



## **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 6-8 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.

Age is only one factor used when placing students into levels; experience and skill level will be heavily weighed in all placement decisions.

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.

**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.

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](http://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 Team
4:30-6:00p.m. Ballet Level 6	5:00-6:00p.m. Beg. Ballet/Tap 3-5 years	5:00-5:45p.m. Pre-Ballet/Tap 2-3 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	5:00-6:00p.m. Hip Hop Beginner-Intermediate	5:00-6:00p.m. Tap Intermediate - Advanced
6:00-7:30p.m. Ballet Level 4 & 5	6:00-6:45p.m. Pointe Level 2	5:45-6:45p.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 Intermediate Advanced	6:00-7:00p.m. Tap Beginner-Intermediate
	6:45-7:30p.m. Pointe Level 3+	6:45-7:45p.m. Ballet Level 3	7:00-8:00p.m. Acro Intermediate	7:00-8:00p.m. Contemporary Level 3	7:00-8:00p.m. Petite Hip Hop 5-7 years	7:00-8:00p.m. Advanced Hip Hop	7:00-8:00p.m. Contemporary Level 6	7:00-8:00p.m. Tap Intermediate
7:30-9:00p.m. Ballet Level 7B	7:45-8:30p.m. Pointe Level 1	7:45-8:30p.m. Pre-Pointe Ages 10+	8:00-9:00p.m. Jazz Level 5	8:00-9:00p.m. Acro Beginner-Intermediate	8:00-9:00p.m.	8:00-9:00p.m. Jazz Level 7	8:00-9:00p.m. Jazz Level 6	8:00-9:00p.m. Hip Hop Intermediate I
<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 Advanced I	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 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. 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						