

LOCUST PERFORMING ARTS CENTER *of Stamford*

LocustPerformingArts.com ■ 203-962-4934 ■ LPACnotice@gmail.com

2025-2026 FALL-SPRING SCHEDULE

updated 11/18/25

NOTE: Classes are subject to changes, updates + approval. The most up-to-date schedule will be in the online registration portal.

Interested in a class you don't see? **Email us!** New classes may be added.

MONDAY

time	class #	class	age range	teacher
1:15-2:00 pm	101	MOMMY + ME MOVEMENT (Dads/Guardians welcome)	Ages 9mos-3yrs	Lauren Sherwood
	111	BEGINNER CONTEMPORARY	Grades 2-4	Angelina Bajra
4:15-5:15 pm	112	BEGINNER-INTERMEDIATE BALLET (req. for Locust Prep)	Grades 4-6	Courtney Copper
	113	BEGINNER HIP HOP FULL	Grades K-2	Cheryl Carpio
	121	INTERMEDIATE BALLET (req. for LCDW II)	Grades 7+	Courtney Copper
5:15-6:15 pm	122	TECHNIQUE (req. for Locust Prep)	Grades 4-6	Cheryl Carpio
	123	BEGINNER-INTERMEDIATE HIP HOP	Grades 3-5	Angelina Bajra
	131	INTERMEDIATE-ADVANCED BALLET (req. for LCDW I)	Grades 9+	Courtney Copper
6:15-7:15 pm	132	TECHNIQUE (req. for LCDW II)	Grades 7+	Cheryl Carpio
	133	BEGINNER-INTERMEDIATE HIP HOP	Grades 4-6	Kylie Ashlund
	141	TECHNIQUE (req. for LCDW I)	Grades 9+	Courtney Copper
7:15-8:15 pm	142	INTERMEDIATE CONTEMPORARY	Grades 7+	Cheryl Carpio
	143	BEGINNER-INTERMEDIATE HIP HOP FULL	Grades 6-8	Kylie Ashlund
8:15-9:15 pm	151	ADULT JAZZ	Adults	Courtney Copper

TUESDAY

time	class #	class	age range	teacher
	211	INTRO TO ACRO	Grades 1-3	Cheryl Carpio
4:15-5:15 pm	212	INTERMEDIATE JAZZ (req. for Locust Prep)	Grades 4-6	Courtney Copper
	213	INTERMEDIATE HIP HOP NEW CLASS!	Grades 5-7	Aaron Bantum
	221	BEGINNER-INTERMEDIATE II HIP HOP	Grades 4-6	Aaron Bantum
5:15-6:15 pm	222	LOCUST PREPARATORY REHEARSAL	Closed Class	Courtney Copper
	223	BEGINNER-INTERMEDIATE JAZZ	Grades 1-3	Cheryl Carpio
	231	ADVANCED HIP HOP FULL	Grades 9+	Aaron Bantum
6:15-7:15 pm	232	INTERMEDIATE-ADVANCED COMMERCIAL JAZZ	Grades 7+	Courtney Copper
	233	STRETCH + STRENGTHEN	Teens-Adults	Cheryl Carpio
	241	INTERMEDIATE-ADVANCED HIP HOP FULL	Grades 7+	Aaron Bantum
7:15-8:15 pm	242	ADVANCED MUSICAL THEATRE	Grades 8+	Courtney Copper
		TBD/ OPEN FOR PRIVATE LESSONS		Cheryl Carpio
8:15-9:15 pm	251	ADULT HIP HOP	Adults	Aaron Bantum

WEDNESDAY

time	class #	class	age range	teacher
	311	INTERMEDIATE LOCUST JAZZ DANCE COLLECTIVE	Closed Class	Jimmy Locust
4:15-5:15 pm	312	BEGINNER-INTERMEDIATE HIP HOP FULL	Grades 3-5	Angelina Bajra
	313	INTERMEDIATE CONTEMPORARY	Grades 5-7	Aaron Bantum
	321	LOCUST CONTEMPORARY DANCE WORKS II REHEARSAL	Closed Class	Jimmy Locust
5:15-6:15 pm	322	KOOL KIDZ REHEARSAL	Closed Class	Angelina Bajra
	323	INTERMEDIATE-ADVANCED II HIP HOP	Grades 8+	Aaron Bantum
	331	ADVANCED LOCUST JAZZ DANCE COLLECTIVE	Closed Class	Jimmy Locust
6:15-7:15 pm	332	BEGINNER-INTERMEDIATE HIP HOP FULL	Grades 4-6	Aaron Bantum
	333	BEGINNER-INTERMEDIATE CONTEMPORARY	Grades 8+	Angelina Bajra
	341	LOCUST CONTEMPORARY DANCE WORKS REHEARSAL	Closed Class	Jimmy Locust
7:15-8:15 pm	342	ADVANCED HIP HOP	Grades 9+	Angelina Bajra
	343	ADULT MUSICAL THEATRE	Adults	Lauren Sherwood

THURSDAY

time	class #	class	age range	teacher
3:30-4:15 pm	401	CREATIVE BALLET + TAP	Ages 3-5	Kara Manzino
	411	FOCUS HIP HOP REHEARSAL	Closed Class	Jimmy Locust
4:15-5:15 pm	412	BEGINNER HIP HOP	Grades 1-3	Cheryl Carpio
	413	BALLET + TECHNIQUE (req. for Locust Lab)	Grades 1-3	Kara Manzino
	421	FOCUS HIP HOP REHEARSAL	Closed Class	Jimmy Locust
5:15-6:15 pm	422	LOCUST LAB REHEARSAL	Closed Class	Kara Manzino
	423	BEGINNER-INTERMEDIATE TAP	Grades 1-4	Cheryl Carpio
	431	FOCUS HIP HOP REHEARSAL	Closed Class	Jimmy Locust
6:15-7:15 pm	432	INTERMEDIATE LYRICAL	Grades 7+	Cheryl Carpio
	433	BEGINNER-INTERMEDIATE CONTEMPORARY FULL	Grades 5-7	Angelina Bajra
	441	HIP HOP'S FINEST REHEARSAL	Closed Class	Jimmy Locust
7:15-8:15 pm	442	INT-ADV JUMPS + TURNS/STRETCH + STRENGTHEN	Grades 7+	Cheryl Carpio
	443	BEGINNER-INTERMEDIATE HIP HOP FULL	Grades 6-8	Angelina Bajra

FRIDAY

time	class #	class	age range	teacher
3:30-4:15 pm	501	TINY TOTS HIP HOP	Ages 3-5	Jessa Rose
4:15-5:15 pm	511	BEGINNER BALLET + JAZZ	Grades K-2	Rachel Shupin
	512	BEGINNER-INTERMEDIATE MUSICAL THEATRE	Grades 2-4	Jessa Rose
5:15-6:15 pm	521	BEGINNER-INTERMEDIATE LYRICAL	Grades 4-6	Rachel Shupin
	522	INTERMEDIATE MUSICAL THEATRE	Grades 5+	Jessa Rose
6:15-7:15 pm	531	BEGINNER-INTERMEDIATE CHEER / POM DANCE	Grades 5+	Rachel Shupin

SATURDAY

time	class #	class	age range	teacher
9:00-9:45 am	611	CREATIVE BALLET + JAZZ	Ages 3-5	Lauren Sherwood
	612	CREATIVE BALLET	Ages 3-5	Bonnie Gregson
	621	BEGINNER II HIP HOP	Grades 2-4	Bonnie Gregson
10:00-11:00 am	622	BEGINNER-INTERMEDIATE JAZZ + HIP HOP	Grades 1-3	Jessa Rose
	623	BEGINNER JAZZ + MUSICAL THEATRE	Grades K-2	Lauren Sherwood
	641	ADVANCED CONTEMPORARY	Grades 8+	Mikela Pirri
11:00-12:00 pm	632	BEGINNER BALLET + JAZZ	Grades K-2	Bonnie Gregson
	633	BEGINNER-INTERMEDIATE HIP HOP	Grades 3-5	Jessa Rose
		L.E.D. CLOSED REHEARSAL	Closed Class	Mikela Pirri
12:00-1:00 pm	642	BEGINNER JAZZ FUNK	Grades 2-4	Bonnie Gregson
	643	BEGINNER-INTERMEDIATE MUSICAL THEATRE TAP	Grades 5+	Jessa Rose
1:00-2:00 pm	652	THEATER DANCE (Musicals/Pop Icons)	Grades 3-5	Bonnie Gregson
2:30-4:30 pm		L.E.D. CLOSED REHEARSAL	Closed Class	

Need help choosing the right class? Ask Class Advisor Courtney!
 LPACcourtney@gmail.com

LPAC DRESS CODE *

Acro	solid-color leotard or leotard with shorts; convertible tights optional, Footundeez optional
Ballet	girls: dark solid-colored leotard (ballet wrap skirt optional); pink ballet shoes w/ballet pink tights; hair in bun boys: white t-shirt; black ballet shoes w/black tights
Ballet + Jazz / Creative Ballet + Jazz	girls: any color leotard (or leotard with skirt attached); tights; pink ballet shoes and black jazz shoes boys: solid color fitted tee; non-baggy shorts or pants; black ballet shoes, black jazz shoes
Creative Ballet	girls: any color leotard (or leotard with skirt attached); tights; pink ballet shoes boys: solid color fitted tee; non-baggy shorts or pants; black ballet shoes
Creative Ballet + Tap	girls: any color leotard (or leotard with skirt attached); tights; pink ballet shoes and black Maryjane tap shoes boys: solid color fitted tee; non-baggy shorts or pants; black ballet shoes, black Oxford tap shoes
Creative Jazz + Tap	girls: any color leotard (or leotard with skirt attached); tights; black jazz shoes and black Maryjane tap shoes boys: solid color fitted tee; non-baggy shorts or pants; black jazz shoes, black Oxford tap shoes
Cheer / Pom	tank top or t-shirt; athletic pants/shorts; black jazz sneakers
Contemporary / Lyrical	solid-color leotard or cami and shorts with footless skin-tone tights; jazz pants or leggings; footUndeez
Hip-Hop	sweat pants or any type of work-out pants with a solid color t-shirt (no skirts); sneakers; knee pads recommended
Tiny Tots Hip Hop	comfortable clothing (no skirts or jeans); sneakers
Jazz	solid-color leotard, cami, or t-shirt; tights; jazz pants, leggings/shorts; jazz shoes
Jazz Funk / Jazz + Hip Hop / Theater Dance	solid-color leotard, cami or t-shirt; jazz pants or leggings; jazz shoes/sneakers
Mommy & Me	comfortable fitted clothing; no shoes required (barefoot)
Musical Theatre	solid-color leotard, cami or t-shirt; black dance pants or leggings/shorts over black tights; jazz shoes
Tap	solid-color leotard, cami, or t-shirt; tights; black jazz pants or leggings/shorts over tights; tap shoes (any style)
Technique	solid-colored leotard with boy shorts; footless or convertible tights (any color); foot undeez or jazz shoes

* Attire may be purchased at local stores or online
at www.discountdance.com (enter code TP44202 at checkout)