coaching Time Astrid Eckerle	6:45-7:45 Intermediate Ballet R.A.D. Tyler Carver	7:15-7:45 Ballet Bloch Program ISTD Intermediate Foundation Pointe Tracy-Lea Bloch	6:15-7:15 Solo, Duo & Trio Program Coaching Time Astrid Eckerle	7:15-7:45 Ballet Bloch Tracy-Lea Bloch
7:45-8:45 Contemporary Performance 12-15 yrs+ (By Invite) Astrid Eckerle	7:45-8:45 Open Ballet 12 yrs+ Tyler Carver			

WEDNESDAYS

STUDIO 1	STUDIO 2	STUDIO 3	STUDIO 4	STUDIO 5
3:45-4:45 Junior Performance Program Jazz Technique 9 yrs+ Belinda Sobie	3:45-5:45 Ballet Bloch Program Advanced Pointe & Repertoire Muriel Teague	3:45-4:45 Emerald Performance Ballet Dawn Kozol	3:30-4:15 Hip Hop 5-7 yrs Alyssa Rive	3:45-4:45 Sapphire Performance Jazz 12-15 yrs Breanna English
4:45-5:45 Adv. Performance Program Jazz Technique 15 yrs+ Belinda Sobie		4:45-5:45 Pearl/Ruby Performance Ballet Dawn Kozol	4:15-5:45 Intermediate Modern I.S.T.D. Alyssa Rive	4:45-5:45 Emerald Performance Jazz 9-12 yrs Breanna English
5:45-7:15 Intermediate Performance Program Jazz Tech 10 yrs+ Belinda Sobie	5:45-6:45 Large Group Performance Jazz 15 yrs+ Breanna English	5:45-6:45 Novice Performance Broadway Alyssa Rive	5:45-6:45 Grade Two Ballet R.A.D. Dawn Kozol	5:45-7:15 Ballet Bloch Program Inter/Adv Ballet Technique Muriel Teague
7:15-7:45 Solo, Duo & Trio Program Coaching Time Belinda Sobie	6:45-7:45 Large Group Performance Lyrical 15 yrs+ Breanna English	6:45-7:45 Boys Hip Hop 10-13yrs Dylan Steyns	6:45-7:45 Contemporary 12yrs+ Alyssa Rive	7:15-8:15 Ballet Bloch Program Muriel Teague
7:45-8:45 Adult Dance Performance Group Dylan Steyns			7:45-8:45 Solo, Duo & Trio Program Coaching Time Alyssa Rive	



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THURSDAYS

VERSION 5 – DRAFT May 23rd

STUDIO 1	STUDIO 2	STUDIO 3	STUDIO 4	STUDIO 5
3:45-5:45 <i>Ballet Bloch Program Inter./Advanced Levels Production Rehearsals By Audition Only</i> Muriel Teague	3:45-4:45 <i>Emerald Broadway Performance Group 9-12 yrs+</i> Astrid Eckerle	3:45-4:45 Grade Four Ballet R.A.D. Katherine Robidoux	4:00-4:45 Boys Hip Hop 6-9 yrs Dylan Steyns	3:45-4:45 <i>Girlz Hip Hop Performance Group</i> Julia Bose
	4:45-5:45 <i>Sapphire/Crystal Broadway Performance Group 13 yrs+</i> Astrid Eckerle	4:45-5:45 <i>Lite Bright Hip Hop Performance Group 8 yrs+</i> Dylan Steyns	4:45-5:45 Open Ballet 10 yrs+ Katherine Robidoux	4:45-5:45 <i>Night Vision Hip Hop Performance Group</i> Julia Bose
5:45-6:15 Pointe Training Inter Foundation Katherine Robidoux	5:45-7:00 <i>Advanced Contemporary Program</i> *By Invitation Only Nadia White	5:45-6:45 Hip Hop 13 yrs+ Julia Bose	5:45-6:45 Video Dance Hip Hop 9-12 yrs Gabe Richard	5:45-6:15 Ballet Bloch Program Foot Conditioning Jnr/Int/Adv 8 yrs+ Tracy-Lea Bloch
6:15-7:15 Intermediate Foundation Ballet Year 1 & Year 2 Katherine Robidoux		6:45-7:45 Breaking & Hip Hop 10yrs+ Gabe Richard	7:00-8:00 Improv Industry Class 13 yrs+ Nadia White	6:15-8:00 <i>Ballet Bloch Program Inter/Adv Ballet Technique</i> Tracy-Lea Bloch
7:15-8:15 Intermediate R.A.D. Ballet Katherine Robidoux	7:00-8:00 Novice <i>Performance Jazz</i> Astrid Eckerle	7:45-8:45 Smooth Groove Hip Hop 13yrs+ Gabe Richard		
	8:00-9:00 Industry Jazz 12 yrs+ Astrid Eckerle			

FRIDAYS

STUDIO 1	STUDIO 2	STUDIO 3	STUDIO 4	STUDIO 5
3:30-4:45 Industry Workshop Drop In Weekly Guest Instructors	3:45-5:15 <i>Ballet Bloch Program - Adv. Contemporary Choreography</i> Monica Proenca	3:45-4:45 Grade Three Ballet R.A.D. Dawn Kozol	3:45-4:45 Broadway Jazz 7-10 yrs Alyssa Rive	3:45-4:45 <i>Midnight Attraction Hip Hop Performance Group 10 yrs+</i> Jarrett Carlington
4:45-5:15 Advanced R.A.D. Pointe Dawn Kozol	5:15-6:45 <i>Ballet Bloch Program Int. Contemporary</i> (TBD)	4:45-5:45 Hip Hop 8-10 yrs Breanna Lee	4:45-5:45 <i>Pearl/Ruby Performance Broadway 7-10yrs</i> Alyssa Rive	4:45-5:45 Video Dance Hip Hop 11-14 yrs Jarrett Carlington
5:15-6:45 Advanced Ballet R.A.D Dawn Kozol	6:45-7:15 Stretch & Strength Intermediate Levels 10yrs+ (TBD)	5:45-6:45 Industry Jazz 11-14 years Breanna Lee	5:45-6:45 Acro for Dance 11 yrs+ Alyssa Rive	5:45-6:45 <i>B.P.M. Hip Hop Performance Group 12 yrs+</i> Jarrett Carlington

SATURDAYS

STUDIO 1	STUDIO 2	STUDIO 3	STUDIO 4	STUDIO 5
9:15-10:00 Primary Ballet R.A.D. Alicia Steyns	9:00-10:00 Broadway Jazz 8-10 yrs Alyssa Rive	9:00-9:45 Hip Hop 6-8 yrs Solomon Le		9:15-10:00 Pre-Ballet 4-5 yrs Tara Talebi/Lora Roberts
10:00-11:00 Grade Two Ballet R.A.D. Alicia Steyns	10:00-11:00 Broadway Jazz 6-8 yrs Alyssa Rive	10:00-10:45 Creative Hip Hop 5-6 yrs Solomon Le		10:00-10:45 Pre-Ballet 3-4 yrs Tara Talebi/Lora Roberts
11:00-12:15 <i>Nutcracker Production Gr 2, 3, 4 Ballet Levels By Audition Only</i> Chloe Legaspi	11:00-12:00 Grade One Ballet R.A.D. Alicia Steyns	11:00-11:45 Broadway Jazz 5-6 yrs Alyssa Rive	10:45-11:30 Creative Dance 3-5 yrs Lora Roberts	11:00-12:00 Hip Hop 8-10 yrs Solomon Le
12:15-1:45 <i>Ballet Bloch Program Advanced Company Class</i> Muriel Teague	12:00-12:45 Pre-Primary Ballet R.A.D. Alicia Steyns	12:00-1:00 Acro for Dance 8-12 yrs Alyssa Rive	12:15-12:45 Foot Conditioning Junior/Inter Levels - 8-12 yrs Chloe Legaspi	12:00-1:30 <i>Ballet Bloch Program Intermediate Company Class</i> Sophia Curalli
2:00-6:30 <i>Ballet Bloch Productions Company Rehearsals</i> Muriel Teague	12:45-1:45 Grade Three Ballet R.A.D. Alicia Steyns			2:00-6:30 <i>Ballet Bloch Productions Company Rehearsals</i> Chloe Legaspi
	2:00-6:30 <i>Ballet Bloch Productions Company Rehearsals</i> Sophia Curalli	2:00-6:30 <i>Ballet Bloch Productions Company Rehearsals</i> Dawn Kozol	2:00-6:30 <i>Ballet Bloch Productions Company Rehearsals</i> Tracy-Lea Bloch	

| 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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