

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