



2023-2024 Schedule

MONDAY

Studio A	Studio B
4:30p - 5:30p Level 1-3 (10+ yrs)	4:45p - 5:30p Stretch/Flexibility
5:30p - 6:30p Primary - Level 2	5:30p - 6:15p Mini Mites (3-5 yrs)
6:30p - 7:45p Level 3-5	7p - 7:45p Stretch/Flexibility
7:45p - 9p Level 4-6	7:45p - 8:30p Stretch/Flexibility
7:45p - 9:15p Level 7+	

TUESDAY

Studio A	Studio B
9:30a - 10:15a Parent & Baby Acrofit	9:30a - 10:15a Mini Mites (3-5 yrs)
4:30p - 6p Mini Acro Dance (6-8 yrs)	4:30p - 5:15p Stretch/Flexibility
6p - 6:45p Jr Acro Dance - Ballet (9-11 yrs)	5:15p - 6p Stretch/Flexibility
6:45p - 7:30p Int Acro Dance - Ballet (12+ yrs)	6p - 6:45p Stretch/Flexibility
7:30p - 8:15p Jr Acro Dance - Jazz (9-11 yrs)	6:45p - 7:30p Stretch/Flexibility
8:15p - 9:15p Int Acro Dance - Jazz (12+ yrs)	7:30p - 8:15p Stretch/Flexibility

WEDNESDAY

Studio A	Studio B
4:15p - 5:30p Aerial/BKHS (BEG-INT) - 8 week sessions	4:45p - 5:30p Mini Mites (3-5 yrs)
5:30p - 6:30p Level 2-3	5:30p - 6:15p Stretch/Flexibility
6:30p - 7:45p Level 4-6	6:30p - 7:15p Stretch/Flexibility
7:45p - 9:30p Level 7-PP3	7:45p - 8:30p Stretch/Flexibility
9:30p - 10:15p Comp Team TBA	7:15p - 9p Private Lessons

THURSDAY

Studio A	Studio B
1p - 2:15p Private Lessons	1p - 3p Private Lessons
2:15p - 3:15p Level Primary-2	3:15p - 4p Stretch/Flexibility
3:15p - 4:15p Level 3-4	4:15p - 5p Stretch/Flexibility
4:15p - 6p Level 8-PP3	6:45p - 7:30p Stretch/Flexibility
6p - 6:45p Comp Team - Pre Senior	7:30p - 8:15p Stretch/Flexibility
6:45p - 7:30p Comp Team - Pre Inter	
7:30p - 8:45p Level 5-7	



FRIDAY

Studio A	Studio B
4:15p - 5:30p Level 6-8	5:30p - 6:15p Stretch/Flexibility
5:30p - 6:15p Comp Team - Intermediate	
6:15p - 7:30p Level 6-8	

SATURDAY

Studio A	Studio B
9:15a - 10:45a Mini/Junior Acro Dance (6-11 yrs)	10a - 10:45a Mini Mites (3-5 yrs)
10:45a - 11:30a Comp Team - Mini	10:45a - 11:30a Stretch/Flexibility
11:30a - 12:30p Level 1-3	11:30a - 12:30p Primary-Level 1 (5-6 yrs)
12:30p - 1:15p Comp Team - Pre Junior	12:30p - 1:15p Stretch/Flexibility
1:15p - 2:30p Level 4-6	1:15p - 2p Stretch/Flexibility
2:30p - 3:15p Comp Team - Junior	2:30p - 3:15p Stretch/Flexibility
3:15p - 4p Comp Team TBA	3:15p - 5p Private Lessons

SUNDAY

Studio A	Studio B
10:30a - 11:30a Level 1-3	Private Lessons
11:30a - 12:30p Aerial/BKHS (BEG-INT) - 8 week sessions	
12:30p - 1:45p Hand Balancing/Canes	
1:45p - 3p Aerial/BKHS (ADV) - 8 week sessions	
3p - 5p Comp Team TBA	

Supernova Competitive Team Auditions

Saturday Sept 9th

Ages 6-8 ~ 12:30p - 1:15p

Ages 9-11 ~ 2:30p - 3:30p

Sunday Sept 10th

Ages 14+ ~ 3p - 4p

Friday Sept 15th

Ages 12-13 ~ 5:30p - 6:15p

**If you are unable to attend with your age group please email jill_ford@yahoo.com for an alternate time.

(NEW this year ~ we are changing to a new online booking system - all dancers will need to sign up for NEW accounts via jackrabbit)