LOCUST PERFORMING ARTS CENTER *of Stamford*

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

2026-2027 FALL-SPRING

updated 10/5/26

NOTE: Classes are subject to changes, additions + approval requirements. 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
10:00-10:45 am	101	MOMMY + ME MOVEMENT (Dads/Guardians welcome)	Ages 9mos-3yrs	Lauren Sherwood
4:15-5:15 pm	111	BEGINNER CONTEMPORARY	Grades 2-4	Angelina Bajra
	112	BEGINNER-INTERMEDIATE BALLET (req. for Locust Prep) Class Full	Grades 4-6	Kara Manzino
	113	BEGINNER HIP HOP	Grades K-2	Cheryl Carpio
5:15-6:15 pm	121	INTERMEDIATE BALLET (req. for LCDW II)	Grades 7+	Kara Manzino
	122	TECHNIQUE (req. for Locust Prep)	Grades 4-6	Cheryl Carpio
	123	BEGINNER-INTERMEDIATE HIP HOP Class Full	Grades 3-5	Angelina Bajra
6:15-7:15 pm	131	ADVANCED BALLET (req. for LCDW I)	Grades 9+	Kara Manzino
	132	TECHNIQUE (req. for LCDW II) Class Full	Grades 7+	Cheryl Carpio
	133	INTERMEDIATE HIP HOP Class Full	Grades 4-6	Angelina Bajra
7:15-8:15 pm	141	TECHNIQUE (req. for LCDW I)	Grades 9+	Kara Manzino
	142	INTERMEDIATE CONTEMPORARY	Grades 7+	Cheryl Carpio
	143	INTERMEDIATE HIP HOP	Grades 7+	Angelina Bajra

TUESDAY

time	class #	class	age range	teacher
6:00-7:00 am	201	BROADWAY BOOT CAMP CARDIO DANCE + STRENGTHENING	Adults	Lauren Sherwood
4:15-5:15 pm	211	BEGINNER ACRO + POM/CHEER	Grades 1-4	Cheryl Carpio
	212	INTERMEDIATE JAZZ (req. for Locust Prep) Class Full	Grades 4-6	Courtney Copper
	213	INTERMEDIATE-ADVANCED CONTEMPORARY	Grades 6-8	Aaron Bantum
5:15-6:15 pm	221	BEGINNER-INTERMEDIATE II HIP HOP	Grades 4-6	Aaron Bantum
	222	LOCUST PREPARATORY REHEARSAL	Closed Class	Courtney Copper
	223	BEGINNER-INTERMEDIATE JAZZ	Grades 1-3	Cheryl Carpio
6:15-7:15 pm	231	ADVANCED HIP HOP Class Full	Grades 9+	Aaron Bantum
	232	INTERMEDIATE-ADVANCED JAZZ	Grades 7+	Courtney Copper
	233	BEGINNER-INTERMEDIATE JUMPS + TURNS	Grades 5-8	Cheryl Carpio
7:15-8:15 pm	241	INTERMEDIATE-ADVANCED HIP HOP Class Full	Grades 7+	Aaron Bantum
	242	ADVANCED MUSICAL THEATRE	Grades 7+	Courtney Copper
		TBD/ OPEN FOR PRIVATE LESSONS		Cheryl Carpio
8:15-9:15 pm	251	ADULT JAZZ	Adults	Courtney Copper

WEDNESDAY

time	class #	class	age range	teacher
4:15-5:15 pm	311	INTERMEDIATE LOCUST JAZZ DANCE COLLECTIVE	Closed Class	Jimmy Locust + Guest Artists
	312	BEGINNER-INTERMEDIATE HIP HOP Class Full	Grades 3-5	Angelina Bajra
	313	BEGINNER HIP HOP	Grades 2-4	Lacey Thomas
5:15-6:15 pm	321	LOCUST CONTEMPORARY DANCE WORKS II REHEARSAL	Closed Class	Jimmy Locust + Guest Artists
	322	KOOL KIDZ REHEARSAL	Closed Class	Angelina Bajra
	323	ADVANCED HIP HOP	Grades 8+	Lacey Thomas
6:15-7:15 pm	331	ADVANCED LOCUST JAZZ DANCE COLLECTIVE	Closed Class	Jimmy Locust + Guest Artists
	332	BEGINNER-INTERMEDIATE II HIP HOP	Grades 4-6	Kylie Ashlund
	333	BEGINNER-INTERMEDIATE CONTEMPORARY	Grades 8+	Angelina Bajra
7:15-8:15 pm	341	LOCUST CONTEMPORARY DANCE WORKS REHEARSAL	Closed Class	Jimmy Locust + Guest Artists
	342	ADVANCED HIP HOP	Grades 9+	Angelina Bajra
	343	INTERMEDIATE HIP HOP Class Full	Grades 6-8	Kylie Ashlund
8:15-9:15 pm	351	ADULT MUSICAL THEATRE	Adults	Lauren Sherwood

THURSDAY

time	class #	class	age range	teacher
8:00-9:00 am	400	BROADWAY BOOT CAMP CARDIO DANCE + STRENGTHENING	Adults	Lauren Sherwood
3:30-4:15 pm	401	CREATIVE BALLET + TAP	Ages 3-5	Kara Manzino
4:15-5:15 pm	411	FOCUS HIP HOP REHEARSAL	Closed Class	Lacey, Dilian + Jimmy Locust
	412	BEGINNER HIP HOP	Grades 1-3	Cheryl Carpio
	413	BALLET + TECHNIQUE (req. for Locust Lab) Class Full	Grades 1-4	Kara Manzino
5:15-6:15 pm	421	FOCUS HIP HOP REHEARSAL	Closed Class	Lacey, Dilian + Jimmy Locust
	422	LOCUST LAB REHEARSAL	Closed Class	Kara Manzino
	423	BEGINNER-INTERMEDIATE TAP	Grades 1-4	Cheryl Carpio
6:15-7:15 pm	431	FOCUS HIP HOP REHEARSAL	Closed Class	Lacey, Dilian + Jimmy Locust
	432	INTERMEDIATE LYRICAL	Grades 7+	Cheryl Carpio
	433	BEGINNER-INTERMEDIATE CONTEMPORARY Class Full	Grades 5-7	Angelina Bajra
7:15-8:15 pm	441	HIP HOP'S FINEST REHEARSAL	Closed Class	Lacey, Dilian + Jimmy Locust
	442	INT-ADV JUMPS + TURNS/STRETCH + STRENGTHEN Class Full	Grades 7+	Cheryl Carpio
	443	BEGINNER-INTERMEDIATE HIP HOP Class Full	Grades 6-8	Angelina Bajra
8:15-9:15 pm	451	ADULT HIP HOP	Adults	Lacey Thomas

FRIDAY

time	class #	class	age range	teacher
4:15-5:15 pm	511	BEGINNER BALLET + JAZZ	Grades K-2	Cheryl Carpio
	512	BEGINNER-INTERMEDIATE MUSICAL THEATRE	Grades 2-4	Jessa Rose
5:15-6:15 pm	521	BEGINNER-INTERMEDIATE LYRICAL	Grades 4-6	Cheryl Carpio
	523	INTERMEDIATE MUSICAL THEATRE TAP (1+ yrs of Tap experience	Grades 5+	Jessa Rose
6:15-7:15 pm	531	BEGINNER-INTERMEDIATE CHEER / POM DANCE	Grades 5+	Cheryl Carpio
	532	INTERMEDIATE MUSICAL THEATRE	Grades 5+	Jessa Rose
7:15-8:15 pm	543	ADULT TAP	Adults	Jessa Rose

SATURDAY

time	class #	class	age range	teacher
8:30-9:15 am	602	CREATIVE BALLET + JAZZ	Ages 3-5	Lauren Sherwood
9:00-9:45 am	611	CREATIVE BALLET	Ages 3-5	Bonnie Gregson
	613	CREATIVE JAZZ + TAP	Ages 3-5	Jessa Rose
9:15-10:00 am	612	TINY TOTS HIP HOP Class Full	Ages 3-5	Lauren Sherwood
10:00-11:00 am	621	BEGINNER-INTERMEDIATE HIP HOP TRICKS	Grades 7+	Ali Currie
	622	BEGINNER II HIP HOP	Grades 2-4	Bonnie Gregson
	623	BEGINNER-INTERMEDIATE JAZZ	Grades 1-3	Jessa Rose
11:00-12:00 pm	631	ADVANCED CONTEMPORARY	Grades 8+	Ali Currie
	632	BEGINNER BALLET + JAZZ	Grades K-2	Bonnie Gregson
	633	BEGINNER-INTERMEDIATE HIP HOP	Grades 3-5	Jessa Rose
12:00-1:00 pm		L.E.D. CLOSED REHEARSAL	Closed Class	Ali Currie
	642	BEGINNER-INTERMEDIATE JAZZ FUNK	Grades 3-5	Bonnie Gregson
	643	INTRO TO MUSICAL THEATRE TAP	Grades 4+	Jessa Rose
1:00-2:00 pm	652	THEATER DANCE (Musicals/Pop Icons)	Grades 4-6	Bonnie Gregson
1:30-2:30 pm	653	INTERMEDIATE-ADVANCED MUSICAL THEATRE	Grades 5+	Jessa Rose
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 / 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)