



2022/2023 Schedule - Spencerport Location

Schedules are subject to change.

Monday

Class Id	Time	†Class	Instructor
01S	5:30 - 7:00	Ballet Technique (Ages 13 - 18)	Miss Michelle
02S	7:00 - 7:30	Level 5/6 Ballet Choreography (Ages 13 - 18)	Miss Michelle
03S	7:30 - 8:00	** Adv. Pointe (Ages 13 - 18)	Miss Michelle
To enroll in Pointe, please send an email to contactus@ladanseworkshop.com			

Class Id	Time	†Class	Instructor
04S	5:15 - 6:00	Level 2 Ballet (Ages 8 - 10)	Miss Paige
05S	6:00 - 6:45	Level 2 Jazz (Ages 8 - 10)	Miss Paige
06S	6:45 - 7:30	Level 2 Tap (Ages 8 - 10)	Miss Paige
07S	7:45 - 8:30	Modern (Ages 14 - 18)	Miss Danielle
08S	8:30 - 9:15	Hip Hop (Ages 14 - 18)	Miss Danielle

Class Id	Time	†Class	Instructor
09S	5:15 - 7:15	‡ Mini Company Ballet, Jazz, Tap	Miss Trichia Miss Danielle

Tuesday

Class Id	Time	†Class	Instructor
12S	5:00 - 6:00	* Performance Level 5/6 Jazz (Ages 14 - 18)	Miss Trichia
13S	6:00 - 6:45	Level 5/6 Tap (Ages 14 - 18)	Miss Trichia
14S	6:45 - 7:45	‡ Teen Company Jazz & Tap	Miss Trichia Miss Karen
15S	7:45 - 9:00	‡ Senior Company Jazz & Tap	Miss Trichia

Class Id	Time	†Class	Instructor
16S	5:00 - 5:45	* Lyrical (Ages 10 - 13)	Miss Karen
17S	5:45 - 8:15	‡ Junior Company Ballet, Jazz, Tap	Miss Trichia Miss Karen

Class Id	Time	†Class	Instructor
18S	5:15 - 6:00	1st Year Twinkle Tots Ballet & Tap (Ages 3 - 4)	Miss Courtney
19S	6:00 - 6:45	2nd Year Sparkle Tots Ballet & Tap (Ages 4 - 5.5)	Miss Courtney
20S	6:45 - 7:30	3rd Year Shiny Tots Ballet & Tap (Ages 5.5 - 6.5)	Miss Courtney

Wednesday

Class Id	Time	†Class	Instructor
21S	5:00 - 5:45	Stretch & Technique (Ages 7 - 12)	Miss Karen
22S	5:45 - 6:30	Jumps and Turns (Ages 10 & up)	Miss Karen
23S	6:30 - 7:15	Musical Theater (Ages 10 & up)	Miss Karen
24S	7:15 - 8:00	* Lyrical/Contemporary (Ages 13 & up)	Miss Karen

Class Id	Time	†Class	Instructor
25S	5:00 - 6:30	Level 1 Ballet/Jazz/Tap (Ages 6 - 8)	Miss Danielle
26S	6:30 - 7:00	Hip Hop (Ages 6 - 9)	Miss Danielle
27S	7:15 - 8:00	Hip Hop (Ages 10 - 13)	Miss Danielle
28S	8:00 - 8:45	Modern/Contemporary (Ages 10 - 13)	Miss Danielle

Class Id	Time	†Class	Instructor
29S	5:15 - 6:00	***Intermediate Soft Shoe Irish (Ages 12 - 18)	Miss Caitlin
30S	6:00 - 6:45	*Soft Shoe Irish (Ages 9 - 11)	Miss Caitlin
31S	6:45 - 7:15	*Soft Shoe Irish (Ages 6 - 8)	Miss Caitlin



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Thursday

Class Id	Time	†Class	Instructor
32S	5:00 - 6:30	Ballet Technique (Ages 10 - 18)	Miss Michelle
33S	6:30 - 7:00	Level 3/4 Ballet Choreography (Ages 11 - 14)	Miss Michelle
34S	7:00 - 7:30	**Intro/Beginner Pointe (Ages 13 - 18)	Miss Michelle
34Sa	7:30 - 9:00	Ballet Technique (Ages 14 - 18)	Miss Michelle
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Class Id	Time	†Class	Instructor
35S	5:00 - 6:30	Level 1 Ballet/Jazz/Tap (Ages 6 - 8)	Miss Danielle
36S	6:30 - 7:00	Hip Hop (Ages 6 - 9)	Miss Danielle
37S	7:30 - 8:15	Stretch, Jumps & Turns (Ages 12 & up)	Various Teachers

Class Id	Time	†Class	Instructor
38S	7:00 - 7:45	* Performance Level 3/4 Jazz (Ages 10 - 14)	Miss Gabby
39S	7:45 - 8:30	Level 3/4 Tap (Ages 10 - 14)	Miss Gabby

Friday

Class Id	Time	†Class	Instructor
39Sa	5:00 - 5:45	1st Year Twinkle Tots Ballet & Tap (Ages 3 - 5)	Miss Riley W.

Saturday

Class Id	Time	†Class	Instructor
40S	10:00 - 11:30	‡ Mini Company	Miss Karen Miss Trichia
41S	9:30 - 11:30	‡ Junior Company	Miss Karen Miss Trichia
42S	11:30 - 1:30	‡ Teen Company	Miss Karen Miss Trichia
43S	11:30 - 1:30	‡ Senior Company	Miss Karen Miss Trichia

La Danse Workshop

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Spencerport, NY 14559
585-352-9540

59 Henry St, Room 206/208
Hilton, NY 14468
585-392-5988

email: contactus@ladanseworkshop.com
website: ladanseworkshop.com

* Dancers must take at least one ballet class.

** Dancers must take two ballet classes.

*** Director's discretion. Dancers must have prior Irish and ballet experience.

‡ To enroll in Company classes, dancers must have auditioned and been accepted on to the Company team.

† A class consists of 4 or more dancers. If less than 4 dancers are enrolled in a class, it then becomes a private lesson (solo, duet, trio) and tuition rates for a private lesson will apply.