

2023-2024 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 JR Competitive Jump Rope	5-5:45pm Jr Comp Tap year 1-2	5-5:45pm Comp Mini/jr/Int Hip Hop	5-6:30pm JR Competitive Jump Rope	4:15-5:45pm Pre-Competitive Jump Rope
5-6:30pm JR Competitive 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	6:30-7:15pm Competitive Acro	6:30-7:30pm SR Competitive Jump Rope Acro & Tumbling	6:30-8:30pm SR Competitive Jump Rope Masters Training	
6:30-8:30pm SR Competitive Jump Rope	7:15-8:00pm Inter Comp Tap 2+ years experience	7:30-8:30pm SR Competitive Jump Rope	6:30-8:30pm SR Competitive Jump Rope Masters Training	
	8-8:30pm Private Lessons			

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