



## Dance Class Schedule for the 2009 – 2010 Season

Please note – some classes have been restructured and re-named since last season. Please read carefully!

### **Twirling Tots!**

An energetic 4-month program for our youngest dancers! This is an engaging class with emphasis on gross motor skills, peer interaction, and fun! All participants must be 2 years old by program start date and able to handle being away from a parent for the duration of the class. Sessions run Sept – Dec. and Jan – April. This class will not participate in any performances.

Saturdays 8:30 – 9:00

### **Dancin' Kids!**

Our Dancin' Kids program allows children aged 3 and up to experience dance, movement, and music in an engaging class format. Students will enhance their gross motor skills, improve their sense of rhythm and co-ordination, and be introduced to dance in a positive fashion. Students must be 3 years old by September 1<sup>st</sup>.

Thursdays 4:45 – 5:30

Saturdays 9:00 – 9:45

Saturdays 9:45 – 10:30

### **Primary Program**

All classes offered in our primary program aim to introduce the foundations of dance technique and include many outlets for creative expression. Combination classes are a split of jazz and tap, ballet classes are straight ballet. Students must be the minimum age by September 1<sup>st</sup>.

**PRE-BALLET** (age 4 – 5, no dance experience)

Tuesdays 4:15 – 4:45

Saturdays 10:15 – 10:45

**PRE-PRIMARY BALLET** (age 5 – 6)

Thursdays 4:00 – 4:45

Saturdays 11:30 – 12:15

**PRIMARY BALLET** (age 6+, preferred 1 year ballet experience)

Fridays 4:30 – 5:15

Saturdays 12:15 – 1:00

**PRE-DANCE 1** (age 4 – 5)

Wednesday 4:15 – 5:00

Saturdays 9:00 – 9:45

**PRE-DANCE 2** (age 5 – 6)

Mondays 4:00 – 4:45

Saturdays 10:45 – 11:30

**BEGINNERS** (age 6 – 8)

Tuesdays 4:45 – 5:45

Saturdays 9:45 – 10:45

### **Jazz Dance Program**

Jazz dance develops co-ordination, flexibility, and strength through entertaining classes using popular music. Emphasis is on proper technique with a flair for performance and style.

**JAZZ 1** (age 7 - 8)

Fridays 4:15 – 5:00

Saturdays 9:30 – 10:15 (split with jazz 2)

**JAZZ 2** (age 8 - 10)

Tuesdays 5:45 – 6:30

Saturdays 9:30 – 10:15 (split with jazz 1)

**JAZZ 3** (age 9 – 10, preferred jazz dance experience)

Wednesdays 5:00 – 5:45

Saturdays 12:15 – 1:00

**JAZZ 4** (age 9 – 11, minimum 2 years experience)

Fridays 5:45 – 6:30

Saturdays 10:45 – 11:30

**JAZZ 5** (age 10 – 12, minimum 3 years experience)

Fridays 6:30 – 7:30

**TEEN JAZZ 2** (age 13+, minimum 2 years experience)

Thursdays 7:45 – 8:45

## **Tap Dance Program**

Tap dance is a rhythmic dance style that focuses on co-ordination, rhythm, and musicality. Tap classes give your child the ability to make music with their feet!

**TAP 1** (age 7 - 8)

Fridays 6:30 – 7:15

**TAP 3** (age 10 – 13, minimum 2 years experience)

Fridays 7:30 – 8:15

**TEEN JAZZ 1** (age 12+, 2 years experience or less)

Fridays 4:45 – 5:45

**TEEN JAZZ 3** (age 14+, minimum 3 years experience)

Mondays 7:45 – 8:45

**TAP 2** (age 8 – 11, 0 – 2 years tap experience)

Fridays 5:00 – 5:45

**TEEN TAP** (age 12+, all levels)

Monday 7:45 – 8:30

## **Ballet Program**

NEW THIS YEAR! All of our ballet classes follow the Society of Russian Ballet (SRB) Vaganova-based syllabus and are taught by SRB certified instructors. Recreational classes are offered for those students wishing to enjoy dance with a minimum time commitment. Exam classes are designed to challenge dancers to reach their full potential through yearly examinations. Students wishing to participate in the exam stream must first be assessed by a ballet instructor.

**BALLET 1** (ages 7 – 10)

Fridays 5:15 – 6:15

**BALLET 3** (age 10 - 12, minimum 2 years experience)

Thursdays 6:30 – 7:30

**LEVEL 1 PRE-EXAM**

Thursdays 5:30 – 6:30

**LEVEL 4 EXAM (Juniors)**

Mondays 5:45 – 6:45 & Wednesdays 4:00 – 5:00

**LEVEL 5 EXAM**

Tuesdays 4:00 – 5:00 & Wednesdays 6:00 – 7:00

**TEEN EXAM**

Mondays 7:45 – 8:45 & Wednesdays 8:00 – 9:00

**BALLET 2** (ages 9 – 11)

Fridays 6:15 – 7:15

**TEEN BALLET** (age 12+)

Mondays 8:45 – 9:45

**LEVEL 2 EXAM**

Tuesdays 5:30 – 6:30 & Thursdays 4:30 – 5:30

**LEVEL 4 EXAM (Intermediates)**

Mondays 6:45 – 7:45 & Thursdays 7:45 – 8:45

**LEVEL 6 EXAM**

Monday 4:15 – 5:15 & Wednesday 7:00 – 8:00

**SENIOR EXAM**

Tuesdays 6:30 – 7:30 & Thursdays 8:45 – 9:45

## **Hip Hop**

Our hip hop classes combine funky movement and popular music for lots of fun! These fast-paced classes are rhythmic and high energy. Come out and join us for fitness, friendship, and fun! Students must be minimum age by September 1<sup>st</sup>.

**JR. HIP HOP** (ages 8 - 10)

Fridays 4:00 – 4:45

Saturdays 11:30 – 12:15

\*\*it is highly recommended that dancers in our Jr. Hip Hop class

also take another dance class, to ensure a proper technical foundation.

**HIP HOP 1** (ages 11 – 12)

Fridays 5:45 – 6:30

**HIP HOP 2** (ages 12 – 13)

Thursdays 4:45 – 5:45

**HIP HOP 4** (age 15+)

Wednesdays 8:00 – 9:00

**HIP HOP 3** (ages 13 – 14)

Mondays 4:45 – 5:45

**ADVANCED DROP-IN HIP HOP** (ages 14+) – Stay tuned for more details soon!

## **Musical Theatre**

Basic jazz technique combines with singing to create a dance class with a flair for the dramatic. Let loose and learn the songs and dances from many popular musical productions!

**MUSICAL THEATRE** (ages 10 and up, 1+ years dance experience)

Tuesdays 6:30 – 7:30

## **Contemporary Dance**

One of today's most popular dance styles! This fusion of jazz, modern, and ballet provides a creative outlet for expressing, emoting, and communicating through dance.

**CONTEMPORARY AND IMPROVISATION** (ages 11+, minimum 2 years dance experience)

Fridays 8:15 – 9:15

## **Yoga**

Compliment your dance training with a yoga class! Taught by a certified yoga instructor, these classes will enhance your dancing and well-being.

**YOGA FOR DANCERS** (ages 12+)

Fridays 7:15 – 8:15

## **Male Dancers**

For our young men who want a boys-only class for a change! This class is open to all ages and abilities – for this reason we recommend that our boys take another weekly technique class to focus at their own level in the style of their choosing. This class will cover hip hop, tap, jazz, and more!

**BOYS DANCE** (all ages and abilities)

Saturdays 1:00 – 1:45

## **Adult Dance and Yoga Classes**

Adult dance classes are a great way to keep fit and have fun! No rhythm...no problem! Who knows, you may find yourself dancing in the spotlight at recital! Don't worry...recital participation isn't mandatory 😊

All adult classes will run on a month-by-month basis. This means that you sign up and pay for one month at a time – a great option for busy adults who may need to take a month off now and then.

**ADULT DANCE MIX** (age: confidential!)

Thursdays 8:45 – 9:45

The adult dance mix class covers new styles of dance each month – hip hop, jazz, tap....you'll learn it all!

**ADULT YOGA/PILATES**

Tuesdays 8:15 – 9:15

**ADULT BALLET** (for adults with previous dance experience)

Afternoon timeslot – 2:00 – 3:00. Day TBA!