

AGE GUIDE 2026

Toddlers	1.5-3 years old	Ready Set Move	
Pre School	3-5 years old	Ready Set Ballet, Dance, Acro	
SCHOOL YEAR	AGE	AGE GROUP	BALLET SYLLABUS LEVEL
Prep	4-6 years	Mini	Prep
Grade 1	5-7 years		Pre-Primary
Grade 2	6-8 years	Sub Junior	Primary
Grade 3	7-9 years		Grade 1
Grade 4	8-10 years	Junior	Grade 2
Grade 5	9-11 years		Grade 3
Grade 6	10-12 years	Sub Intermediate	Grade 4
Grade 7	11-13 years		Grade 5
Grade 8	12-14 years	Intermediate	Intermediate Foundation
Grade 9	13-15 years		Intermediate
Grade 10	14-16 years	Senior	Advanced Foundation
Grade 11	15-17 years		Advanced 1
Grade 12	16-18 years		Advanced 2
Graduates	17+ years		Open
Adults	18+ years	Adult	
Acro & Aerial – Please contact office for class placement recommendation			

Monday

*Subject to change

Studio 1	Studio 2	Studio 4	Studio 5
	Ready Set Dance 3:15-4:15		
10 & Under Performance Company *Invitation Only 3:45-5:15	Hip Hop Junior/Sub- Intermediate 4:15-5:00		8 & Under Performance Company *Invitation Only 4:15-5:15
	Hip Hop Mini/Sub-Junior 5:00-5:45	Ballet Non-Syllabus Intermediate/Snr 4:45- 6:15	Ballet 12 & Under Performance Company *Invitation Only 5:15-6:45
Jazz 10 & Under Performance Company *Invitation Only 4:45-6:15	Hip Hop Intermediate/Snr 5:45-6:30		Ballet 15 & Under/Open Performance Company *Invitation Only 6:15-7:45
Jazz 12 & Under Performance Company *Invitation Only 6:15-7:45		Tap - Adult Open 6:30-7:30	
		Tap - Adult Beginner 7:30-8:30	
Jazz 15 & Under/Open Performance *Invitation Only 7:15-8:45			

Tuesday - Morning

*Subject to change

Studio 1	Studio 2	Studio 4	Studio 5
Ready Set Move 9:00-9:30			
Ready Set Ballet 9:30-10:15			
Ready Set Dance 10:15-11:15			
Ready Set Acro 11:15-12:00			

Tuesday - Afternoon

*Subject to change

Studio 1	Studio 2	Studio 4	Studio 5
Ballet RAD Intermediate Foundation 4:15-5:15		Tap Comdance Sub- Junior 4:15-5:15	Jazz & Tap Combo Mini 4:15-5:15
Ballet RAD Advanced Foundation 5:15-6:15		Tap Comdance Intermediate 5:15-6:15	Jazz Comdance Sub- Junior 5:15-6:15
Ballet RAD Intermediate 6:15-7:15		Tap Comdance Senior 6:15-7:30	Jazz Comdance Intermediate 6:15-7:30
Jazz Comdance Senior 7:30-8:45		Jazz Adult 7:30-8:30	

Wednesday

*Subject to change

Studio 1	Studio 2	Studio 3	Studio 4	Studio 5
Jazz Comdance Junior 3:45-4:45	Ballet Prep 3:45-4:30			
	Ballet Pre-Primary 4:30-5:15		Ready Set Ballet Level 1 4:00-4:45	Ready Set Ballet Level 2 4:00-4:45
Jazz Comdance Sub-Intermediate 4:45-5:45			Tap Comdance Junior 4:45-5:45	Contemporary Intermediate/Snr 4:45-5:45
Jazz Comdance Intermediate/Se nior 5:45-7:00	Contemporay Junior 5:45-6:45		Tap Comdance Sub-Intermediate 5:45-6:45	
		Intro to Ballet - For Teens (10 week program) 7:00-8:00		Aerial - Achieve/Ascend Extension 6:00-7:00
Ballet Non-Syllabus Intermediate/Se nior 7:00-8:30	Ballet Adult Beginner 6:45-7:45		Contemporary Sub-Intermediate 6:45-7:45	Aerial - Elevate Extension 7:00-8:00
	Acro Intermediate/Se nior 7:45-8:45		Ballet Adult Open 7:45-8:45	

Thursday

*Subject to change

Studio 1	Studio 2	Studio 4	Studio 5
Ballet RAD Grade 1 4:00-4:45		Ballet RAD Primary 4:00-4:45	Jazz & Tap Combo Mini 3:45-4:45
Ballet RAD Grade 3 4:45-5:45		Ballet RAD Grade 2 4:45-5:45	Jazz Comdance Sub- Junior 4:45-5:45
Ballet RAD Grade 5 5:45-6:45		Ballet RAD Grade 4 5:45-6:45	Jazz Comdance Junior 5:45-6:45
Ballet RAD Intermediate 6:45-7:45		Ballet RAD Intermediate Foundation 6:45-7:45	Jazz Comdance Sub-Intermediate 6:45-8:00
Ballet RAD Advanced Foundation 7:45-8:45			

Friday

*Subject to change

Studio 1	Studio 2	Studio 4	Studio 5
Ready Set Acro 3:15-4:00			
Acro 1 4:00-4:45			
Acro 2 4:45-5:45			Aerial - Achieve 4:15-5:15
Acro 3 5:45-6:45			Aerial - Ascend 5:15-6:15
Acro 4 6:45-8:00			Aerial - Elevate 6:15-7:15

Saturday

*Subject to change

Studio 1	Studio 2	Studio 4	Studio 5
	Ready Set Acro 8:00-8:45		
Ready Set Move 8:15-8:45			
Ready Set Dance Level 1 8:45-9:45	Ready Set Dance Level 2 8:45-9:45		
Ready Set Ballet Level 1 9:45-10:30	Ready Set Ballet Level 2 9:45-10:30	Jazz & Tap Combo Mini 9:45-10:45	
Ballet Pre-Primary 10:45-11:30	Jazz & Tap Combo Junior/Sub- Intermediate 10:45-12:15	Ballet Prep 10:45-11:30	Aerial - Aspire 11:00-12:00
Ballet RAD Grade 1 11:30-12:15		Ballet RAD Primary 11:30-12:15	
Ballet Grade 2 12:15-1:15	Jazz & Tap Combo Sub-Junior 12:15-1:30	Ballet Grade 3 12:15-1:15	Aerial - Excel 12:00-1:00
Contemporary Sub-Intermediate 1:15-2:00		Contemporary Junior 1:15-2:00	
Ballet Grade 4 2:00-3:00	Acro Junior 2:00-3:00	Ballet Grade 5 2:00-3:00	
Ballet RAD Intermediate Foundation 3:00-4:00			
			Acro Sub-Intermediate 3:00-4:00