



WEST HAWAII DANCE  
THEATRE & ACADEMY

## CLASSES BY AGE & SKILL LEVEL

April 21-May 31, 2025

### Pre-Ballet/Creative Movement

Recommended for ages 3-5 years old8

Tuesdays 4:35-5:05 p.m.  
Wednesdays 4-4:30 p.m.  
Saturdays 8:50-9:20 a.m.

### Primary Ballet

Recommended for ages 5-8 years old8

Tuesdays 3:45-4:30 p.m.  
Thursdays 3:30-4:15 p.m.  
Saturdays 9:25-10:10 a.m.

### Ballet Jump Start

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

Tuesdays 4-4:30 p.m.

### Conditioning

GYROKINESIS®  
Mondays 9-10 a.m.

Zena Rommett Floor-Barre®  
Mondays 10:05-11 a.m.

Ballet Body Conditioning  
Mondays 4:15-5 p.m.

### Contemporary

Wednesdays 5:35-6:35 p.m.

### Adult

Adult Beginning Pointe  
Mondays 11:10-11:50 a.m.

Adult Beginning Ballet  
Wednesdays 9-10 a.m.

Adult Intermediate Ballet  
Fridays 10-11:15 a.m.

### Ballet Technique I

Recommended for ages 8-10 years old8

Tuesdays 4:35-5:20 p.m.  
Thursdays 3:30-4:15 p.m.  
Saturdays 10:10-11 a.m.

### Ballet Technique II

Recommended for ages 10-12 years old8

Wednesdays 4:35-5:35 p.m.  
Thursdays 4:20-5:15 p.m.  
Saturdays 11-11:55 a.m.

### Ballet Technique (III+)

Recommended for ages 12+ years old8

Ballet Technique III  
Mondays 5-6:15 p.m.  
Tuesdays 5:15-6:30 p.m.  
Thursdays 4:20-5:15 p.m.

Intermediate/Advanced Ballet Technique  
Saturdays 12:00-1:30p.m.

### Pointe (Pre-Pointe/Pointe I)

By invitation; skills assessment required

Thursdays 5:20-6:05 p.m.

### Performance Groups

By invitation

Junior Performance Group  
Thursdays 6:10-6:55 p.m.

Senior Performance Group  
Mondays 6:15-7 p.m.  
Saturdays 1:30-2:30 p.m.

*\*WHDT staff will determine appropriate class placement*

**Learn more at [whdt.org](http://whdt.org) or call (808) 329-8876**