

RP Ruth Page Center School of Dance

BEGINNER I

Dancer must be 7 by September 1, 2026.

RPSD SCHOOL YEAR: Monday, August 24, 2026 – Sunday, May 23, 2027

(No classes November 23-29, 2026, and December 21, 2026 – January 3, 2027)

SUMMER DANCE BOOTCAMP: Monday, July 19 – Friday, July 30, 2027

Additional Dates, including Performances, Observation Weeks and Breaks are listed in RPSD Student Handbook.

CLASS	TEACHER	DAY	TIME	HOURS	STUDIO
Basic Jazz	Mikala	Monday	4:30 – 5:30pm	1.0	Lounge
Beg. I Ballet	Citlali	Wednesday	4:30 – 5:45pm	1.25	Studio 4
Basic Hip Hop	Melissa	Thursday	4:00 – 4:45pm	.75	Lounge
Beg. Tap	Jumaane	Thursday	6:00 – 7:00pm	1.0	Studio 4
Beg. I Ballet	Citlali	Saturday	10:45am – 12:00pm	1.25	Studio 4
Basic Jazz	Augustine	Saturday	12:00 – 1:00pm	1.0	Studio 4

RPSD reserves the right to cancel classes due to low enrollment.

EXPECTATIONS

Pre-Dance is strongly suggested as a pre-requisite for Beg. I Ballet and basic styles. Beg. I Ballet dancers are expected to take two (2) ballet technique classes per week. Consistent attendance is expected to progress and establish a strong foundation in dance techniques. Typically, dancers spend 1-2 years in the beginner levels of technique. For Code of Conduct and more information, see the RPSD Student Handbook.

GOALS

Beginner classes are designed to introduce understanding of the art form and its standard techniques. Dancers will learn and identify basic positions and steps. They will also increase muscle control, coordination, and develop musicality. Dancers will learn and remember basic classroom etiquette and dance terminology.

ADVANCEMENT & LEVEL PLACEMENT

Dancers who do not take the expected number of ballet technique classes and/or meet the goals for the level may not advance with their classmates. If dancer cannot attend the required number of classes, please reach out to RPSD administration. For level placement, please schedule a trial class with Program Manager (Katie@RuthPage.org).

Level	Required Ballet	Additional Classes	Total Hrs / Week
Beginner I	2 classes	1 + classes	2.5– 6 hrs
Beginner II	2 classes	1 + classes	3 – 6 hrs

COURSE DESCRIPTIONS

Beg. Tap

All tap levels begin with a progressive warm-up and combination. Students practice across the floor, as well as improvisational exercises. Dancers learn to understand counts with rhythm, while moving in basic time with toes and heels. Beginner tap builds basic and beginner vocabulary and execution of steps, technique and rhythms, exercises to strengthen the ankles and center floor combinations. Tap is also a great complementary class to ballet.

Beg. I Ballet

Basic motor skills, studio etiquette, and ballet terminology are introduced as beginner dancers acquire fundamental knowledge of the positions of the arms and legs while learning discipline, coordination and exploring musical rhythms. Elementary traveling steps are introduced. Proper alignment is a primary focus.

Basic Hip Hop

Hip hop classes start with a warmup followed by technique breakdown. Class continues with across the floor and "trick" training on the mats. Students will also learn repetitive across the floor progressions. Class finishes with free dance, freestyle and/or choreography. Styles are taught on a rotating schedule per style; old/new school, breaking, locking, and house dance. Students learn basic grooves and 2 step variations, footwork includes 6 steps, 12 steps, ccs, kick outs and floor threads.

Basic Jazz

Students will be taken through a warm-up, isolations, stretches, across the floor, progressions and center combinations. They will work on simple across the floor combinations, practice basic rhythm, musicality and classical jazz steps such as jazz squares, lindies, pivots, kick ball change, chasses, parallel skips, etc.

RP Ruth Page Center School of Dance

BEGINNER II

By placement; dancer must 7 years by September 1, 2026.

RPSD SCHOOL YEAR: Monday, August 24, 2026 – Sunday, May 23, 2027

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SUMMER DANCE BOOTCAMP: Monday, July 19 – Friday, July 30, 2027

Additional Dates, including Performances, Observation Weeks and Breaks are listed in RPSD Student Handbook.

CLASS	TEACHER	DAY	TIME	HOURS	STUDIO
Beg. Jazz	Katie	Monday	6:00 – 7:00pm	1.0	Studio 4
Beg. II Ballet	John	Tuesday	4:30 – 6:00pm	1.5	Studio 3
Beg. Hip Hop	Melissa	Tuesday	6:00 – 7:00pm	1.0	Studio 4
Beg. II Ballet	John	Thursday	4:30 – 6:00pm	1.5	Studio 3
Beg. Tap	Jumaane	Thursday	6:00 – 7:00pm	1.0	Studio 4

RPSD reserves the right to cancel classes due to low enrollment.

EXPECTATIONS

With no previous dance experience, Beg. I Ballet is required prior to Beg. II Ballet. Beg. II Ballet dancers are expected to take two (2) ballet technique classes per week. Consistent attendance establishes a strong foundation in dance techniques and aids in appropriate development. Typically, dancers spend 1-2 years at each beginner level of technique. For Code of Conduct and more information, see the RPSD Student Handbook.

GOALS

Beginner classes are designed to introduce understanding of the art form and its standard techniques. Dancers will memorize beginner positions, steps, and traveling exercises. They will also increase body and spatial awareness, discipline, and focus. Dancers will comprehend classroom etiquette and increase dance terminology. Dancers are introduced to the concept of expression and performance quality.

ADVANCEMENT & LEVEL PLACEMENT

Dancers who do not take the expected number of ballet technique classes and/or meet the goals for the level may not advance with their classmates. If dancer cannot attend the required number of classes, please reach out to RPSD administration. For level placement, please schedule a trial class with Program Manager (Katie@RuthPage.org).

Level	Required Ballet	Additional Classes	Total Hrs / Week
Beginner I	2 classes	1 + classes	2.5 – 6 hrs
Beginner II	2 classes	1 + classes	3 – 6 hrs
Beginner III	3 classes	1 + classes	4.5 – 8.5 hrs

COURSE DESCRIPTIONS

Beg. Tap

All tap levels begin with a progressive warm-up and combination. Students practice across the floor, as well as improvisational exercises. Dancers learn to understand counts with rhythm, while moving in basic time with toes and heels. Beginner tap builds basic and beginner vocabulary and execution of steps, technique and rhythms, exercises to strengthen the ankles and center floor combinations. Tap is also a great complementary class to ballet.

Beg. II Ballet

A continuation of Beg. I Ballet, this class introduces more complicated arm and leg positions as well as jumping in time to music and the very important concept of turnout. Students are introduced to techniques which develop core strength. Proper alignment continues to be a major focus. Students are introduced to new concepts in preparation for more challenging steps. Beg. II ballet dancers are required to take two (2) Beg. II Ballet technique classes per week.

Beg. Hip Hop

Hip Hop starts with a warmup followed by technique breakdown. Class continues with across the floor and "trick" training on the mats. Styles are taught on an 8-week schedule with 2 weeks per style; old/new school, breaking, locking, and house dance. Students continue to practice basic grooves and increase vocabulary. Footwork increases to learn 3 & 5 steps, as well as basic thread. Combinations and across the floor increase in variation. Class finishes with freestyle and/or choreography.

Beg. Jazz

Building on Basic Jazz, students will be taken through a warm-up, isolations, stretches, and across the floor progressions. They will work on across the floor combinations and short choreographed phrases. Students develop increased body and spatial awareness, more intricate rhythm practice, and performance quality.

RPSD SCHOOL YEAR: Monday, August 24, 2026 – Sunday, May 23, 2027
(No classes November 23-29, 2026 and December 21, 2026 – January 3, 2027)

SUMMER DANCE BOOTCAMP: Monday, July 19 – Friday, July 30, 2027

Additional Dates, including Performances, Observation Weeks and Breaks are listed in RPSD Student Handbook.

CLASS	TEACHER	DAY	TIME	HOURS	STUDIO
Beg. III Ballet	Katie	Monday	4:30 – 6:00pm	1.5	Studio 3
Beg. Jazz	Katie	Monday	6:00 – 7:00pm	1.0	Studio 4
Teen Beg. Ballet	Tracy	Tuesday	6:00 – 7:30pm	1.5	Studio 3
Beg. Hip Hop	Melissa	Tuesday	6:00 – 7:00pm	1.0	Studio 4
Beg. III Ballet	Katie	Wednesday	4:30 – 6:00pm	1.5	Studio 3
Beg. Modern	Katie	Wednesday	6:00 – 7:00pm	1.0	Studio 3
Teen Beg. Jazz	Tracy	Wednesday	6:00 – 7:15pm	1.25	Studio 4
Beg./Int. Character	Laura	Thursday	5:00 – 6:00pm	1.0	Studio 2
Beg. Tap	Jumaane	Thursday	6:00 – 7:00pm	1.0	Studio 4
Int. Tap	Jumaane	Thursday	7:15 – 8:15pm	1.0	Studio 4
Beg. III Ballet	Katie	Saturday	9:00 – 10:30am	1.5	Studio 3
Conditioning	Augustine	Saturday	10:45 – 11:45am	1.0	Studio 3

RPSD reserves the right to cancel classes due to low enrollment.

EXPECTATIONS

Beg. III Ballet dancers are expected to take three (3) ballet technique classes per week. Consistent attendance is crucial to further technical development. Dancers will consistently practice proper classroom etiquette. Increased focus and discipline with respect to the art form is expected. Dancers are strongly encouraged to practice more than one dance style. Typically, dancers spend 1-2 years at each beginner level of technique. For Code of Conduct and more information, see the RPSD Student Handbook.

GOALS

Beginner classes are designed to build understanding of different dance forms and their standard techniques. Dancers will refine their use of beginner positions, steps, and traveling exercises, with increasing complexity. Body awareness and group movement patterns are implemented in class and onstage. Dancers will be able to explain knowledge of beginner dance terminology. Dancers apply individual expression and performance quality at a developmentally appropriate level.

ADVANCEMENT & LEVEL PLACEMENT

Dancers who do not take the expected number of ballet technique classes and/or meet the goals for the level may not advance with their classmates. If dancer cannot attend the required number of classes, please reach out to RPSD administration. For level placement, please schedule a trial class with Program Manager (Katie@RuthPage.org).

Level	Required Ballet	Additional Classes	Total Hrs / Week
Beginner II	2 classes	1 + classes	3 – 6 hrs
Beginner III	3 classes	1 + classes	4.5 – 8.5 hrs
Intermediate I	4 classes	2 + classes	6 – 10 hrs

COURSE DESCRIPTIONS

Beg. III Ballet

Beg. III Ballet is by placement only and a continuation of Beg. Ballet II. Students develop additional control, agility and balance using turnout as they continue to learn more complicated ballet technique. Proper alignment and engaged turnout continues to be stressed. More intricate jump steps and pirouettes are introduced. Jazz, tap, conditioning and modern classes are recommended in addition to Beg. Ballet III technique classes.

Beg. Tap

All tap levels begin with a progressive warm-up and combination. Students practice across the floor, as well as improvisational exercises. Dancers learn to understand counts with rhythm, while moving in basic time with toes and heels. Beginner tap builds basic and beginner vocabulary and execution of steps, technique and rhythms, exercises to strengthen the ankles and center floor combinations. Tap is also a great complementary class to ballet.

Beg. Hip Hop

Hip hop starts with a warmup followed by technique breakdown. Class continues with across the floor and "trick" training on the mats. Styles are taught on an 8-week schedule with 2 weeks per style; old/new school, breaking, locking, and house dance. Students continue to practice basic grooves and increase vocabulary. Footwork increases to learn 3 & 5 steps, as well as basic thread. Combinations and across the floor increase in variation. Class finishes with freestyle and/or choreography.

Teen Beg. Ballet

This class is for both Basic and Beginner students ages 11 & up. Ballet fundamentals and vocabulary are introduced and reviewed. This class can be considered a stand-alone class, or a stepping stone to deepen one's dance technique. Class work includes basic/beginner warm up, technique, stretches, across the floor sequences and center combinations.

Beg. Modern

Students will be taken through a structured modern warm-up, across the floor progressions and center combinations. This class offers students an introduction to elements of Horton and Graham Techniques, floor work and inversions. Students must be in Beg. Ballet III or at least 10 years.

Teen Beg. Jazz

This class is for both Basic and Beginner students ages 11 & up. Jazz fundamentals and vocabulary are introduced and reviewed. This class can be considered a stand-alone class, or a stepping stone to further one's dance technique. Class work includes basic/beginning warm up, technique, stretches, across the floor sequences and center combinations.

Beg./Int. Character

Character introduces students to style and theatricality with international folk dances that are often paired with classical ballet. This class enhances ballet training with emphasis on rhythm, musicality and helps to build performance quality.

Int. Tap

Tap classes are designed to increase understanding of the art form and its standard techniques and to gain comfort in skills for personal practice. All tap levels begin with a progressive warm-up and combination. Students will also practice across the floor, as well as improvisational exercises. A deepened understanding of counting in rhythm is practiced here, while moving with more challenging steps like cramp-rolls, pull-back variations and individual demonstrations.

Beg. Jazz

Building on Basic Jazz, students will be taken through a warm-up, isolations, stretches, and across the floor progressions. They will work on across the floor combinations and short choreographed phrases. Students develop increased body and spatial awareness, more intricate rhythm practice, and performance quality.

Conditioning

Conditioning is an important cross-training class for students to gain strength, flexibility and work to prevent injuries. Strongly recommended for dancers preparing for pointe.

RPSD SCHOOL YEAR: Monday, August 24, 2026 – Sunday, May 23, 2027

(No classes November 23-29, 2026 and December 21, 2026 – January 3, 2027)

INTERNATIONAL DANCE EXPERIENCE: Monday, June 21 – Saturday, July 17, 2027

Additional Dates, including Performances, Observation Weeks and Breaks are listed in RPSD Student Handbook.

CLASS	TEACHER	DAY	TIME	HOURS	STUDIO
Int. I Ballet	Tracy	Monday	6:00 – 7:30pm	1.5	Studio 3
Adv. Hip Hop	Melissa	Tues & Thurs	4:45 – 6:00pm	1.25/day	Lounge
Men's Class	Victor	Tuesday	4:30 – 6:00pm	1.5	Studio 2
Teen Beg. Ballet	Tracy	Tuesday	6:00 – 7:30pm	1.5	Studio 3
Int. I Ballet	Tracy	Wednesday	4:30 – 6:00pm	1.5	Studio 2
Teen Beg. Jazz	Tracy	Wednesday	6:00 – 7:15pm	1.25	Studio 4
Beg. Modern	Katie	Wednesday	6:00 – 7:00pm	1.0	Studio 3
Beg./Int. Character	Laura	Thursday	4:30 – 6:00pm	1.5	Studio 3
Int. Jazz	Eduardo	Thursday	6:00 – 7:15pm	1.25	Studio 3
Int. Tap	Jumaane	Thursday	7:15 – 8:15pm	1.0	Studio 4
Int. I Ballet	Tracy	Friday	4:30 – 6:00pm	1.5	Studio 2
Int. Hip Hop	Melissa	Friday	4:30 – 5:30pm	1.0	Studio 4
Int. I Ballet	Katie	Saturday	9:00 – 10:30am	1.5	Studio 3
Conditioning	Augustine	Saturday	10:45 – 11:45am	1.0	Studio 3

RPSD reserves the right to cancel classes due to low enrollment.

EXPECTATIONS

Int. I Ballet dancers are expected to take four (4) ballet technique classes per week. Consistent attendance is crucial to further technical development. Dancers will consistently and independently practice proper classroom etiquette. Increased focus and discipline with respect to the art form is required. Diverse dance style classes are strongly recommended at the Intermediate level. Typically, dancers spend 1-2 years at each Intermediate level of technique. For Code of Conduct and more information, see the RPSD Student Handbook.

GOALS

Intermediate classes are designed to deepen understanding of different dance forms and their increasingly demanding techniques. Dancers will demonstrate refined execution of positions, steps, and traveling exercises with increasing complexity. Students begin to independently apply corrections. Dancers can identify personal strengths and limitations to build confidence, awareness, and encourage growth. Dancers will use Intermediate dance terminology and be able to describe and compare movement qualities in class exercises. Dancers apply individual expression and performance quality not only onstage, but also in class exercises.

ADVANCEMENT & LEVEL PLACEMENT

Dancers who do not take the expected number of ballet technique classes and/or meet the goals for the level may not advance with their classmates. If dancer cannot attend the required number of classes, please reach out to RPSD administration. For level placement, please schedule a trial class with Program Manager (Katie@RuthPage.org).

Level	Ballet	Additional Classes	Total Hrs / Week
Beginner III	3 classes	1 + classes	4.5 – 8 hrs
Intermediate I	4 classes	2 + classes	6 – 10 hrs
Intermediate II	4 classes, 2 pointe	2 + classes	7 – 12 hrs

COURSE DESCRIPTIONS

Int. I Ballet

Continuation of Beg. III Ballet. Adagio in the center is introduced. Proper alignment, turnout & core strength continue to be emphasized. Techniques for improving leg extension are introduced. Intricate jumping combinations that travel are introduced. Dancers spend 1-2 years in the Int. I Ballet level.

Int. Tap

All level tap levels begin with a progressive warmup and combination. Students will also practice across the floor, as well as improvisational exercises. A deepened understanding of counting in rhythm is practiced here, while moving with more challenging steps like cramp-rolls, pull-back variations and individual demonstrations.

Adv. Hip Hop

Hip Hop classes start with a warm-up followed by technique breakdown. Class continues with across the floor and "trick" training on the mats. Class finishes with freestyle and/or choreography. Styles are taught on a rotation with 2 weeks per style; old/new school, breaking, locking, whacking and house dance. Grooves, technique and footwork are refined. Musicality, advanced steps, tricks and transitions mastered. Freestyle with better musicality, levels and dynamics. Combinations and across the floor increase in complexity.

Men's Class

A dynamic, technique-driven class rooted in the renowned Cuban ballet tradition, emphasizing powerful jumps, clean turns, and strong, athletic footwork. Students develop musicality, coordination, and expressive upper-body épaulement while building strength and virtuosity. Ideal for men seeking disciplined classical training with the vibrant energy and precision.

Teen Beg. Ballet

This class is for both Basic and Beginner students ages 11 & up. Ballet fundamentals and vocabulary are introduced and reviewed. This class can be considered a stand-alone class, or a stepping stone to deepen one's dance technique. Class work includes basic/beginner warm up, technique, stretches, across the floor sequences and center combinations.

Teen Beg. Jazz

This class is for both Basic and Beginner students ages 11 & up. Jazz fundamentals and vocabulary are introduced and reviewed. This class can be considered a stand-alone class, or a stepping stone to further one's dance technique. Class work includes basic/beginning warm up, technique, stretches, across the floor sequences and center combinations.

Beg. Modern

Students will be taken through a structured modern warm-up, across the floor progressions and center combinations. This class offers students an introduction to elements of Horton and Graham Techniques, floor work and inversions. Students must be in Beg. III Ballet or at least 10 years.

Beg./Int. Character

Character introduces students to style and theatricality with international folk dances that are often paired with classical ballet. This class enhances ballet training with emphasis on rhythm, musicality and helps to build performance quality.

Int. Jazz

Increasing in complexity and stylistic demands, students will be taken through a warm-up, across the floor progressions and center combinations, which will vary stylistically. They will be asked to learn choreographed phrases and work on further developed across the floor combinations.

Int. Hop Hop

Hip Hop classes start with a warmup followed by technique breakdown. Class continues with across the floor and "trick" training on the mats. Styles are taught on a rotation with 2 weeks per style; old/new school, breaking, locking, and house dance. Students learn basic grooves and 2 step variations. Footwork includes 6 steps, 12 steps, ccs, kick outs and floor threads. Repetitive across the floor and combinations. Free dance before freestyle. Class finishes with freestyle and/or choreography.

Conditioning

Conditioning is an important cross-training class for students to gain strength, flexibility and work to prevent injuries. Strongly recommended for dancers preparing for pointe.

RPSD SCHOOL YEAR: Monday, August 24, 2026 – Sunday, May 23, 2027

(No classes November 23-29, 2026 and December 21, 2026 – January 3, 2027)

INTERNATIONAL DANCE EXPERIENCE: Monday, June 21 – Saturday, July 17, 2027

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CLASS	TEACHER	DAY	TIME	HOURS	STUDIO
Int. Modern	Victor	Monday	4:30 – 5:45pm	1.25	Studio 2
Adv. Tap	Jumaane	Monday	5:00 – 6:00pm	1.0	Studio 4
Int. II Ballet & Beg. Pointe	Tracy	Monday	6:00 – 8:00pm	2.0	Studio 3
Int. II Ballet	Brian	Tuesday	4:30 – 6:00pm	1.5	Studio 1
Men's Class	Victor	Tuesday	4:30 – 6:00pm	1.5	Studio 2
Adv. Hip Hop	Melissa	Tues & Thurs	4:45 – 6:00pm	1.25/day	Lounge
Int. II Ballet	Tracy	Wednesday	4:30 – 6:00pm	1.5	Studio 2
Adv. Jazz	Eduardo	Thursday	4:45 – 6:00pm	1.25	Studio 1
Int. II Character	Laura	Thursday	6:00 – 7:00pm	1.0	Studio 2
Int. Jazz	Eduardo	Thursday	6:00 – 7:15pm	1.25	Studio 3
Int. Tap	Jumaane	Thursday	7:15 – 8:15pm	1.0	Studio 4
Int. II Ballet & Beg. Pointe	Tracy	Friday	4:30 – 6:30pm	2.0	Studio 2
Pilates Mat	Julie	Saturday	10:00 – 11:00am	1.0	Studio 2
Int. II Ballet & Beg. Pointe	Birute	Saturday	11:00am – 1:00pm	2.0	Studio 1
Rehearsal	RPSD Staff	Wednesday Saturday	7:30 – 9:00pm 3:15 – 6:00pm		As scheduled

RPSD reserves the right to cancel classes due to low enrollment.

EXPECTATIONS

Int. II Ballet dancers are expected to take four (4) ballet technique classes and two (2) beginner pointe classes per week. Diverse dance style classes and cross-training are strongly recommended at the Intermediate level. Consistent attendance is essential to further technical development and ensure dancer safety. Dancers will consistently and independently practice proper classroom etiquette. Continued focus and discipline with respect to the art form is required. Typically, dancers spend 2 years at the Intermediate level of technique. For Code of Conduct and more information, see the RPSD Student Handbook.

GOALS

Intermediate classes are designed to deepen understanding of each dance technique and its increasing demands. Dancers will exhibit polish in the execution of intermediate positions, steps, combinations and traveling exercises with increasing complexity and artistic demands. Students independently apply corrections and demonstrate focused discipline in their continued study. Dancers identify and work with personal strengths and limitations to build confidence, awareness, and prioritize growth. Dancers will describe, compare, and emphasize performance style and movement qualities in class exercises. Dancers begin to evaluate personal expression in dance to develop artistry.

ADVANCEMENT & LEVEL PLACEMENT

Dancers who do not take the expected number of ballet technique classes and/or meet the goals for the level may not advance with their classmates. If dancer cannot attend the required number of classes, please reach out to RPSD administration. For level placement, please schedule a trial class with Program Manager (Katie@RuthPage.org).

Level	Required Ballet	Additional Classes	Total Hrs per Week
Intermediate I	4 classes	2 + classes	6 – 10 hrs
Intermediate II	4 classes, 2 pointe	2 + classes	7 – 12 hrs
Intermediate III	4 classes, 2 pointe	3 + classes	8 – 14 hrs

COURSE DESCRIPTIONS

Int. Modern

Intermediate Modern continues building on techniques learned in beginner modern, with an introduction to the Cuban-Modern Technique principles. Students are guided through a warm-up with increasingly difficult combinations, adding in more complex upper body usage and full body movements.

Adv. Tap

All tap levels begin with a progressive warm-up and combination. Students will also practice across the floor, as well as improvisational exercises. A faster understanding of standard steps in rhythm is practiced while moving with more challenging tempos and standards like pull-back variations, wings and individual demonstrations. Dancers also practice occasional improvisation and particular skills in executing advanced tap dance material.

Int. II Ballet

Continuation of Int. I Ballet. Adagio in the center is refined. Proper alignment, turnout & core strength continue to be emphasized. Techniques for improving leg extension continue. Intricate jumping combinations that travel are introduced.

Beg. Pointe

Basic exercises along the barre that develop the necessary strength to dance on pointe are introduced. Emphasis on proper alignment and developing ankle strength to guard against injury are emphasized. Beg. Pointe is by placement only. Beginner pointe dancers are required to take two (2) pointe classes per week.

Int. Tap

All tap levels begin with a progressive warm-up and combination. Students will also practice across the floor, as well as improvisational exercises. A deepened understanding of counting in rhythm is practiced here, while moving with more challenging steps like cramp-rolls, pull-back variations and individual demonstrations.

Men's Class

A dynamic, technique-driven class rooted in the renowned Cuban ballet tradition, emphasizing powerful jumps, clean turns, and strong, athletic footwork. Dancers develop musicality, coordination, and expressive upper-body épaulement while building strength and virtuosity. Ideal for men seeking disciplined classical training with the vibrant energy and precision.

Adv. Hip Hop

Hip Hop classes start with a warm-up followed by technique breakdown. Class continues with across the floor and "trick" training on the mats. Class finishes with freestyle and/or choreography. Styles are taught on a rotation with 2 weeks per style; old/new school, breaking, locking, whacking and house dance. Grooves, technique and footwork are refined. Musicality, advanced steps, tricks and transitions mastered. Freestyle with better musicality, levels and dynamics. Combinations and across the floor increase in complexity.

Beg. Modern

Students will be taken through a structured modern warm-up, across the floor progressions and center combinations. This class offers students an introduction to elements of Horton and Graham Techniques, floor work and inversions. Students must be in Beg. Ballet III or at least 10 years.

Character

Character introduces students to style and theatricality with international folk dances that are often paired with classical ballet. These classes enhance ballet training with emphasis on rhythm, musicality and help to build performance quality.

Adv. Jazz

Students will be taken through a warm-up, across the floor progressions and center combinations, which will challenge them stylistically. They will be asked to learn and move at a quicker pace. There will be an expectation of the students to retain information and approach the movement in a mature manner, picking up on the intricacies of the choreography taught.

Int. Jazz

Increasing in complexity and stylistic demands, students will be taken through a warm-up, across the floor progressions and center combinations, which will vary stylistically. They will be asked to learn choreographed phrases and work on further developed across the floor combinations.

Pilates Mat

Pilates mat classes are designed to enhance strength, control and flexibility. With an emphasis on breath and flow, Pilates mat increases one's energy, fitness and well-being. Cross-conditioning is strongly recommended for YDTP students and is open to the adult program.

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INTERNATIONAL DANCE EXPERIENCE: Monday, June 21 – Saturday, July 17, 2027

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CLASS	TEACHER	DAY	TIME	HOURS	STUDIO
Int. III Ballet	Birute	Monday	4:30 – 6:00pm	1.5	Studio 1
Adv. Tap	Jumaane	Monday	5:00 – 6:00pm	1.0	Studio 4
Pilates Mat	Mikala	Monday	6:00 – 6:30pm	0.5	Studio 2
Men's Class	Victor	Tuesday	4:30 – 6:00pm	1.5	Studio 2
Adv. Hip Hop	Melissa	Tues & Thurs	4:45 – 6:00pm	1.25/day	Lounge
Int. III Ballet	Brian	Tuesday	4:30 – 6:00pm	1.5	Studio 1
Int. Pointe	Brian	Tuesday	6:00 – 7:00pm	1.0	Studio 1
Adv. Modern	Victor	Wednesday	4:45 – 6:00pm	1.25	Studio 1
Int. III Ballet (pointe)	Birute	Wednesday	6:00 – 7:30pm	1.5	Studio 2
Adv. Jazz	Eduardo	Thursday	4:45 – 6:00pm	1.25	Studio 1
Int. Character	Laura	Thursday	6:00 – 7:00pm	1.0	Studio 2
Int. Tap	Jumaane	Thursday	7:15 – 8:15pm	1.0	Studio 4
Int. /Adv. Modern Floor Work	Olivia	Friday	4:30 – 6:00pm	1.5	Studio 1
Pilates Mat	Julie	Saturday	10:00 – 11:00 am	1.0	Studio 2
Int. III Ballet & Int. Pointe	Birute	Saturday	11:00 – 1:00pm	2.0	Studio 1
Rehearsal	RPSD Staff	Wednesday Saturday Sunday	7:30 – 9:00pm 2:30 – 6:00pm 11:00am – 3:00pm		As scheduled

RPSD reserves the right to cancel classes due to low enrollment.

EXPECTATIONS

Int. III Ballet dancers are expected to take four (4) ballet technique classes and two (2) intermediate pointe classes per week. Diverse dance style classes and cross-training are strongly recommended at the Intermediate level. Consistent attendance is essential to further technical development and ensure dancer safety. Dancers will consistently and independently practice proper classroom etiquette. Continued focus and discipline with respect to the art form is required. Typically, dancers spend 2-3 years at the Intermediate III level of technique. For Code of Conduct and more information, see the RPSD Student Handbook.

GOALS

Intermediate classes are designed to deepen understanding of each dance technique and its increasing demands. Dancers will exhibit polish in the execution of intermediate positions, steps, combinations and traveling exercises with increasing complexity and artistic demands. Students independently apply corrections and demonstrate focused discipline in their continued study. Dancers identify and work with personal strengths and limitations to build confidence, awareness, and prioritize growth. Dancers will compare and emphasize performance style and movement qualities in class exercises. Dancers develop artistry and personal expression.

ADVANCEMENT & LEVEL PLACEMENT

Dancers who do not take the expected number of ballet technique classes and/or meet the goals for the level may not advance with classmates. If dancer cannot attend the required number of classes, please reach out to RPSD administration. For level placement, please schedule a trial class with Program Manager (Katie@RuthPage.org).

Level	Required Ballet	Additional Classes	Total Hrs / Week
Intermediate II	4 classes, 2 pointe	2 + classes	7 – 12 hrs
Intermediate III	4 classes, 2 pointe	3 + classes	8 – 14 hrs
Advanced	5 classes, 3 pointe	3 + classes	9 – 14 hrs

COURSE DESCRIPTIONS

Int. III Ballet

As student grow stronger and mature, beats are added to movements that have been successfully mastered. Class continues to further vocabulary and skills with pirouettes at the barre, in the center and turns on the diagonal. Additionally, more complex traveling steps are introduced as well as more complicated Grand Allegro steps. Combinations get longer and more difficult, which in turn will prepare the student for Advanced levels.

Adv. Tap

All tap levels begin with a progressive warm-up and combination. Students will also practice across the floor, as well as improvisational exercises. A faster understanding of standard steps in rhythm is practiced while moving with more challenging tempos and standards like pull-back variations, wings and individual demonstrations. Dancers also practice improvisation and particular skills in executing advanced tap dance material.

Pilates Mat

Pilates mat classes are designed to enhance strength, control and flexibility. With an emphasis on breath and flow, Pilates mat increases one's energy, fitness and well-being. Cross-conditioning is strongly recommended for YDTP students and is open to adult program.

Int. Tap

All tap levels begin with a progressive warmup and combination. Students will also practice across the floor, as well as improvisational exercises. A deepened understanding of counting in rhythm is practiced here, while moving with more challenging steps like cramp-rolls, pull-back variations and individual demonstrations.

Men's Class

A dynamic, technique-driven class rooted in the renowned Cuban ballet tradition, emphasizing powerful jumps, clean turns, and strong, athletic footwork. Dancers develop musicality, coordination, and expressive upper-body épaulement while building strength and virtuosity. Ideal for men seeking disciplined classical training with the vibrant energy and precision.

Adv. Hip Hop

Hip Hop classes start with a warm-up followed by technique breakdown. Class continues with across the floor and "trick" training on the mats. Class finishes with freestyle and/or choreography. Styles are taught on a rotation with 2 weeks per style; old/new school, breaking, locking, whacking and house dance. Grooves, technique and footwork are refined. Musicality, advanced steps, tricks and transitions mastered. Freestyle with better musicality, levels and dynamics. Combinations and across the floor increase in complexity.

Int. Pointe

In Intermediate Pointe, center work on pointe is introduced with continued building of core and ankle strength. Focus on proper alignment is emphasized. Musicality and performance quality are also explored in this class.

Adv. Modern

Based in the Cuban-Modern Technique principles (Tecnica Cubana), this class integrates Afro-Cuban influences into the modern dance lexicon. The rich articulation of the torso, the arms, and the upper body combine with contemporary, full-body movement across the floor. The class provides a spirited avenue for self-expression while introducing dancers to an exciting, rarely seen form of contemporary dance.

Adv. Jazz

Students will be taken through a warm-up, across the floor progressions and center combinations, which will challenge them stylistically. They will be asked to learn and move at a quicker pace. There will be an expectation of the students to retain information and approach the movement in a mature manner, picking up on the intricacies of the choreography taught.

Character

Character introduces students to style and theatricality with international folk dances that are often paired with classical ballet. These classes enhance ballet training with emphasis on rhythm, musicality and help to build performance quality.

Int./Adv. Modern Floor Work

In this contemporary dance class, dancers dive into floor work (flying low), exploring body weight, movement fluidity, and our relationship with the ground. Through technical exercises that progress gradually, a strong physical foundation is built with the aim to deepen body awareness, allowing each participant to advance at their own pace. Spatial travel sequences are incorporated, transitioning from low to medium and high levels to develop coordination, dynamic quality, and stage presence. There is also work on group techniques that encourage listening, collective connection, and the creation of shared movement. Dancers are pushed to explore new physical possibilities with freedom, sensitivity, and a joyful approach to movement.

RPSD SCHOOL YEAR: Monday, August 24, 2026 – Sunday, May 23, 2027

(No classes November 23-29, 2026 and December 21, 2026 – January 3, 2027)

INTERNATIONAL DANCE EXPERIENCE: Monday, June 21, 2027 – Saturday, July 17, 2027

CLASS	TEACHER	DAY	TIME	HOURS	STUDIO
Adv. Tap	Jumaane	Monday	5:00 – 6:00pm	1.0	Studio 4
Pilates Mat	Mikala	Monday	6:00 – 6:30pm	.5	Studio 2
Adv. Ballet	Birute	Monday	6:30 – 8:00pm	1.5	Studio 2
Adv. Hip Hop	Melissa	Tues & Thurs	4:45 – 6:00pm	1.25/day	Lounge
Men's Ballet	Victor	Tuesday	4:30 – 6:00pm	1.5	Studio 2
Adv. Ballet & Adv. Pointe	Birute	Tuesday	6:00 – 8:00pm	2.0	Studio 1
Adv. Modern	Victor	Wednesday	4:45 – 6:00pm	1.25	Studio 1
Adv. Ballet (pointe)	Dori	Wednesday	6:00 – 7:30pm	1.5	Studio 1
Adv. Jazz	Eduardo	Thursday	4:45 – 6:00pm	1.25	Studio 1
Adv. Variations	Birute	Thursday	6:00 – 8:00pm	2.0	Studio 1
Int./Adv. Modern Floor Work	Olivia	Friday	4:30 – 6:00pm	1.5	Studio 1
Pilates Mat	Julie	Saturday	10:00 – 11:00am	1.0	Studio 2
Adv. Ballet & Adv. Pointe	Brian	Saturday	1:00 – 3:00pm	2.0	Studio 1
Rehearsal	RPSD Staff	Wednesday Saturday Sunday	7:30 – 9:00pm 2:30 – 6:00pm 11:00am – 3:00pm		As scheduled

RPSD reserves the right to cancel classes due to low enrollment.

EXPECTATIONS

Adv. Ballet dancers are expected to take five (5) ballet technique classes and three (3) advanced pointe classes per week. Diverse dance style classes and cross-training are strongly recommended at the Advanced level. Consistent attendance is essential to further technical and artistic development, as well as ensure dancer safety. Dancers will consistently and independently practice proper classroom etiquette. Continued focus and discipline with respect to the art form is required. Typically, dancers spend 1-4 years at the Advanced level of technique. For Code of Conduct and more information, see the RPSD Student Handbook.

GOALS

Advanced classes are designed to deepen understanding of each dance technique and its increasing demands. Dancers will exhibit polish in the execution of positions, steps, combinations and traveling exercises with increasing complexity and artistic demands. Students independently apply corrections and demonstrate focused discipline in their continued study. Dancers identify and work with personal strengths and limitations to build confidence, awareness, and prioritize growth. Dancers emphasize performance style and movement quality in class exercises. Dancers develop artistry and personal expression.

ADVANCEMENT & LEVEL PLACEMENT

Dancers who do not take the expected number of ballet technique classes and/or meet the goals for the level may not advance with their classmates. If dancer cannot attend the required number of classes, please reach out to RPSD administration. For level placement, please schedule a trial class with Program Manager (Katie@RuthPage.org).

Level	Required Ballet	Additional Classes	Total Hrs per Week
Intermediate III	4 classes, 2 pointe	3 + classes	8 – 14 hrs
Advanced	5 classes, 3 pointe	3 + classes	9 – 14 hrs

COURSE DESCRIPTIONS

Adv. Tap

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Pilates Mat

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Adv. Ballet

The primary purpose is to introduce and/or improve the more virtuoso ballet vocabulary to prepare advanced students for the physical and artistic demands required for a professional dance career. Barre exercises are more complex and incorporate combinations that stress muscle stamina and strength. Center work is designed to expand the dancer's vocabulary with exercises that are longer and more physically demanding. Adagio work which may include pirouettes in open positions. More attention is given to traveling steps incorporating multiple turns. Petite allegro is embellished with batterie which may also include aerial turns. The grand allegro and coda sections may include steps en manèges. Musicality, phrasing, epaulement and artistry are stressed.

Adv. Hip Hop

Hip hop classes start with a warm-up followed by technique breakdown. Class continues with across the floor and "trick" training on the mats. Class finishes with freestyle and/or choreography. Styles are taught on a rotation with 2 weeks per style; old/new school, breaking, locking, whacking and house dance. Grooves, technique and footwork are refined. Musicality, advanced steps, tricks and transitions mastered. Freestyle with better musicality, levels and dynamics. Combinations and across the floor increase in complexity.

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Adv. Pointe

A continuation of Int. Pointe, more complicated steps are introduced at the barre and center. Longer combinations to increase strength and stamina. Musicality, varied dynamic styles and performance quality is emphasized in this class.

Adv. Modern

Based in the Cuban-Modern Technique principles (Tecnica Cubana), this class integrates Afro-Cuban influences into the modern dance lexicon. The rich articulation of the torso, the arms, and the upper body combine with contemporary, full-body movement across the floor. The class provides a spirited avenue for self-expression while introducing dancers to an exciting, rarely seen form of contemporary dance.

Adv. Jazz

Students will be taken through a warm-up, across the floor progressions and center combinations, which will challenge them stylistically. They will be asked to learn and move at a quicker pace. There will be an expectation of the students to retain information and approach the movement in a mature manner, picking up on the intricacies of the choreography taught.

Adv. Variations

Adv. Variations class is based on a rigorous and comprehensive training system for developing technically powerful, musicality and artistic versatile dancers. Strong emphasis on athleticism, elevation, clarity of execution and stage presence. Classical variations are taught to develop style & performance quality.

Int./Adv. Modern Floor Work

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