



Midlothian Studio:

2441 Colony Crossing Place
Midlothian, Virginia 23112
(804) 272-9152
danceatlegacy@gmail.com

Fall 2025 Schedule

Class Begin: Monday, September 8th

Class Ages and Experience Guidelines

Ages 2-6 Pre-dance and Beginning Level:

Our youngest dancers! Classes are a combination of basic ballet, creative movement, tap or jazz skills. Terminology, rhythm, and coordination are taught, practiced, and developed through movement and music in a positive and supportive environment. Larger classes will have a teacher and an assistant to help meet students' needs.

Ages 5-7 years: Petite Program, Level I:

These students will be participating in the basic levels of dance training. Students learn discipline and technique while gaining knowledge in the fundamentals of dance movement and choreography. These classes teach rhythm, musicality, expression, and coordination with age appropriate choreography. We offer Petite Level classes with a focus in Ballet, Jazz, Tap, Hip Hop and Contemporary.

Advanced Technique Program (*For dancers ages 8 and up*):

Our Advanced Training Program is designed to fit each individual's needs and desires. Dancers may choose to train in one style of dance, or multiple styles of dance based on their interest level. Experience and backgrounds of each dancer may vary, however all students will be placed at a level that will challenge them appropriately, while also reinforcing and working on foundational skills needed. Whether your desire is to dance recreationally, or you are looking for a heavier focus to continue exploring dance in higher education or dance professionally, we will help to design the correct class placements to suit your needs.

For our Levels 2-5, Age is only one factor used when placing students into levels; experience and skill level will be heavily weighed in all placement decisions. Therefore classes may have a mix in ages to ensure each dancer is met at their correct level.

****NEW 2025** TEEN Ballet, Jazz and Contemporary** - Designed specifically for dancers ages 12 to 18, of all experience levels. These classes focus on building a strong technical foundation while gradually introducing more advanced skills. Dancers will develop strength, flexibility, coordination, and confidence as they progress through increasingly challenging material in a supportive and focused environment.

Ballet Company: To be approved for company classes you must also enroll in a second ballet class at your level.

Pre-Pointe and Pointe: Students may enroll in Pre-Pointe or Pointe with an instructor's approval. It is important that a proper evaluation is completed for all pointe dancers.

New students will need to be evaluated for proper placement. It is our goal to place every student in the most appropriate class for their level and maturity. Students entering without experience are always welcome to join us.

Legacy reserves the right to make changes to any student's class schedule, it is important to us that we have the most appropriate placement for maturity and development for every dancer.

www.legacyschoolofdance.com

<i>Monday</i>			<i>Tuesday</i>			<i>Wednesday</i>		
Studio A	Studio B	Studio C	Studio A	Studio B	Studio C	Studio A	Studio B	Studio C
			1:00-2:00p.m. Beg. Ballet/Tap 3-5 years					4:30-5:00p.m. Team Tap
4:45-5:45p.m. Pointe Level 3+	5:00-5:45p.m. Pre-Ballet/Tap 2-3 years	5:00-6:00p.m. Ballet/Tap 3-5 years	5:00-6:00p.m. Contemporary Level 4	5:00-6:00p.m. Ballet/Jazz 4-6 years	4:45-5:30p.m. Pre-Ballet/Tap 2-4 years	5:00-6:00p.m. Contemporary Level 5 & 6	5:00-6:00p.m. Hip Hop Beg - Int	5:00-6:00p.m. Tap Advanced
5:45-7:15p.m. Ballet Level 7	5:45-6:30p.m. Pointe Level 2	6:00-7:00p.m. Petite Ballet/Jazz 5-7 years	6:00-7:00p.m. Jazz Level 4	6:00-7:00p.m. Jazz Level 3	5:30-7:00p.m. Petite Ballet/Jazz/Tap 6-7 years	6:00-7:00p.m. Contemporary Level 7	6:00-7:00p.m. Hip Hop Int/Adv	6:00-7:00p.m. Tap Beg - Int
	6:30-7:15p.m. Pointe Level 1	7:00-8:00p.m. Ballet Level 3 & 4	7:00-8:00p.m. Acro Intermediate I	7:00-8:00p.m. Contemporary Level 3	7:00-8:00p.m. Petite Hip Hop 5-7 years	7:00-8:00p.m. Jazz Level 7	7:00-8:00p.m. Hip Hop Intermediate	7:00-8:00p.m. Tap Intermediate
7:15-8:45p.m. Ballet Level 5 & 6	7:15-8:45p.m. Ballet TEEN	8:00-8:45p.m. Pre-Pointe Ages 10+	8:00-9:00p.m. Jazz TEEN	8:00-9:00p.m. Acro Beginner-Intermediate	8:00-9:00p.m.	8:00-9:00p.m. Hip Hop Advanced	8:00-9:00p.m. Jazz Level 5 & 6	8:00-9:00p.m. Contemporary TEEN
<i>Thursday</i>			<i>Friday</i>			<i>Saturday</i>		
Studio A	Studio B	Studio C	Studio A	Studio B	Studio C	Studio A	Studio B	Studio C
5:00-6:00p.m. Acro Intermediate II	5:00-6:00p.m. Ballet Level 2	5:00-6:00p.m. Ballet/Jazz 4-6 years		5:00-6:00p.m. Ballet/Tap 3-5 years				9:00-9:45a.m. Pre-Ballet/Tap 2-4 years
6:00-7:00p.m. Acro Advanced I & II	6:00-7:00p.m. Petite Ballet/ Contemporary	6:00-7:00p.m. Contemporary/Jazz Level 2		6:00-7:00p.m. Petite Ballet/Tap 5-7 years				9:45-10:45a.m. Ballet/Tap 4-5 years
7:00-8:30p.m. Ballet Company	7:00-8:30p.m. Ballet Company	7:00-8:00p.m. Acro Beginner						10:45-11:45a.m. Petite Ballet/Jazz 5-7 years
8:30-9:00p.m. Ballet Company Choreography Workshop	8:30-9:00p.m. Ballet Company Choreography Workshop	8:30-9:00p.m. Ballet Company Choreography Workshop						

