



Candace Sheppard Dance Academy



Teen

Recommended Ages 13-18

Ballet

Teen Ballet & Ballet History

Recommended ages 13-18

Instructor	Day	Time	Studio
Reagan	Sunday	2:15-3:30pm	C

Classical Ballet IV

Required 2x/week

Recommended ages 12-14

Instructor	Day	Time	Studio
Sierra	Tuesday	6:40-8:10pm	A
Sierra	Thursday	4:55-6:55pm	A

Classical Ballet V en pointe

Required 2x/week

Recommended ages 14-18

Instructor	Day	Time	Studio
Sierra	Tuesday	6:40-8:25pm	A
Sierra	Thursday	4:55-6:40pm	A

Lyrical

Beginner Lyrical Recommended Ages 12-15			
Instructor	Day	Time	Studio
Candace	Tuesday	6:45-7:35pm	C

Beginner Lyrical Recommended Ages 15-18			
Instructor	Day	Time	Studio
Sierra	Monday	7:35-8:20pm	B

All Levels Lyrical Recommended Ages 13-18			
Instructor	Day	Time	Studio
Reagan	Monday	6:25-7:10pm	C

Contemporary

Contemporary II Recommended Ages 13-18			
Instructor	Day	Time	Studio
Saphia	Sunday	12:00-12:45pm	A

Jazz

Jazz IV			
Instructor	Day	Time	Studio
Candace	Monday	5:30-6:20pm	A

Tap

Tap III Recommended Ages 10-18			
Instructor	Day	Time	Studio
Reagan	Wednesday	7:15-7:45pm	A

Tap IV Recommended Ages 10-18			
Instructor	Day	Time	Studio
Candace	Wednesday	7:15-7:45pm	C

Musical Theatre

Musical Theatre II/III Recommended Ages 10-18			
Instructor	Day	Time	Studio
Candace & Reagan	Monday	7:10-8:00pm	A

Acro

All Levels Acro Recommended Ages 15-18			
Instructor	Day	Time	Studio

All Levels Acro Recommended Ages 15-18			
Sierra	Tuesday	5:55-6:40pm	A

Acro III Recommended Ages 11-14			
Instructor	Day	Time	Studio
Reagan	Sunday	1:35-2:05pm	C

Hip Hop

Beginner Hip Hop Recommended Ages 12-15			
Instructor	Day	Time	Studio
Saphia	Thursday	6:00-6:45pm	C

Beginner Hip Hop Recommended Ages 13-18			
Instructor	Day	Time	Studio
Saphia	Sunday	11:00-12:00pm	A

Conditioning

Conditioning Recommended Ages 10-18			
Instructor	Day	Time	Studio

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

Competition Team Classes (Team members only)

Co. A, D & Production			
Instructor	Day	Time	Studio
All Team Co/Captains	Wednesday	4:25-4:35pm	Meeting/Review
Reagan	Wednesday	4:35-5:05pm	Lyrical
Candace & Reagan	Wednesday	5:50-6:40pm	Production
Sierra	Thursday	4:05-4:55pm	Contemporary