

September 2026

SOUND IN MOTION
MUSIC & DANCE

Monday		Tuesday		Wednesday		Thursday		Friday	
Dance Studio 1	Dance Studio 2	Dance Studio 1	Dance Studio 2	Dance Studio 1	Dance Studio 2	Dance Studio 1	Dance Studio 2	Dance Studio 1	Dance Studio 2
4:45-5:30pm Ballet Jazz Combo Little Stars 2	4:30-5:30pm Contemporary Intermediate 3 & 4	4:30-5:15pm Ballet Junior 3 & 4	4:30-5:15pm Ballet Jazz Combo Little Star 1	4:00-4:45pm Acro Intermediate 1 & 2	4:15-4:45pm Tiny Tumblers Mini Star	4:15-5:00pm Contemporary Junior 3 & 4	4:30-5:00pm Twinkle Toes Mini Star	4:15-5:00pm Ballet Junior 1 & 2	
5:30-6:30pm Contemporary Senior 4*	5:30-6:30pm Jazz Intermediate 3 & 4	5:15-6:15pm Contemporary Intermediate 5*	5:15-6:15pm Jazz Senior 4*	4:45-5:30pm Acro Little Star 1 & 2	4:45-5:30pm Tap Intermediate 3 & 4	5:00-5:45pm Acro Junior 3 & 4	5:00-5:45pm Tap Senior 4 & 5	4:45-5:45pm Acro Senior 6 & 7*	5:00-5:45pm Jazz Junior 3 & 4
6:30-7:30pm Ballet Senior 7 & 8*	6:30-7:30pm Ballet Senior 4*	6:15-7:15pm Acro Intermediate & Senior Advanced 1*	6:15-7:15pm Ballet Intermediate 5*	5:30-6:30pm Ballet Intermediate 3 & 4	5:30-6:30pm Ballet Senior 7 & 8*	5:45-6:45pm Acro Intermediate 4 & 5*	5:45-6:45pm Ballet Senior 4*	5:45-6:30pm Ballet Jazz Combo Little Star 2	5:45-6:30pm Ballet Junior 3 & 4
7:30-8:15pm Pointe 1 & 2*	7:30-8:15pm Tap Adult Intermediate	7:15-8:15pm Jazz Senior 7*	7:15-8:00pm Tap Intermediate 5	6:30-7:30pm Acro Intermediate 3 & 4	6:30-7:15pm Pointe 2*	6:45-7:45pm Ballet Senior 8*	6:45-7:45pm Jazz Intermediate 5*	6:30-7:15pm Acro Junior 1 & 2	6:30-7:15pm Tap Junior 3 & 4
8:15-9:15pm Ballet Adult Experienced	8:15-9:00pm Tap Senior 7 & 8	8:15-9:15pm Contemporary Senior 7*	8:15-9:15pm Contemporary Adult Choir	7:30-8:30pm Acro Senior Advanced 2*	7:30-8:30pm Jazz Lyrical Adult Advanced	7:45-8:30pm Pointe 3 & 4*	7:45-8:30pm Tap Adult Experienced & Advanced	7:15-8:00pm Jazz Junior 1 & 2	7:15-8:00pm Jazz & Contemporary Intermediate & Senior
9:15-9:45pm Pointe Adult Experienced				8:30-9:30pm Acro Adult Experienced & Advanced	8:30-9:30pm Contemporary Senior 8	8:30-9:30pm Jazz Senior 8	8:30-9:30pm Jazz Lyrical Adult Experienced		

Saturday		Sunday	
Dance Studio 1	Dance Studio 2	Dance Studio 1	Dance Studio 2
9:15-10:00am Acro Little Star 2	9:00-10:00am Ballet Intermediate 3 & 4	9:00-9:45pm Acro Little Star 1	9:00-9:30am Parent & Tot Music & Movement
10:00-11:00am Acro Intermediate 3 & 4	10:00-11:00am Ballet Intermediate 5*	9:45-10:15am Tiny Tumblers Mini Star	9:30-10:30am Ballet Adult Beginner
11:00am-12:00pm Acro Senior 4 & 5	11:00-11:45am Ballet Jazz Combo Little Star 1	10:30-11:15am Acro Junior 3 & 4	10:30-11:15am Ballet Jazz Combo Little Star 2
12:00-12:45pm Tap Adult Beginner	12:00-1:00pm Ballet Senior Experienced	12:00-12:45pm Ballet Junior 1 & 2	12:00-12:45pm Musical Theatre Junior & Intermediate Open
12:45-1:45pm Jazz Lyrical Adult Beginner	1:00-1:30pm Twinkle Toes Mini Star	12:45-1:30pm Tap Junior 1 & 2	12:45-1:30pm Hip Hop Intermediate Open
1:45-2:30pm Jazz Junior 1 & 2	1:30-2:30pm Ballet Intermediate 1 & 2		
Birthday Parties @ Sound in Motion Contact us for details!			

Program Dates:

Term 1: **September 11 - December 17, 2026**

Term 2: **January 3 - May 28, 2027**

Recital Dates (TENTATIVE): **May 29th & 30th 2027**

Check the Studio Year Calendar for important dates, including holiday closures & special events.

Classes with an * require additional classes weekly and have prerequisites.

Private music lessons are also available, contact the office for available times.

There is NO refund, NO credit and NO rescheduling for student absences INCLUDING Private Lessons.

Students who miss more than 20% of their classes may be subject to removal or transfer out of the program.

\$25 cancellation penalty for early withdrawal after the first four weeks of enrollment for group classes. Students can drop classes at the end of Term 1 or April 30 without penalty.

Sound in Motion is a performing arts education centre. All classes (except Mini Stars & Adults) are scheduled in the year end recital, and all students are included in the cast. Students who opt out of performance can exit group classes on April 30.

General Age Groups:

These are general guidelines, some programs will trend younger or older.

Parent & Tot: 18 months - 3 years old

Mini Stars: 3 - 4 years old

Little Star 1: 4 - 6 years old

Little Star 2: 5 - 6 years old

Junior: 7 - 9 years old

Intermediate: 8 - 12 years old

Senior: 12 - 17 years old

Adult: 17 & Up

Levels:

Level numbers are a guideline for studio organization and do not reflect the number of years or experience for students. Instructors provide frequent updates on student progress to the studio director to ensure all students are placed in the correct class.

Enrollment in classes listed as "3" or higher requires Studio Director approval.

Many classes have prerequisites and/or corequisites.

Students are welcome to book appointments for placement assessments by contacting the office.

Class Uniforms:

All group classes have a required uniform, including hairstyle and footwear. Please check the website for details.