

2022-2023 Season



Phone us at:
905.299.9294

Monday	Tuesday	Wednesday	Thursday	Friday
4-6pm After School Program	4-6pm After School Program	4-6pm After School Program	4-6pm After School Program	4-6pm After School Program
4:15-5pm Recreational Jump Rope	4:15-5pm Rec Jazz	4:15-5pm Rec Hip Hop	4:15-5pm Rec Acro	4:15-5:45pm Pre-Competitive Jump Rope
5-6:30pm Pre-Comp & JR Comp Jump Rope	5-5:45pm Comp year 1 Tap	5-5:45pm Mini/jr/Int Hip Hop	5-6:30pm JR Competitive Jump Rope	4:15-5:45pm Pre-Competitive Jump Rope
5-6:30pm Pre-Comp & JR Comp Jump Rope	5:45-6:30pm Comp Mini/Jr/Int Jazz	5:45-6:30pm Comp Dance Technique	5-6:30pm JR Competitive Jump Rope	
6:30-8:30pm Sr. Competitive Jump Rope	6:30-7:30pm Competitive Acro	6:30-8:30pm Sr. Competitive Jump Rope Acro & Tumbling	6:30-8:30pm Sr. Competitive Jump Rope Masters Training	
6:30-8:30pm Sr. Competitive Jump Rope	7:30-8:15pm Comp Tap year 2+	6:30-8:30pm Sr. Competitive Jump Rope	6:30-8:30pm Sr. Competitive Jump Rope Masters Training	

Competitive Dance
Competitive Jump Rope
Recreational Classes - Non competitive
After School Program 4-6pm Mon-Fri