



## 2023 Pre-School Programs (2:5 – 5yrs)

DAY	TIME	CLASS	GROUP
<b>Monday</b>	10:00am – 11:00am	<b>C.A.P.A Creative</b> (Dance, Drama, Music & Play)	3 – 5yrs
	11:00am – 12:00pm	<b>C.A.P.A Dance</b> (Ballet, Tap, Jazz & Acrobatics)	3– 5yrs
<b>Tuesday</b>	10:00am – 11:00am	<b>C.A.P.A AcroDance</b> (Limbering, Tumbling, Stretch & Strength)	3 – 5yrs
<b>Wednesday</b>	10:00am – 11:00am	<b>C.A.P.A Creative</b> (Dance, Drama, Music & Play)	2– 3yrs
	11:00am – 12:00pm	<b>C.A.P.A Classical Ballet</b> (Fundamentals, Foundations, Technique)	3 – 5yrs
<b>Friday</b>	10:00am – 11:00am	<b>C.A.P.A Creative</b> (Dance, Drama, Music & Play)	4 – 5yrs
	11:00am – 12:00pm	<b>C.A.P.A Dance</b> (Ballet, Tap, Jazz & Acrobatics)	4 – 5yrs
<b>Sunday</b>	10:00am – 11:00am	<b>C.A.P.A Creative</b> (Dance, Drama, Music & Play)	3– 5yrs
	11:00am – 12:00pm	<b>C.A.P.A Dance</b> (Ballet, Tap, Jazz & Acrobatics)	3 – 5yrs

**C.A.P.A Creative:** A 60-minute combination class that incorporates all genres of the Performing Arts: Dance, Drama, Music & Play.

**C.A.P.A Dance:** A 60-minute combination class that incorporates all genres of Dance: Ballet, Tap, Jazz & Acrobatics.

**C.A.P.A Ballet:** A 60-minute class that incorporates all aspects of R.A.D Classical Ballet: Foundations, Fundamentals, Technique & Expression.

**C.A.P.A AcroDance:** A 60-minute class that incorporates safe, effective progressions, and the physical and social skills essential for early childhood development: Strength, Stretching, Limbering, Balance & Tumbling.