



Candace Sheppard Dance Academy

Junior &



Pre-Teen

Recommended Ages 10-12.5

Ballet

Beginner Ballet Recommended ages 9.5-12.5			
Instructor	Day	Time	Studio
Natalie	Sunday	1:36-2:25pm	C

Ballet II Required 2x/week Recommended ages 8-11			
Instructor	Day	Time	Studio
Reagan	Monday	4:30-5:30pm	A
Candace	Tuesday	5:00-6:00pm	C
Reagan	Saturday	10:15-11:15am	A

Ballet III Required 2x/week Recommended ages 10-12.5 (Placement required)			
Instructor	Day	Time	Studio
Sierra	Monday	4:00-5:30pm	C
Sierra	Thursday	6:40-8:05pm	A

Ballet IV En Pointe Required 2x/week Recommended ages 12-14 (Placement required)			
Instructor	Day	Time	Studio
Sierra	Tuesday	6:40-8:10pm	A
Sierra	Thursday	4:55-6:25pm	A

All Level Lyrical Recommended ages 9.5-12.5			
Instructor	Day	Time	Studio
Reagan	Monday	5:35-6:20pm	C

Contemporary I Recommended Ages: 9.5-12.5			
Instructor	Day	Time	Studio
Saphia	Sunday	2:25-3:20pm	A

Jazz + Tap

Jazz/Tap II Recommended Ages: 8-11			
Instructor	Day	Time	Studio
Candace	Tuesday	6:00-6:45pm	C

Jazz III Recommended Ages: 9.5-12.5			
Instructor	Day	Time	Studio
Candace	Monday	6:20-7:10pm	A



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Tap III

Recommended Ages: 10-18 (Placement required)

Instructor	Day	Time	Studio
Reagan	Wednesday	7:15-7:45pm	A

Tap IV

Recommended Ages: 10-18 (Placement required)

Instructor	Day	Time	Studio
Candace	Wednesday	7:15-7:45pm	C

Musical Theatre

MT II/III

Recommended Ages: 10-18

Instructor	Day	Time	Studio
Candace/Reagan	Monday	7:10-8:00pm	A

Acro

Acro II

Recommended Ages: 8-11

Instructor	Day	Time	Studio
Sierra	Tuesday	5:55-6:35pm	A

Acro III

Recommended Ages: 11-14

Instructor	Day	Time	Studio

Acro III Recommended Ages: 11-14			
Sierra	Tuesday	5:55-6:35pm	A

All Level Acro Recommended Ages: 12-15			
Instructor	Day	Time	Studio
Reagan	Sunday	1:35-2:05pm	C

Hip Hop

HH II Recommended Ages: 9.5-12.5			
Instructor	Day	Time	Studio
Saphia	Thursday	6:00-6:45pm	C
Saphia	Sunday	12:50-1:35pm	A

All level HH Recommended Ages: 12-15			
Instructor	Day	Time	Studio
Saphia	Thursday	5:15-6:00pm	C

Conditioning

Conditioning Recommended Ages 10-18			
Instructor	Day	Time	Studio
Candace/Reagan	Wednesday	6:40-7:15pm	A



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**Competition Team Classes
(Team members only)**

Co.S & Production Team			
Instructor	Day	Time	Studio
Candace	Wednesday	4:30-5:05pm	Jazz
Reagan	Wednesday	5:05-5:50pm	Lyrical
Candace & Reagan	Wednesday	5:50-6:40pm	Production
Candace/Reagan	Wednesday	6:40-7:15pm	Conditioning