SUNSHINE DANCE

CLASS SCHEDULE

2026 – 2027 SEASON

Professional Training ✦ Performance Opportunities ✦ Competition Pathway

SEASON DATES
SEP 2026 – JUN 2027
38 LESSONS INCLUDED

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY	SUNDAY
9:30	Group Class	Group Class	Group Class	Group Class	Group Class	Group Class
10:00					Pre - Ballet 1 9:30-11:00	Pre - Ballet 2 9:30-11:00
10:30					Sunshine Company II K-pop 10:00-11:00	Pre - Ballet 1 11:00-12:30
11:00						Sunshine Company I K-pop 11:00-12:30
11:30						
12:00					Ballet Level 2B 12:30-2:00	K-pop/Jazz Age 8-10 12:30-2:00
12:30						Ballet Level 2B 12:30-2:00
13:00			Adult Ballet 1:30-2:30		Pre - Ballet 3 2:00-3:30	Pre - Ballet 2 2:00-3:30
13:30						Ballet Level 1B 2:00-3:30
14:00						
14:30						
15:00						K-pop/Jazz Age 6-8 3:30-4:30
15:30						K-pop/Jazz Age 10-14 3:30-4:30
16:00						
16:30					Ballet Level 1B 3:30-5:00	K-pop/Jazz Age 7-10 4:30-5:30
17:00	Sunshine Company III 9-12 4:30-6:00	Ballet Level 1B 4:00-5:30	Pre - Ballet 3 4:00-5:30	Pre - Ballet 3 4:00-5:30	YAGP Competition Preparation Training 4:00 - 8:00	Chinese Dance 4:30-6:00
17:00		Pre - Ballet 2 4:00-5:30	Ballet Level 1B 4:00-5:30	Ballet Level 1B 4:00-5:30		
18:00		Sunshine Company II 7-9 5:30-7:00	Ballet Level 3B 5:30-7:00	Pre - Ballet 1 5:30-7:00		Sunshine Company III 6:30-8:00
18:30	Ballet Level 2B 6:00-7:30	Sunshine Company I 5-7 5:30-7:00		Ballet Level 2B 5:30-7:00		
19:00			Lyrical Dance 7:00-8:00			Adult K-pop 6:00-7:30
19:30						
20:00						
20:30						

给家长的建议：科学训练，成就更好的舞者

PARENT GUIDE: SMART TRAINING, STRONGER DANCERS

- 建议 PB3 一周两次，帮助孩子打好基础，建立自信与表现力。
  PB3 is recommended twice per week to build a strong foundation, confidence, and performance skills.
- Level 1 一周 2-3 次，巩固基本功，提升控制力与协调性。
  Level 1 — 2-3 times per week to strengthen basics, control and coordination.
- Level 2 一周 3-4 次，开始训练更高的技巧与足尖技术。
  Level 2 — 3-4 times per week to develop higher-level skills and pointe technique.
- Level 3 至少一周 4 次，为未来的专业舞蹈道路做好准备。
  Level 3 at least 4 times per week to prepare for a professional dance path.

重要说明 IMPORTANT NOTES

- 所有课程一经报名，不予退费或延期。
  All registered classes are non-refundable and cannot be postponed.
- 请假可在一个月内补课。本学年请假限制：6 次，大于六次不予补课。
  Make-up classes must be used within one month. Absence limit for the year: 6 times. More than 6 absences will not be made up.
- Sunshine Company（校队/剧团班）须经面试。
  Sunshine Company requires audition.

AGE & LEVEL GUIDE 年龄与级别指南

- **Pre-Ballet 1:** Ages 3-5.5 yo
- **Pre-Ballet 2:** Ages 5-6.5 yo
- **Pre-Ballet 3:** Ages 6.5-8 yo
- **Ballet Level 1A&1B:** Ages 8-10 yo
- **Ballet Level 2:** Ages 11+
- **Ballet Level 3:** Ages 12+
- **Ballet Level 4:** Ages 14+

Sunshine Company | K-pop/Jazz | Stretching | Lyrical Dance | YAGP Training | Adult Ballet | Chinese Dance | Ballet Point

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