



WEST HAWAII DANCE
THEATRE & ACADEMY

JUNE 2025 POP-UP CLASSES BY AGE & SKILL LEVEL

June 2-28, 2025

Pre-Ballet/Creative Movement

Suggested for ages 3-5 years old*

Tuesdays with Ms. Alana/Ms. Jenna
June 3 & 24 4:35-5:05 p.m.

Wednesdays with Ms. Megan
June 4 & 25 4-4:30 p.m.

Wednesdays with Ms. Midori
June 11 & 18 10:15-10:45 a.m.

Saturdays with Ms. Midori
June 7, 14, 21, 28 8:50-9:20 a.m.

Primary Ballet

Suggested for ages 5-8 years old*

Tuesdays with Ms. Jenna/Ms. Alana
June 10 & 17 3:45-4:30 p.m.

Thursdays with Ms. Megan
June 12 & 19 3:30-4:15 p.m.

Saturdays with Ms. Midori
June 7, 14, 21, 28 9:25-10:10 a.m.

Ballet Technique I

Suggested for ages 8-10 years old*

Tuesdays with Ms. Jenna/Ms. Alana
June 10 & 17 4:35-5:20 p.m.

Thursdays with Ms. Megan
June 12 & 19 4:20-5:15 p.m.

Saturdays with Ms. Midori
June 7, 14, 21, 28 10:10-11 a.m.

Ballet Technique II

Suggested for ages 10-12 years old*

Wednesdays with Ms. Megan
June 4 & 25 4:35-5:35 p.m.

Thursday with Ms. Virginia/Ms. Midori
June 5 & 26 4:20-5:15 p.m.

Saturdays with Ms. Midori
June 7, 14, 21, 28 11-11:55 a.m.

Ballet Technique (III+)

Suggested for ages 12+ years old*

Ballet Technique III

Mondays with Ms. Jenna
June 2 & 23 5-6:15 p.m.

Tuesdays with Ms. Alana/Ms. Jenna
June 3 & 24 5:15-6:30 p.m.

Thursday with Ms. Virginia/Ms. Midori
June 5 & 26 4:20-5:15 p.m.

Intermediate/Advanced Ballet Technique

Saturdays with Ms. Virginia
June 7 & 28 12:00-1:30p.m.

Pointe (Pre-Pointe/Pointe I)

By invitation; skills assessment required

Thursdays with Ms. Virginia/Ms. Midori
June 5 & 26 5:20-6 p.m.

Contemporary

Suggested for Level II+

Wednesdays with Ms. Megan
June 4 & 25 5:35-6:35 p.m.

*WHDT staff will determine appropriate class placement

Learn more at whdt.org or call (808) 329-8876



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Conditioning

GYROKINESIS®

Mondays with Ms. Virginia
June 2, 9, 16 & 23 9-10 a.m.

Zena Rommett Floor-Barre®

Mondays with Ms. Virginia
June 2, 9, 16 & 23 10:05-11 a.m.

Ballet Body Conditioning

Mondays with Ms. Jenna
June 2 & 23 4:15-5 p.m.

Yoga for Dancers

Thursdays with Ms. Virginia
June 5, 12, 19 & 26 6-7 p.m.

Ballet Jump Start

Suggested for ages 10-18 years old and are new to ballet technique

Tuesdays with Ms. Alana/Ms. Jenna
June 3 & 24 4-4:30 p.m.

Senior Performance Group

By invitation. Junior Performance Group students may attend the classes below for the month of June only.

Mondays with Ms. Jenna
June 2 & 23 6:15-7 p.m.

Saturdays with Ms. Virginia
June 7 & 28 1:30-2:30 p.m.

Adult

Adult Beginning Pointe

Mondays with Ms. Virginia
June 2, 9, 16 & 23 11:10-11:50 a.m.

Adult Beginning Ballet

Wednesdays with Ms. Midori
June 4, 11, 18, 25 9-10 a.m.

Adult Intermediate Ballet

Fridays with Ms. Virginia
June 6, 13, 20 & 27 10-11:15 a.m.

SUMMER DANCE CAMPS

Primary Dance Camps

Week #1: June 2-6 from 9 a.m. to noon
Week #2: June 23-27 from 9 a.m. to noon

Technique I Level Dance Camps

Week #1: June 2-6 from 1-4 p.m.
Week #2: June 23-27 from 1-4 p.m.

Camp Showcases & Family Gatherings

Week #1: June 6 from 4:30-6 p.m.
Week #2: June 27 from 4:30-6 p.m.

SUMMER INTENSIVE

Week #1: June 9-14
Week #2: June 16-21

Mondays-Thursdays
10 a.m. to 1 p.m. and 3:30-6 p.m.

Fridays
10 a.m. to 12:30 p.m.

Saturdays
12-2:30 p.m.

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