

# Foundations Dance Academy

Version as of 05/04/2026

## 2026 Technique Intensive

Running July 6 to 30

### Mondays

#### Turning Pointe

4:45 - 5:45	FT Junior / Intermediate 1 Ballet
5:45 - 6:30	PT/FT Petite 2 Ballet
6:30 - 8:00	FT Inter 2 / Senior / Advanced Ballet

#### Mind Over Mat

5:00 - 6:30	FT Inter 2 / Senior / Advanced Jazz
6:30 - 8:00	FT Junior / Intermediate 1 Jazz
8:00 - 8:30	FT Junior and Above Flexibility

#### Broadway Bound

4:30 - 5:00	PT/FT Petite 1 & 2 Warmup
5:00 - 5:45	PT/FT Petite 1 & 2 Jazz
5:45 - 6:30	PT/FT Petite 1 Ballet
6:30 - 7:00	PT/FT Petite 1 & 2 Lyrical
7:00 - 7:30	PT/FT Petite 1 Tap
7:30 - 8:00	PT/FT Petite 2 Tap

### Tuesdays

#### Turning Pointe

4:45 - 5:15	FT Intermediate 1 Warmup
5:15 - 6:00	FT Inter 2 / Senior / Advanced Warmup
6:00 - 7:15	FT Intermediate 1 Performance
7:15 - 7:45	FT Intermediate 1 Flexibility

#### Mind Over Mat

5:15 - 6:00	FT Intermediate 1 Contemp Tricks
6:00 - 6:45	FT Inter 2 / Senior / Adv Contemp Tricks
6:45 - 8:15	FT Inter 2 / Senior / Advanced Performance
8:15 - 8:45	FT Inter 2 / Senior / Advanced Flexibility

*Note: Tuesday teachers may fluctuate week to week to offer students versatility and style exposure. The weekly performance genre will contrast the guest genre of that week.*

\*FT Junior and PT Junior, Intermediate, Senior and Advanced students are welcome to add this day for an additional fee

### Wednesdays

#### Turning Pointe


#### Mind Over Mat

6:15-7:00	FT Petite 1 & 2 Acro
7:00-7:30	FT Petite 1 & 2 Conditioning/Flexibility

#### Broadway Bound


\*PT Petite students are welcome to add this day for an additional fee

### Thursdays

#### Turning Pointe

4:15 - 5:15	PT Junior Jazz
5:15 - 5:45	PT Junior Tap
5:45 - 6:30	PT Intermediate Jazz
6:30 - 7:30	PT Senior / Advanced Jazz
7:30 - 8:15	FT Inter 2 / Senior / Advanced Pointe

#### Mind Over Mat

4:30 - 5:15	FT/PT Inter 2 / Senior / Advanced Tap
5:15 - 6:15	FT Junior and Above Basics
6:15 - 7:15	FT Inter 2 / Senior / Advanced Ballet
7:15 - 8:15	FT Junior / Intermediate Ballet
8:15 - 9:00	FT Junior / Inter 1 Tap + PT Inter Tap

#### Broadway Bound

4:30 - 5:30	PT Intermediate Ballet
5:30 - 6:30	PT Senior / Advanced Ballet
6:30 - 7:30	PT Junior Ballet
7:30 - 8:15	PT Inter / Senior / Advanced Lyrical

### Fridays

#### Turning Pointe

6:15 - 7:00	PT/FT Introduction to Tumbling
7:00 - 7:30	PT/FT 8-12yrs Flexibility / Cooldown
7:30 - 8:30	PT/FT Open Tumbling / Tricks
8:30 - 9:00	PT/FT 12yrs+ Flexibility / Cooldown

#### Mind Over Mat

4:30 - 6:00	PT/FT 8-12yrs Combo (Drop-in)
6:00 - 7:30	PT/FT 12yrs+ Combo (Drop-in)

#### Broadway Bound


**Week 4** Wednesday and Friday schedule will run Thursday, July 30. Thursday schedule will run Wednesday, July 29.

#### Instructors

Miss Adelaide
Miss Bella
Miss Dana
Mrs Finn
Miss Mackenzie
Miss Tara
To be announced (or Miss Bella)

#### Guests:

July 10 - Edz Gyamfi (hip hop)  
 July 17 - Kaitlin Kawam (contemporary)  
 July 24 - Hanna Begovic (jazz funk)  
 July 30 - Bree Wasylenko (fusion)

**Weekly rates by level and individual class rates available! Contact us to register.**