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	
		1:50-2:50 JAZZ TECH WK. 1	Miss Belinda						
3:30-4:30 BALLET ADVANCED FOUND	Miss Nicola	3:30-4:30 SDC JAZZ TECH 2	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	4:30-5:30 SDC JAZZ TECH 4/5	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	5:30-6:30 SDC JAZZ TECH 9/10	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	6:30-7:30 SDC JAZZ TECH 8	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	7:30-8:30 SDC JAZZ TECH 6/7	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			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						
		2:50-3:30 SDC JAZZ 10 WK. 2	Miss Lauren						
3:30 PM - 4:30 PM BALLET ADV FOUND	Miss Nicola	3:30-4:30 SDC COMP TECH 4/5/6	Miss Lauren/Guests	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
4:30 PM - 5:30 PM BALLET ADVANCED 1+	Miss Nicola	4:30-5:30 SDC COMP TECH 7/8	Miss Lauren/Guests	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
5:30 PM - 6:30 PM BALLET GRADE 6 (2nd yr)	Miss Nicola	5:30-6:30 SDC COMP TECH 9/10	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
6:30 PM - 7:30 PM PBT LEVEL 5/7	Miss Nicola	6:30-7:30 SDC CONTEMP 10	Miss Lauren	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
7:30 PM - 8:30 PM PBT LEVEL 4	Miss Nicola	7:30-8:30 SDC SAMBA 3 & SAMBA 3 TECH	Miss Heaven/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
8:30 PM - 9:30 PM BALLET GRADE 8	Miss Nicola	8:30-9:30 SAMBA TEEN AGES 12+	Miss Heaven			8:30-9:30 SDC LYRICAL 4	Miss Jenna		

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						
		2:50-3:45 SDC JAZZ 10	Miss Lauren						
		3:45-4:30 SDC LYRICAL 2			Miss Astrid/Mr.			3:45-4:45 ACRO LEVEL 1 AGES 6-8	
3:30 PM - 4:30 PM PBT LEVEL 3/6	Miss Nicola		Miss Lauren	3:30-4:30 SDC HIP HOP 4	Gabe	3:30-4:30 HIP HOP AGES 6-9	Miss Jessica		Miss Katie
		4:30-5:30 SDC LYRICAL 7		4:30-5:30 DC HIP HOP 2	Miss Astrid/Mr.	4:30-5:30 SDC HIP HOP 1		4:45-5:45 ACRO LEVEL 1 AGES 9+	
4:30 PM - 5:30 PM PBT LEVEL 8/9/10	Miss Nicola		Miss Lauren		Gabe		Miss Jessica		Miss Katie
		5:30-6:30 SDC JAZZ 5		5:30-6:30 SDC HIP HOP 3	Miss Astrid/Mr.				
5:30 PM - 6:30 PM PBT LEVEL 2	Miss Nicola		Miss Lauren		Gabe	5:30-6:30 HIP HOP AGES 6-9	Miss Jessica	5:45-6:45 ACRO LEVEL 2	Miss Katie
6:30 PM - 7:30 PM BALLET POINTE ADV FOUND	Miss Nicola			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
7:30 PM - 8:30 PM BALLET INTERFOUND	Miss Nicola			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
8:30 PM - 9:30 PM ADULT BALLET FITNESS	Miss Nicola					8:30-9:30 SDC JAZZ 7	Miss Jenna	8:30-9:30 SDC ADULT JAZZ	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	ROTATING	SDC SENIOR SOLOS WK.2	ROTATING	SDC SENIOR SOLOS WK.2	ROTATING	GROUP B/C CONTEMPORARY & CONDITIONING	ROTATING		
3:30 PM - 4:30 PM SDC STAGE 2	Miss Lauren	3:30-4:30 BALLET PRE-PRIMARY	Miss Sorami/Miss Jess	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
4:30 PM - 5:30 PM SDC JAZZ LINE	Miss Lauren	4:30-5:30 BALLET INTERMEDIATE	Miss Sorami	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
5:30 PM - 6:30 PM SDC CONTEMP 7	Miss Lauren	5:30-6:30 BALLET INTERFOUND	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
6:30 PM - 7:30 PM SDC CONTEMP 5	Miss Lauren	6:30-7:30 BALLET GRADE 7	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
7:30 PM - 8:15 PM SDC LYRICAL SELECT			Miss Sorami	7:30-8:30 SDC LYRICAL 3			Miss Heaven	7:45-8:45 Technique Privates with Milaina (email to book)	
	Miss Lauren	7:30-8:30 BALLET GRADE 5			Miss Katie	7:30-8:30 BALLET TEEN 12+			Miss Milaina
		8:30-9:30 BALLET GRADE 6 (1st Year)	Miss Sorami	8:30-9:30 SDC JAZZ 8	Miss Katie	8:30-9:30 ADULT SAMBA	Miss Heaven		

FRIDAY

LYTTON STUDIO 1		LYTTON STUDIO 2		LYTTON STUDIO 3		LYTTON STUDIO 4		FORESTER STUDIO	
						1:50-2:50 JAZZ TECH WK. 1	Miss Milaina		
2:30 PM - 3:30 PM PAS DE DEUX REHEARSALS	Mr.Tyler & Mr.Gio	3:15-3:45 SDC SAMBA TECH 2	Miss Heaven			2:50-3:30 SDC Senior Solos Wk.1	Miss Milaina		
3:30 PM - 4:30 PM BALLET PARTNERING SENIOR	Mr.Tyler & Mr.Gio	3:45-4:30 SDC SAMBA 2	Miss Heaven	3:30-4:30 SDC BALLET 1	Miss Marsha	3:30-4:30 JAZZ AGES 11-12	Miss Milaina	3:30-4:15 HIP HOP & BREAKING 1	Mr. Magnus
4:30 PM - 5:30 PM BALLET PARTNERING INTERMEDIATE	Mr.Tyler & Mr.Gio	4:30-5:30 BALLET GRADE 1	Miss Heaven	4:30-5:30 BALLET GRADE 2	Miss Marsha	4:30-5:30 SDC CONTEMP 4	Miss Milaina	4:15-5:00 HIP HOP & BREAKING 2	Mr. Magnus
5:30 PM - 6:30 PM BALLET INTERMEDIATE	Mr.Tyler	5:30-6:30 BALLET TEEN 12+	Mr.Gio	5:30-6:30 SDC BALLET 4	Miss Marsha	5:30-6:30 HIP HOP AGES 7-11	Miss Milaina	5:00-6:00 HIP HOP & BREAKING 3	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	6:30-7:30 BALLET POINTE BEGINNER (1st yr)	Miss Marsha	6:30-7:30 HIP HOP TEEN	Miss Milaina	6:00-7:00 SDC BREAKING 1 TECH	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 BALLET POINTE BEGINNER (2nd yr)	Miss Marsha	7:30-8:30 SDC SOLO CLASS	Miss Milaina	7:00-8:00 SDC BREAKING 1	Mr. Magnus
								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 9-1	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 SDC SOLO CLASS	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
3:15 PM - 4:15 PM BALLET PARTNERING JUNIOR	Mr.Gio					3:00-4:00 SDC TAP 1	Mr.Jakob		
						4:00-5:00 TAP AGES 10+	Mr.Jakob		