

SEASON 26 UPDATED CLASS SCHEDULE / SEPTEMBER 26, 2022

The CSDS Fall schedule is subject to change through October only when necessary to accommodate the needs & interests of our CSDS families, staff, and Faculty.



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*Enter on Farwell Ave, down the stairs to our waiting room.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	DANCE & TUMBLE Age 2-4 <i>*Inclusive Classroom* led by Adaptive Dance Certified Instructor</i> STARTING IN OCTOBER	TINY TAPPERS Age 3 and up Intro to Tap dance, musicality & rhythm for the noise makers. *Inclusive classroom* STARTING IN OCTOBER	DAYTIME DANCE TECHNIQUE Private & Small Group Lessons Unique daytime dance class option for homeschooling families & siblings to incorporate movement & dance into their weekly routine. Inquire for details! STARTING IN OCTOBER		9:30-10:30am Creative Movement Age 3-4 <i>First-time dancers welcome!</i>
3:30-4:30 Beginner Ballet Level I-II <i>Suggested age: 6-8</i>	4pm - 5pm Private Lesson Teacher Specialty: ALL STYLES Available to book in 4, 6, or 10-week sessions. Private Lesson pricing applies.	3:30-4:30 Jazz & Tap Combo Level I-II <i>Suggested age: 6-8</i>	NEW CLASS!! 3:45-4:45pm Street Dance I Age 7 & up <i>Add to your street dance vocabulary with breaking basics, intro to popping, and freestyle dance.</i>	3:30-4:30pm Junior Broadway Jazz Age 8-11 <i>Explore the music, costumes & choreography of Broadway & Musical Theater dance technique.</i>	10:30-11:30am Beginner Ballet <i>Suggested age: 6-8</i>
4:30-5:30 Ballet Level III <i>Suggested age: 8-10</i>	5pm-6pm Tap Dance Level IV-V <i>Suggested age: 9-12</i>	4:30-5:45 Technique Combo Level III Lyrical & Tap <i>Suggested age: 8-10</i>	NEW CLASS!! 4:45-5:30pm KID FUNK & TUMBLE Age 4 & up <i>Kids learn basic moves & grooves with a focus on musicality along with beginner tumbling skills.</i>	4:30-5:30pm Ballet Level IV-V <i>Suggested age: 10-12</i>	11:30-12:30pm Kindercombo, Age 4.5-6 <i>Ask about our Free Trial weeks in October!</i>
5:30-7 Ballet Level V-VI <i>Suggested age: 11 to Teen</i>	6pm-7pm Elite Technique Level IV-V <i>Combining strong technical skills in the styles of Jazz, Lyrical, Contemporary</i>	5:45-6:45 Street Dance I Age 7 & up <i>Add to your street dance vocabulary with breaking basics, intro to popping, and freestyle dance.</i>	5:30-6:30pm Pointe I <i>Foundational Pointe technique for students who have completed Intro to Pointe</i>	5:30-6:30pm CSDS Company Junior Level <i>Weekly skill-building in performance, technique, and choreography concepts.</i>	12:30-1:30pm Private Lesson Teacher Specialty: Ballet Available to book in 4, 6, or 10-week sessions. Private Lesson pricing applies.
7-8:30 Ballet Level VII <i>Age guidelines: Advanced Teen</i>	NEW CLASS!! 7-7:45pm Intermediate Tap Level V-VI	6:45-7:45 Street Dance II Age 11 & up <i>Building on street dance foundations, this class explores grooves, footwork skills, and house dance.</i>	6:30-7:45pm Elite Technique Level VI-VII <i>Combining strong technical skills in the styles of Jazz, Lyrical, Contemporary</i>	6:30-7:30pm Broadway Jazz Age 12 and up <i>Musical Theater, Dance history, show choreography, prop-building & more</i>	1:30-3:30pm Monthly CSDS Company Class Junior & Senior Levels <i>Class meets once/month. Focus on longterm goals work with CSDS Director & Guests. 9/24, 10/8, 11/12, 12/17</i>
8:30-9:30 Modern Dance Level VII <i>Age guidelines: Advanced Teen</i> Traditional & explorative with a focus on sophisticated modern dance techniques.	7:45-8:30pm Tap Dance Level VI-VII	7:45-8:45pm Modern Dance Age 12 and up Level V+ <i>Traditional & explorative with a focus on Horton Technique. Prior dance experience necessary.</i>	7:45-9pm CSDS Company Senior Level <i>Weekly skill-building in performance, technique. Styles include commercial dance, concert-style rep, and expressive choreography.</i>	7:30-8:30pm Barre & Deep Stretch AGE 17+ / ADULT CLASS <i>Mindful technique work with core and spinal focus paired with hip opening stretches weekly. *Open to Level VI & VII CSDS Dancers*</i>	DON'T SEE WHAT YOU'RE LOOKING FOR? CSDS WORKS CLOSELY WITH FAMILIES TO FIND SCHEDULING SOLUTIONS AND OFFERS A VARIETY OF OPPORTUNITIES NOT LISTED HERE. PLEASE REACH OUT ANYTIME TO LET US KNOW WHAT YOU'RE INTERESTED IN!
	8:30-9:30 Pointe II Level VI, VII, Sr. Company				
CSDS Office Hours: 3-7pm Christina	CSDS Office Hours: 3:30-7:30 Liz	CSDS Office Hours: 5:45-7:30pm Christina (note limited hours)	CSDS Office Hours: 3:30-7:30pm Jeannie	CSDS Office Hours: 3-7pm Jason	CSDS Office Hours: 9am-1pm Jeannie

CSDS GUIDELINES FOR AGE & PLACEMENT:

- Please use the suggested age & level guidelines included on the schedule to help you best choose your classes.
- We are happy to make thoughtful placement recommendations for each & every student at CSDS seeking guidance.
- The list provided below provides all class options for dancers of every age & level at CSDS.
- **Children's Program:** Creative Movement (Age 2-4) / Kindercombo (Age 4.5-6). *Ages may vary for adaptive dance classes.
- **Level I: Beginner Ballet (Age 6-8), Jazz-Tap Combo (Age 6-8)**
- **Level II** - Ballet (Age 7-9), Jazz-Tap Combo (Age 7-9), Street Dance I (Age 7+), Junior Broadway Jazz (Age 8+)
- **Level III** - Ballet (Age 8-10), Technique Combo (Age 8-10), Street Dance I (Age 7+), Junior Broadway Jazz (Age 8+)
- **Level IV** - Age: 10 & up / Ballet, Intro Pointe, Tap, Elite Technique, Junior Broadway Jazz, Street Dance I or II
- **Level V** - Age: 11 & up / Ballet, Intro Pointe, Tap, Elite Technique, Broadway Jazz, Street Dance II, CSDS Company, Jr. Level
- **Level VI** - Age: 13 & up / Ballet, Pointe, Tap, Modern, Elite Technique, Broadway Jazz, Street Dance II, CSDS Company
- **Level VII** - Age: 14+ Advanced / Ballet, Pointe, Tap, Modern, Elite Technique, Broadway Jazz, Street Dance II, CSDS Company, Sr. Level
- **CSDS Company:** A performance program for dancers age 12 & up seeking to fill their passions and enrich their dance education. This program requires dancers to study a minimum of 4-6 hrs/week & brings additional performance opportunities such as dance competitions, charity performances, and special appearances. Placement is by audition or Director recommendation. For full details and how to pursue a spot in the CSDS Company, please contact us directly.

HELPFUL PLACEMENT GUIDELINES

- **CHILDREN'S PROGRAM, Age 2-6:** A variety of placement options overlap in our children's program. Age-appropriateness and comfortability is our top priority. We ask that you follow our age guidelines closely for the best introduction to dance for our youngest students. The *sunshine emoji* indicates a morning class.
- **Level II through VII** - Choose your classes based on age, level, experience and what interests you. For personalized class recommendations, please visit on of our Open House Registration days listed on our website or send an email and we will reply as quickly as possible. If you are having trouble narrowing down choices, please ask our advice!
- **Inclusive Dance options:** Please note the Tuesday AM Creative Dance & Wednesday 2:45pm Music & Movement classes offer an inclusive classroom. These specialized children's classes are taught by CSDS Director, Christina Leonard, who was trained & certified in Adaptive Dance from the renowned Boston Ballet in 2018.
- **Pointe Placement** - All students enrolled in any level of Pointe must also be registered for a corresponding Ballet class. *Intro to Pointe* does not perform in the recital as the focus is on in-class training.
- **CSDS Company placement** is by audition or teacher recommendation. If you were a member of the formerly known *Ensemble Team* at CSDS, this program is for you! CSDS Company dancers will meet once/month on SATURDAYS in addition to their weekly classes. Please include the Saturday class on your registration.
- **Questions on Enrollment?** Email us and let us help you choose the best classes for your dancer at CSDS.