

Saratoga City Ballet - '26-'27 Class Schedule

Monday		Tuesday		Wednesday		Thursday		Friday	Saturday	
Studio 1	Studio 2	Studio 1	Studio 2	Studio 1	Studio 2	Studio 1	Studio 2	Studio 1 & 2	Studio 1	Studio 2
4:45-5:45 Ballet II Jessica Fowler	4:45-5:45 PreBallet Lauren Chirico	10:00-10:45 Creative Movement Jessica Fowler	4:45-5:45 Ballet III Intensive* Stephen Satterfield	4:30-6:00 Ballet V Siobhan Dunham	4:45-5:45 Ballet II Jessica Fowler	4:30-5:30 Foundations In Ballet* Stephen Satterfield	4:45-6:00 Ballet III Katie Mebert	Special Class Series or Workshops Examples: Dance History, Choreography, Drama, Injury Prevention	9:00-10:00 PreBallet Courtney DeJesus	
		4:00-5:30 Ballet V Robert Gardner								
5:45-7:15 Jazz I & Conditioning Jessica Fowler	6:00-7:15 Adult Ballet (Int/Adv) Siobhan Dunham	5:30-6:30 Pointe C* Robert Gardner	5:45-6:45 Contemporary I Stephen Satterfield	6:00-7:30 Ballet IV Katie Mebert	5:45-6:45 Ballet I Jessica Fowler	5:30-7:00 Ballet V/IV* Jessica Fowler	6:00-7:00 PrePointe Katie Mebert	Nutcracker/Spring Show Rehearsals	10:00-11:30 Ballet V/IV* Stephen Satterfield	
6:45-8:15 Jazz II* & Conditioning Jessica Fowler	7:15-7:45 Adult Pointe Siobhan Dunham	6:45-7:45 Contemporary II Stephen Satterfield	6:45-8:15 Ballet IV TBD	7:30-8:30 Pointe A Katie Mebert	6:45-7:45 Kundalini Yoga* Courtney DeJesus	7:00-8:00 Pointe C* Jessica Fowler	7:00-8:00 Pointe B* Katie Mebert		Nutcracker/ Spring Show Rehearsals	

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Please Note:

- A ***Technique Intensive*** class is designed to further the students' abilities by challenging them with repetition, speed of execution, and complicated combinations and/or new steps that are the sole focus of class. This is not a rounded class but a class to pinpoint areas of technique that will strengthen and benefit the serious dancer.
- ***Jazz II*** dancers should have 2-3 years of jazz experience and with teacher approval.
- Our ***Foundations in Ballet*** class is designed for newcomers to ballet, competition dancers, or those coming back to ballet from a prolonged break who are looking to fine tune their technique. This class will focus on core ballet exercises, fine tuning ballet technique and progression at an individualized pace. This class is designed for dancers 8 and up.
- ***Combined level classes*** are designed to be taught at the more advanced level listed. Dancers of the lower-level class may take the combined class in addition to at least one of their assigned level ballet technique classes. Some combinations may be modified for the lower-level dancers.
- **Kundalini Yoga** is a unique practice that blends movement, breathwork, meditation, and relaxation to build strength, flexibility, body awareness, and mental focus. Perfect for dancers and non-dancers alike, this class supports balance, mobility, stress relief, and overall wellness. No prior yoga experience is necessary. Ages 13 and up. Please bring a yoga mat and water bottle to class
- **Creative Movement** is a class for our youngest dancers who are aged 3-4 years. These little dancers will work on balance and coordination as well as creativity and expression through movement with the use of props and themes. We ask that all dancers be toilet trained and are able to be away from their guardian for the duration of the class
- For all **pointe classes**, placement is made by the teacher and school director.