

2026/2027 Class Schedule



www.seymourdance.com
 Lytton Location-808 Lytton Street, North Vancouver
 Forester Location- 173 Forester Street Unit 103, North Vancouver

	BALLET PROGRAM		REC PROGRAM	SDC PROGRAM		ADULT PROGRAM														
MONDAY	LYTTON STUDIO 1				LYTTON STUDIO 2				LYTTON STUDIO 3				LYTTON STUDIO 4				FORESTER STUDIO			
	3:30-4:30 BALLET ADVANCED FOUND		Miss Nicola	1:50-2:50 JAZZ TECH WK. 1		Miss Belinda	3:30-4:30 SDC LYRICAL 6		Miss Katie	3:30-4:15 BALLET STARS AGES 3-4		Miss Jessica	3:45-4:45 JAZZ AGES 8-10		Mr. Jakob					
	4:30-5:30 BALLET POINTE INTERMEDIATE LEVELS		Miss Nicola	3:30-4:30 SDC JAZZ TECH 2		Miss Belinda	4:30-5:30 SDC HIP HOP TECH 4		Mr. Gabe	4:30-5:30 BALLET GRADE 3		Miss Sam	4:45-5:45 ACRO LEVEL 1/2 AGES 9+		Mr. Jakob					
	5:30-6:30 BALLET POINTE INTERMEDIATE LEVELS		Miss Nicola	4:30-5:30 SDC JAZZ TECH 4/5		Miss Belinda	5:30-6:30 SDC HIP HOP TECH 3		Mr. Gabe	5:30-6:30 BALLET GRADE 4		Miss Sam	5:45-6:45 ACRO LEVEL 2		Mr. Jakob					
	6:30-7:30 BALLET ADVANCED 1+		Miss Nicola	5:30-6:30 SDC JAZZ TECH 9/10		Miss Belinda	6:30-7:30 SDC HIP HOP TECH 2		Mr. Gabe	6:30-7:30 BALLET INTERMEDIATE		Miss Sam	6:45-7:45 CONTEMP TEEN		Mr. Jakob					
	7:30-8:30 BALLET POINTE ADVANCED 1+		Miss Nicola	6:30-7:30 SDC JAZZ TECH 8		Miss Belinda	7:30-8:30 HIP HOP AGES 10-12		Mr. Gabe	7:30-8:30 BALLET GRADE 5		Miss Sam	7:45-8:45 ACRO LEVEL 3		Mr. Jakob					
8:30-9:30 SDC BALLET 5		Miss Nicola	7:30-8:30 SDC JAZZ TECH 6/7		Miss Belinda	8:30-9:30 HIP HOP TEEN		Mr. Gabe	8:30-9:30 BALLET INTERFOUND		Miss Sam									
TUESDAY	LYTTON STUDIO 1				LYTTON STUDIO 2				LYTTON STUDIO 3				LYTTON STUDIO 4				FORESTER STUDIO			
	1:50-2:50 BALLET PBT WK. 2		Miss Nicola	SDC LYRICAL 10 WK. 2		Miss Lauren	3:30-4:30 BALLET GRADE 2		Miss Heaven	3:45-4:30 SDC PRE-COMP JAZZ		Miss Katie	3:45-4:45 BROADWAY BOUND 5-9		Miss Jessica					
	3:30 PM - 4:30 PM BALLET ADV FOUND		Miss Nicola	2:50-3:30 SDC JAZZ 10 WK. 2		Miss Lauren	4:30-5:30 SDC SAMBA 1		Miss Heaven	4:30-5:30 BALLET PRIMARY		Miss Jenna	4:45-5:45 JAZZ & TUMBLE AGES 6-8		Miss Jessica					
	4:30 PM - 5:30 PM BALLET ADVANCED 1+		Miss Nicola	3:30-4:30 SDC COMP TECH 4/5/6		Miss Lauren/Guests	5:30-6:30 SDC SAMBA 1 TECH		Miss Heaven	5:30-6:30 SDC BALLET 2		Miss Jenna	5:45-6:45 SDC CONTEMP 6		Mr. Jakob					
	5:30 PM - 6:30 PM BALLET GRADE 6 (2nd yr)		Miss Nicola	4:30-5:30 SDC COMP TECH 7/8		Miss Lauren/Guests	6:30-7:30 BALLET GRADE 5		Miss Heaven	6:30-7:30 SDC JAZZ 2		Miss Jenna	6:45-7:45 SDC CONTEMP 8		Mr. Jakob					
	6:30 PM - 7:30 PM PBT LEVEL 5/7		Miss Nicola	5:30-6:30 SDC CONTEMP 10		Miss Lauren	7:30-8:30 JAZZ TEEN		Miss Katie	7:30-8:30 SDC LYRICAL 5		Miss Jenna	7:45-8:30 SDC CONTEMP 3		Mr. Jakob					
7:30 PM - 8:30 PM PBT LEVEL 4		Miss Nicola	7:30-8:30 SDC SAMBA 3 & SAMBA 3 TECH		Miss Lauren	8:30-9:30 SDC LYRICAL 4		Miss Jenna												
8:30 PM - 9:30 PM BALLET GRADE 8		Miss Nicola	8:30-9:30 SAMBA TEEN AGES 12+		Miss Heaven															
WEDNESDAY	LYTTON STUDIO 1				LYTTON STUDIO 2				LYTTON STUDIO 3				LYTTON STUDIO 4				FORESTER STUDIO			
	1:50 PM- 2:50 PM BALLET PBT WK. 1		Miss Nicola	1:50-2:50 SDC LYRICAL 10 WK. 1		Miss Lauren	3:30-4:30 SDC HIP HOP 4		Miss Astrid/Mr. Gabe	3:30-4:30 HIP HOP AGES 6-9		Miss Jessica	3:45-4:45 ACRO LEVEL 1 AGES 6-8		Miss Katie					
	3:30 PM - 4:30 PM PBT LEVEL 3/6		Miss Nicola	2:50-3:45 SDC JAZZ 10		Miss Lauren	4:30-5:30 DC HIP HOP 2		Miss Astrid/Mr. Gabe	4:30-5:30 SDC HIP HOP 1		Miss Jessica	4:45-5:45 ACRO LEVEL 1 AGES 9+		Miss Katie					
	4:30 PM - 5:30 PM PBT LEVEL 8/9/10		Miss Nicola	3:45-4:30 SDC LYRICAL 2		Miss Lauren	5:30-6:30 SDC HIP HOP 3		Miss Astrid/Mr. Gabe	5:30-6:30 BROADWAY BOUND 10-12		Miss Jessica	5:45-6:45 ACRO LEVEL 2		Miss Katie					
	5:30 PM - 6:30 PM PBT LEVEL 2		Miss Nicola	4:30-5:30 SDC LYRICAL 7		Miss Lauren	6:30-7:30 SDC HIP HOP 1 TECH		Mr. Gabe	6:30-7:30 SDC LYRICAL 8		Miss Jenna	6:45-7:45 SDC ACRO 1		Miss Katie					
	6:30 PM - 7:30 PM BALLET POINTE ADV FOUND		Miss Nicola	5:30-6:30 SDC JAZZ 5		Miss Lauren	7:30-8:30 HIP HOP AGES 10-12		Mr. Gabe	7:30-8:30 SDC LYRICAL 9		Miss Jenna	7:45-8:30 SDC ACRO 1 TECH		Miss Katie					
7:30 PM - 8:30 PM BALLET INTERFOUND		Miss Nicola							8:30-9:30 SDC JAZZ 7		Miss Jenna	8:30-9:30 SDC ADULT JAZZ		Miss. Katie						
8:30 PM - 9:30 PM ADULT BALLET FITNESS		Miss Nicola																		
THURSDAY	LYTTON STUDIO 1				LYTTON STUDIO 2				LYTTON STUDIO 3				LYTTON STUDIO 4				FORESTER STUDIO			
	1:50 PM- 2:50 PM SDC SENIOR SOLOS WK.2		ROTATING	SDC SENIOR SOLOS WK.2		ROTATING	3:30-4:30 SDC JAZZ TECH 1		Miss Katie	3:30-4:30 BALLET PRIMARY		Miss Heaven	3:45-4:45 SDC STAGE 1		Miss Milaina					
	3:30 PM - 4:30 PM SDC STAGE 2		Miss Lauren	3:30-4:30 BALLET PRE-PRIMARY		Miss Sorami/Miss Jess	4:30-5:15 SDC JAZZ 1		Miss Katie	4:30-5:30 JAZZ & SHAKE IT AGES 6-8		Miss Heaven	4:45-5:45 SDC JAZZ 3		Miss Milaina					
	4:30 PM - 5:30 PM SDC JAZZ LINE		Miss Lauren	4:30-5:30 BALLET INTERMEDIATE		Miss Sorami	5:30-6:30 SDC JAZZ 9		Miss Katie	5:30-6:30 BALLET GRADE 3		Miss Heaven	5:45-6:45 SDC JAZZ TECH 3		Miss Milaina					
	5:30 PM - 6:30 PM SDC CONTEMP 7		Miss Lauren	5:30-6:30 BALLET INTERFOUND		Miss Sorami	6:30-7:30 SDC JAZZ 4		Miss Katie	6:30-7:30 SAMBA AGES 8+		Miss Heaven	6:45-7:45 SDC JAZZ 6		Miss Milaina					
	6:30 PM - 7:30 PM SDC CONTEMP 6		Miss Lauren	6:30-7:30 BALLET GRADE 7		Miss Sorami	7:30-8:30 SDC LYRICAL 3		Miss Katie	7:30-8:30 BALLET TEEN 12+		Miss Heaven	7:45-8:45 Technique Privates with Milaina (email to book)		Miss Milaina					
7:30 PM - 8:15 PM SDC LYRICAL SELECT		Miss Lauren	7:30-8:30 BALLET GRADE 5		Miss Sorami	8:30-9:30 SDC JAZZ 8		Miss Katie	8:30-9:30 ADULT SAMBA		Miss Heaven									
8:30-9:30 BALLET GRADE 6 (1st Year)		Miss Sorami																		
FRIDAY	LYTTON STUDIO 1				LYTTON STUDIO 2				LYTTON STUDIO 3				LYTTON STUDIO 4				FORESTER STUDIO			
	2:30 PM - 3:30 PM PAS DE DEUX REHEARSALS		Mr. Tyler & Mr. Gio	3:15-3:45 SDC SAMBA TECH 2		Miss Heaven	3:30-4:30 SDC BALLET 1		Miss Marsha	1:50-2:50 JAZZ TECH WK. 1		Miss Milaina	3:30-4:15 HIP HOP & BREAKING 1		Mr. Magnus					
	3:30 PM - 4:30 PM BALLET PARTNERING SENIOR		Mr. Tyler & Mr. Gio	3:45-4:30 SDC SAMBA 2		Miss Heaven	4:30-5:30 BALLET GRADE 2		Miss Marsha	2:50-3:30 SDC Senior Solos Wk.1		Miss Milaina	4:15-5:00 HIP HOP & BREAKING 2		Mr. Magnus					
	4:30 PM - 5:30 PM BALLET PARTNERING INTERMEDIATE		Mr. Tyler & Mr. Gio	4:30-5:30 BALLET GRADE 1		Miss Heaven	5:30-6:30 SDC BALLET 4		Miss Marsha	3:30-4:30 JAZZ AGES 11-12		Miss Milaina	5:00-6:00 HIP HOP & BREAKING 3		Mr. Magnus					
	5:30 PM - 6:30 PM BALLET INTERMEDIATE		Mr. Tyler	5:30-6:30 BALLET TEEN 12+		Mr. Gio	6:30-7:30 BALLET POINTE BEGINNER (1st yr)		Miss Marsha	4:30-5:30 SDC CONTEMP 4		Miss Milaina	6:00-7:00 SDC BREAKING 1 TECH		Mr. Magnus					
	6:30 PM - 7:30 PM BALLET GRADE 6 (2nd yr)		Mr. Tyler	6:30-7:30 BALLET GRADE 6 (1st Year)		Mr. Gio	7:30-8:30 BALLET POINTE BEGINNER (2nd yr)		Miss Marsha	5:30-6:30 HIP HOP TEEN		Miss Milaina	7:00-8:00 SDC BREAKING 1		Mr. Magnus					
7:30 PM - 8:30 PM BALLET GRADE 7		Mr. Tyler	7:30-8:30 BALLET GRADE 8		Mr. Gio			7:30-8:30 SDC SOLO CLASS		6:30-7:30 HIP HOP TEEN		Miss Milaina	8:00-8:30 SDC BREAKING SOLO		Mr. Magnus					
SATURDAY	LYTTON STUDIO 1				LYTTON STUDIO 2				LYTTON STUDIO 3				LYTTON STUDIO 4				FORESTER STUDIO			
	9:00 AM - 10:00 AM BALLET GRADE 4		Mr. Gio	9:00-9:45 BALLET STARS AGES 3/4		Miss Jessica	9:00-10:00 BALLET PREPRIMARY		Miss Erin	9:00-10:00 SDC SOLO CLASS		Miss Jenna	9:00-10:00 SDC SOLO CLASS		Miss Megan					
	10:00 AM - 11:00 AM SDC BALLET 3		Mr. Gio	10:00-10:45 BALLET STARS AGES 3/4		Miss Jessica	10:00-11:00 BALLET PRIMARY		Miss Erin	10:00-11:00 SDC SOLO CLASS		Miss Jenna	10:00-11:00 SDC SOLO CLASS		Miss Megan					
	11:00 AM - 12:00 PM BALLET INTERFOUND		Mr. Gio	11:00-12:00 BALLET PREPRIMARY		Miss Jessica	11:00-12:00 BALLET GRADE 1		Miss Erin	11:00-11:45 BALLET STARS AGES 3/4		Miss Haileigh	11:00-12:00 ACRO LEVEL 1 AGES 6-8		Miss Megan					
	12:00 PM - 1:00 PM BALLET GRADE 6 (1st Year)		Mr. Gio	12:00-1:00 HIP HOP AGES 6-9 12PM		Miss Jessica	12:00-1:00 JAZZ & TAP AGES 5-6		Miss Erin	12:00-1:00 JAZZ & TAP AGES 7-9		Miss Haileigh	12:00-1:00 CONTEMPORARY AGES 9-11		Miss Megan					
	1:00 PM - 2:00 PM BALLET GRADE 2		Mr. Gio	1:00-2:00 BROADWAY BOUND AGES 8-10		Miss Jessica	1:00-2:00 SDC SOLO CLASS		Miss Erin	1:00-2:00 JAZZ & LYRICAL AGES 6-9		Miss Haileigh	1:00-2:00 SDC ACRO 2 TECH		Mr. Jakob					
2:00 PM - 3:00 PM BALLET GRADE 3		Mr. Gio	2:00-3:00 HIP HOP AGES 6-9 2PM		Miss Jessica	2:00-3:00 SDC SOLO CLASS		Miss Erin	2:00-3:00 JAZZ & LYRICAL AGES 9-12		Miss Haileigh	2:00-3:00 SDC ACRO 2		Mr. Jakob						
3:00 PM - 4:00 PM SDC SOLO CLASS		Mr. Gio	3:00-4:00 SDC SOLO CLASS		Miss Jessica							3:00-4:00 SDC TAP 1		Mr. Jakob						
													4:00-5:00 TAP AGES 10+		Mr. Jakob					