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

Tuesday

*Subject to change

	Studio 1	Studio 2	Studio 4	Studio 5
4:15		Jazz & Tap Combo Mini 4:15-5:15	Ballet RAD Intermediate Foundation 4:15-5:15	Tap Comdance Sub-Junior 4:15-5:15
4:30				
4:45				
5:00				
5:15	Jazz Comdance Sub-Junior 5:15-6:15		Ballet RAD Advanced Foundation 5:15-6:15	Tap Comdance Intermediate 5:15-6:15
5:30				
5:45				
6:00				
6:15	Jazz Comdance Intermediate 6:15-7:30		Ballet RAD Intermediate 6:15-7:15	Tap Comdance Senior 6:15-7:30
6:30				
6:45				
7:00				
7:15				
7:30	Jazz Comdance Senior 7:30-8:45			Jazz Adult 7:30-8:30
7:45				
8:00				
8:15				
8:30				

Wednesday

*Subject to change

	Studio 1	Studio 2	Studio 3	Studio 4	Studio 5
3:45	Jazz Comdance Junior 3:45-4:45				
4:00				Ready Set Ballet 4:00-4:45	
4:15					
4:30		Ballet Prep & Pre-Primary 4:15-5:15			
4:45	Jazz Comdance Sub-Intermediate 4:45-5:45			Contemporary Intermediate/Snr 4:45-5:45	Tap Comdance Junior 4:45-5:45
5:00					
5:15					
5:30					
5:45	Jazz Comdance Intermediate/Senior 5:45-7:00	Contemporay Junior 5:45-6:45		Tap Comdance Sub-Intermediate 5:45-6:45	
6:00					Aerial - Achieve/Ascend Extension 6:00-7:00
6:15					
6:30					
6:45				Contemporary Sub-Intermediate 6:45-7:45	
7:00	Ballet Adult Beginner 6:45-7:45		Intro to Ballet * For Teens 7:00-7:45		Aerial - Elevate Extension 7:00-8:00
7:15					
7:30					
7:45					
8:00	Ballet Adult Open 7:45-8:45				
8:15					
8:30					

Thursday

*Subject to change

	Studio 1	Studio 2	Studio 4	Studio 5
3:45				Jazz Comdance Junior A 3:45-4:45
4:00	Ballet RAD Grade 1 4:00-4:45		Ballet RAD Primary 4:00-4:45	
4:15				
4:30				
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
5:00				
5:15				
5:30				
5:45	Jazz Comdance Junior B 5:45-6:45		Ballet RAD Grade 4 5:45-6:45	Ballet RAD Grade 5 5:45-6:45
6:00				
6:15				
6:30				
6:45	Jazz Comdance Sub-Intermediate 6:45-8:00		Ballet RAD Intermediate Foundation 6:45-7:45	Ballet RAD Intermediate & Advanced Found 6:45-7:45
7:00				
7:15				
7:30				
7:45				
8:00				
8:15				
8:30				

Friday

*Subject to change

	Studio 1	Studio 2	Studio 4	Studio 5
3:15				
3:30				
3:45				
4:00	Acro 1 4:00-5:00			
4:15				Aerial - Achieve 4:15-5:15
4:30				
4:45	Acro 2 4:00-5:30			
5:00				
5:15				Aerial - Ascend 5:15-6:15
5:30				
5:45	Acro 3 5:30-6:30			
6:00				
6:15				Aerial - Elevate 6:15-7:15
6:30				
6:45	Acro 4 5:30-7:30			
7:00				
7:15				
7:30				
7:45				

Saturday

*Subject to change

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