


STEFFI NOSSEN CLASS SCHEDULE

2024 - 2025

216 Central Ave, White Plains, NY 10606 | (914) 328-1900 |

| Day | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---------------------------------|---|--|---|---|--|---|
| YOUNG MOVERS 18 MO - 5 YEARS | | | Parents & Toddlers (18 mo. - 3 years) 9:45 - 10:30 am | Parents & Toddlers (18 mo. - 3 years) 10:00 - 10:45 am | | Creative Movement (3 - 4 years) 9:00 - 9:45 am |
| | | | | Creative Movement (3 - 4 years) 4:00 - 4:45 pm | Ballet/Tap (3 - 4 years) 4:00 - 5:00 pm | |
| CORE PROGRAM K - Grade 7 | TAP Tap II/III (2nd - 4th) 5:00 - 6:00 pm Beg Teen Tap (7th+) 6:00 - 7:00 pm | BALLET Ballet I (K - 1st) 4:30 - 5:30 pm Ballet II/III (2nd - 4th) 5:30 - 6:30 pm Ballet IV (5th - 7th) 6:30 - 7:45 pm | JAZZ Ballet/Tap (K - 1) 4:00-5:00 pm Jazz II/III (2nd - 4th) 5:00 - 6:00 pm Beg Pre-Teen Contemp Jazz (5th - 7th) 6:00 - 7:15 pm | MODERN Modern I (K - 1st) 4:45 - 5:45 pm Modern II/III (2nd - 4th) 5:45 - 6:45 pm | Afrobeats Afrobeats Kids (1st - 3rd) 4:15 - 5:15 pm Afrobeats Pre-Teen (4th- 6th) 5:15 - 6:15 pm | BALLET Ballet IV (5th - 7th) 9:45 - 11:00 am Ballet II/III (2nd - 4th) 11:00 - 12:00 pm Ballet I (K -1st) 12:00 - 1:00 pm |
| | ADAPTIVE DANCE | <p>STEFFI NOSSEN SCHOOL OF DANCE & CENTER FOR MOVEMENT</p> <h2>STUDIO RENTALS</h2> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  <p>STUDIO A 30' x 73.5'</p> </div> <div style="text-align: center;">  <p>STUDIO B 25' x 50'</p> </div> </div> <div style="text-align: center; border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>\$60 - \$150 / Hour <small>(non-profit dance rehearsal rates available)</small></p> </div> | | | | <p>FEATURES INCLUDE:</p> <ul style="list-style-type: none"> · One Sound System per studio · Three air purifiers in each studio · Proof of Certificate of Insurance required <p>AVAILABLE FOR:</p> <ul style="list-style-type: none"> · Private & Semi-Private Lessons · Group Classes & Workshops · Rehearsals & Photo Shoots · Private Events |

ADAPTIVE DANCE

ADAPTIVE DANCE

- KIDS** (5 - 7 yrs) 4:00 - 4:45 pm
- YOUTH** (8 - 16 yrs) 4:45 - 5:45 pm
- ADULT** (16 yrs+) 5:45 - 6:45 pm

- Modern I (K - 1st)** 9:00 - 10:00 am
- Modern II/III (2nd - 4th)** 10:00 - 11:00 am
- Modern IV (5th- 7th)** 11:00 - 12:15 pm

RESERVE YOUR SPACE
(914) 328-1900
steffinossen.org

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|---------------------------------------|--|--|--|---|--|---|
| TECHNIQUE PROGRAM Grades 8+ | <p style="color: blue; font-size: 2em; font-weight: bold;">Call for a FREE TRIAL CLASS</p> | BALLET | JAZZ | MODERN | BALLET |  |
| | | <p>Int Ballet* 🎵 4:15- 5:45 pm</p> <p>Adv Ballet* 🎵 5:45 - 7:15 pm</p> | <p>Adv Beg Contemp Jazz* 4:15 - 5:30 pm</p> <p>Int Contemp Jazz* 5:30 - 7:00 pm</p> <p>Adv Contemp Jazz* 7:00 - 8:30 pm</p> | <p>Adv Beg Modern* (7th+) 🎵 4:15 - 5:30 pm</p> <p>Int Modern* 🎵 5:30 - 7:00 pm</p> <p>Adv Modern* 🎵 7:00 - 8:30 pm</p> | <p>Beg Teen Ballet (7th+) 5:00 - 6:15 pm</p> <p>Adv Beg Ballet* 6:15 - 7:30 pm</p> | |

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| PRE-PROFESSIONAL PROGRAM |
| <p>JUNIOR MASTER CLASS* 12:30 - 2:00 pm 🎵</p> <p>COMPANY/ MCII BALLET* 1:00 - 1:45 pm 🎵</p> <p>MC I BALLET* 2:00 - 2:45 pm 🎵</p> <p>MASTER CLASS II* 2:00 - 3:30 pm 🎵</p> <p>MASTER CLASS I* 2:45 - 4:15 pm 🎵</p> <p>COMPANY REHEARSAL* 4:00 - 6:00 pm 🎵</p> <p>DANCE THEATER GROUP* 4:30 - 6:00 pm 🎵</p> |

ADULT CLASSES

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|----------------------|---|---|---|---|--|
| ADULT CLASSES | TAP | BALLET | JAZZ | DANCE CARDIO | AFROBEATS |
| | <p>Open Tap 7:00 - 8:00 pm</p> | <p>Beginner Ballet 7:15- 8:15 pm</p> | <p>Beg Contemporary Jazz 7:15- 8:15 pm</p> | <p>Dance Cardio 7:00 - 8:00 pm</p> | <p>Adult Afrobeats 6:30 - 7:30 pm</p> |

*LEVEL- BASED CLASSES REQUIRE PLACEMENT AT TEACHERS' DISCRETION 🎵 LIVE MUSIC IN CLASSES