



Suggested Levels

Level .50 – Ages 3 and 4, beginner

Level .75 – Ages 4 and 5, beginner

Level 1.0 – Ages 5 and 6, beginner

Level 1.5 – Ages 6 to 8, advanced beginner

Level 2.0 – Ages 7 to 9, advanced beginner

Level 3.0 – Ages 9 to 11, pre-intermediate

Level 3.5 – Ages 9 to 11, intermediate

Level 4.0 – Ages 10 to 13, advanced intermediate

Level 5.0 – Ages 12 – 16, advanced intermediate to advanced

Level 6.0 – Ages 13 and over, advanced

Levels are welcome to be taken for more than one season if they remain age appropriate!

Schedule Notes

(E) Denotes AHDP Competitive and Pre-Competitive team rehearsals (audition only)

*Denotes classes that will NOT participate in the 2024 spring recital

Acro/Strength/Flex is a class consisting of strength and flexibility training plus instruction in basic acro elements that are commonly utilized in dance. This class does not have a recital performance. Please inquire for proper level assignment.

Technique is a class consisting of work on technical elements only, such as leaps, turns and correct body placement. This class does not have a recital performance. Please inquire for proper level assignment.

Fusion is a class consisting of a variety of styles being taught, which rotate over the season. The class includes focus on contemporary, lyrical, jazz and improvisation.