



Age/Level Guidelines

604.541.9498 info@essenceofdance.ca
Studios A, B, F & G located @ #3, 4, 5 15578 – 24 Avenue
Studios C, D & E located @ #4, 5 & 10 - 2320 King George Blvd

Recreational & Technique Classes

Birth Year & Recommended Levels

(Ages & levels are a guideline only. Placement will be determined by previous dance experience and at the recommendation of the instructor):

2021

Beginner

2020

Beginner | Primary | Jazz Tap Combo

2019

Primary | Junior 1 | Jazz Tap Combo

2018

Junior 1 | Junior 2

2017

Junior 2 | Junior 3 | Junior 3/4

2016

Junior 3 | Junior 4 | Junior 3/4

2015

Junior 4 | Junior 5 | AIDT Primary | Junior 3/4 | Junior 5/6/7

2014

Junior 4 | Junior 5 | Junior 6 | Grade 1 | AIDT 1st Grade | Vaganova Level 3 | Junior 5/6/7

2013

Junior 5 | Junior 6 | Junior 7 | Junior 5/6/7 | Grade 1 | Grade 2 | AIDT 2nd Grade | Vaganova Level 3 | Vaganova Level 4 | Pre Teen

2012

Junior 5 | Junior 6 | Junior 7 | Grade 2 | Grade 3 | AIDT 3rd Grade | Vaganova Level 4 | Vaganova Level 5 | Intermediate | Inter/Senior | Pre Teen

2011

Junior 6 | Junior 7 | Grade 2 | Grade 3 | Grade 4 | AIDT 4th Grade | Vaganova Level 4 | Vaganova Level 5 | Vaganova Level 6 | Vaganova Level 7 | Intermediate | Inter/Senior | Pre Teen | Teen

2010

Junior 7 | Grade 4 | Grade 5 | Elementary | AIDT Final Grade | Vaganova Level 6 | Vaganova Level 7 | Vaganova Level 8 | Vaganova Pre Elementary | Intermediate | Inter/Senior | Pre Teen | Teen

2009 | 2008 | 2007

Grade 5 | Elementary | Intermediate | Intermediate/Advanced | Advanced | Inter/Senior | AIDT Pre-Elementary | AIDT Elementary | AIDT Intermediate | AIDT Advanced | Vaganova Level 7 | Vaganova Level 8 | Vaganova Pre-Elementary | Teen