



LUVEN Level Placement Guide

Self-Assessment levels allow dancers to choose the level that feels most aligned with their current experience and confidence.

Assessment Required levels require instructor placement to ensure dancers are set up for success, safety, and appropriate challenge.

BEGINNER 1 (Self-Assessment)

Training Dates: Fridays, 7:15–9:00 PM

Perfect for those with little to no dance background. This level is designed for anyone who's ever said "I have no rhythm," feels unsure in their body, or is brand new to dance training. We focus on building confidence from the ground up—introducing foundational movement skills, music counts and timing, and an early sense of stage presence in a supportive, no-pressure environment.

BEGINNER 2 (Self-Assessment, but recommend One Session of Beginner 1)

Training Dates: Sundays, 2:00–3:45 PM

Ideal for dancers with some prior experience or training who may not have performed before—or who want to continue strengthening their foundations. This level bridges technique and performance, introducing character expression and theme embodiment while continuing to refine musicality, movement quality, and confidence.

INTERMEDIATE 1 (Self-Assessment, but recommend Two Sessions of Beginner 2)

Training Dates: Saturdays *or* Sundays, 12:00–1:45 PM

For dancers who have a bit of mileage in their dance shoes. This level is a great fit for Beginners ready to level up, drop-in dancers looking to step into performance training, or former competitive dancers wanting to rebuild technique, stamina, and confidence. You'll be introduced to heels, elements of contemporary, and deeper acting and character work, all while increasing physical and artistic challenge

INTERMEDIATE 2 (Assessment Required)

Training Dates: Thursdays, 6:30–8:15 PM *or* Saturdays, 10:00–11:45 AM

This level is for dancers ready to be challenged both physically and mentally. Admission is by assessment only (see our schedule for assessment classes prior to registration). Dancers in this group tackle more complex choreography, higher-level skills, and multiple dance styles including heels, hip hop, jazz funk, contemporary, and floorwork. Expect to push limits and expand versatility.

Group Assessment classes are held prior to each Spring and Fall session. Assessments may also be completed one-on-one through a paid private lesson with a Tier 2+ instructor.

EXPERIENCED (Assessment Required)

Training Dates: Fridays, 7:15 - 9:00 PM

This advanced group offers dynamic, demanding training for seasoned dancers. Ideal for those who have maintained their skills post-school (even if a little rusty) or who bring 4+ years of experience across multiple genres. Character work is second nature here, and dancers thrive in intricate choreography with layered structure, performance nuance, and individual spotlight moments.

Group Assessment classes are held prior to each Spring and Fall session. Assessments may also be completed one-on-one through a paid private lesson with a Tier 2+ instructor.

ACCELERATED (Audition Required)

Training Dates: Tuesdays, 7:45–9:30 PM

The Accelerated Group is for dancers who meet clear prerequisite skill requirements and are ready to **prioritize advanced training and performance**. This is not a “next step” from Experienced, but a **parallel, audition-based pathway** designed for dancers who thrive in a fast-paced, high-expectation environment.

This group is best suited for dancers with **extensive competitive, post-secondary, or equivalent intensive training**, or adult dancers who have deeply invested in ballet, jazz, hip hop, heels, and performance and can meet the prerequisites.

Auditions are held **annually in the Summer** and all dancers must audition each year. Placement is determined individually and meeting prerequisites does not guarantee acceptance. Accepted dancers may participate in one or both sessions within the performance year.

No assessments, drop-ins, or late audition submissions are accepted.