

# Arc School of Ballet Class Schedule:

2009-2010

## Children's Program 3-6 yrs: class times and rehearsals subject to change

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
Creative Movement		9:45-10:30am	9:45-10:30am	9:45-10:30am	9:45-10:30am	9:00-9:45am	
Pre-Ballet		4:00-4:45pm	4:00-4:45pm	4:00-4:45pm		9:45-10:30am	

## Student Program 6-19 yrs: class times and rehearsals subject to change

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
Elementary 1 & 2		4:45-5:45pm		4:45-5:45pm		10:30-11:30am	
Elementary 3 & 4			4:45-5:45pm		4:45-5:45pm	11:30-12:30pm	
Intermediate 1 Pre-Pointe			4:45-6:00pm	4:45-6:00pm	4:45-6:00pm	11:30-12:45pm	
Intermediate 2			4:45-6:00pm	4:45-6:00pm	4:45-6:00pm	11:30-12:45pm	
Intermediate 3		5:00-6:30pm	5:00-6:30pm	5:00-6:30pm		12:45-2:15pm	
Intermediate 4		5:15-6:45pm	5:15-6:45pm	5:15-6:45pm	4:00-5:30pm	12:45-2:15pm	
Advanced		5:15-6:45pm	5:15-6:45pm	5:15-6:45pm	4:00-5:30pm	12:45-2:15pm	
Pointe/ Variations		6:45-7:45pm		6:45-7:45pm			
Jazz Beg/Int						1:00-2:15pm	
Jazz Adv						2:15-3:30pm	
ASB Rehearsal			6:45-8:00pm			3:30-5:00pm	

## Professional Mentor/Apprentice Program 18-23 yrs: class times and rehearsals subject to change

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
Technique	10:30-12:00pm	10:30-12:00pm	10:30-12:00pm	10:30-12:00pm	10:30-12:00pm 4:00-5:30pm	12:45-2:15pm	
Pointe/Variations	12:00-1:00pm		12:00-1:00pm				
Repertoire/Coaching & Rehearsal	1:30-4:00pm	1:30-4:00pm	1:30-4:00pm	1:30-4:00pm	12:30- 4:00pm		
Supplemental Conditioning		12:30-1:30pm		12:30-1:30pm			
Jazz/Modern						2:15-3:30pm	
ASB School Rehearsal			6:45-8:00pm			3:30-5:00pm	
ARC Company Rehearsal	12:00-4:00pm	12:00-4:00pm	12:00-4:00pm	12:00-4:00pm	12:00-4:00pm		

## Adult Open Program: class times and rehearsals subject to change

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
Strength & Stretch							
Int/Adv Ballet						10:00-11:30am	12:00-1:30pm

Marie Chong, Director

**Studios:**  
9250 14<sup>th</sup> Ave NW  
Seattle, WA 98117  
206 352-0799

**Mailing:**  
PO Box 9997  
Seattle, WA 98109  
www.arcballet.org

