



Dance Class Schedule for the 2011 – 2012 Season

Welcome to another great dance season at On Stage – where dancing is fun for everyone!!

All classes EXCEPT for exam ballet classes are held once per week – you may choose from the options below.

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 9:00 – 9:30

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 1st.

Tuesdays 5:00 – 5:45 (*)

Saturdays 9:15 – 10:00

Saturdays 11:00 – 11:45

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 1st.

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

Wednesdays 5:00 – 5:30(*)

Saturdays 9:00 – 9:30

PRE-DANCE 1 (age 4 – 5)

Wednesdays 4:15 – 5:00(*)

Fridays 4:00 – 4:45 (split with PD2) (*)

Saturdays 9:30 – 10:15 **FULL**

Saturdays 12:15 1:00 (split with PD2)

PRE-PRIMARY BALLET (age 5 – 6)

Tuesdays 4:15 – 5:00(*)

Saturdays 10:45 – 11:30

PRE-DANCE 2 (age 5 – 6)

Mondays 4:15 – 5:00 (*)

Fridays 4:00 – 4:45 (split with PDI) (*)

Saturdays 9:30 – 10:15

Saturdays 12:15 1:00 (split with PDI)

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

Saturdays 10:15 – 11:00 **FULL**

Saturdays 1:00 – 1:45

BEGINNERS (age 6 – 8)

Thursdays 5:00 – 6:00(*)

Saturdays 11:00 – 12:00 **FULL**

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)

Wednesdays 4:15 – 5:00(*)

Saturdays 10:15 – 11:00 (split with jazz 2) **FULL**

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

Thursdays 6:00 – 6:45(*)

Saturdays 10:00 – 10:45

JAZZ 2 (age 8 - 10)

Tuesdays 5:45 – 6:30(*)

Saturdays 10:15 – 11:00 (split with jazz 1) **FULL**

JAZZ 4 (age 9 – 11, minimum 1 year experience)

Fridays 6:45 – 7:30

JAZZ 5 (age 10 – 12, minimum 2 years experience)

Tuesdays 7:30 – 8:30

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

Thursdays 7:45 – 8:45

ADVANCED TEEN JAZZ (age 13+, high skill level)

Wednesdays 8:30 – 9:30

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 4:00 – 4:45

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

Tuesdays 7:15 – 8:00(*)

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 7:00 – 8:00(*)**FULL**

TAP 2 (age 8 – 9, 3 years experience or less)

Tuesdays 7:15 – 8:00(*)

TEEN TAP (age 12+, all levels)

Thursdays 8:45 – 9:30

Ballet Program

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)

Tuesdays 6:30 – 7:15(*)

BALLET 2 (ages 9 – 11)

Wednesdays 5:45 – 6:45

TEEN BALLET (age 12+)

Mondays 8:30 – 9:30(*)

PRE-EXAM BALLET

Tuesdays 5:00 – 6:00

LEVEL 1 EXAM FULL

Mondays 4:00 – 5:00 & Thursdays 4:45 – 5:30

LEVEL 3 EXAM FULL

Tuesdays 4:00 – 5:00 & Thursdays 5:30 – 6:15

LEVEL 4 EXAM

Tuesdays 6:00 – 6:45 & Thursdays 7:00 – 8:00

LEVEL 6 EXAM FULL

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

LEVEL 7 EXAM

Mondays 7:00 – 8:00 & Wednesdays 6:45 – 7:45

LEVEL 8 EXAM

Mondays 6:00 – 7:00 & Wednesdays 8:45 – 9:45

***NEW* INTERMEDIATE EXAM**

Tuesdays 7:30 – 8:30 & Wednesdays 7:45 – 8:30

BEGINNER POINTE (by invitation only)

Mondays 8:00 – 8:30

INTERMEDIATE POINTE (by invitation only)

Tuesdays 8:30 – 9:00

*please note: For all exam level classes, completion of exam is decided by ballet director Miss Katherine by Nov. 30th. Enrolling in an exam level class does not mean completion of exam is guaranteed.

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 1st.

JR. HIP HOP (ages 8 - 10)

Thursdays 4:15 – 5:00(*)

Saturdays 11:30 – 12:15

HIP HOP 1 (ages 11 – 12)

Thursdays 6:45 – 7:45(*)

HIP HOP 2 (ages 12 – 13)

Fridays 5:45 – 6:45

**it is recommended (but not required) that dancers in our Jr. Hip Hop class also take another dance class, to ensure a solid technical foundation.

HIP HOP 3 (ages 13 – 14)

Mondays 6:00 – 7:00(*)

HIP HOP 4 (age 15+)

Tuesdays 8:45 – 9:45

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)

Wednesdays 5:30 – 6:30(*)

*it is recommended (but not required) that dancers in our Musical Theatre program enroll in a jazz or ballet class, to ensure a solid technical foundation.

Contemporary

Learn to express emotion & tell a story through dance! Contemporary class combines jazz & modern technique as a language to express meaning beyond the movement. Dancers enrolled in our contemporary classes ***are required*** to also enroll in a jazz &/or ballet class.

CONTEMPORARY 1 (ages 9 - 12)

Wednesdays 6:30 – 7:15(*)

CONTEMPORARY 2 (ages 13+)

Fridays 6:30 – 7:30

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. Our male instructor will cover hip hop, tap, jazz, and more!

BOYS DANCE (all ages and abilities)

Saturdays 12:00 – 12:45

Stretch & Strengthen

To be a great dancer, one must be strong, fit, and flexible! Our Stretch & Strengthen class will lead students through workouts designed to increase cardio fitness, improve strength through bodyweight strength training, and expand flexibility. Great for non-dancers who want to get into shape too! This class does not take part in any recitals or performances.

STRETCH & STRENGTHEN (ages 8+)

Tuesdays 6:45 – 7:30

Adult Dance

Back by popular demand!! Our adult classes combine jazz & hip hop to give you a great workout while having lots of fun. Sessions run Oct – Dec. and Jan – March.

ADULT JAZZ/HIP HOP

Fridays 7:30 – 8:30

NEW THIS SEASON!

Know before you register which performance your child will take part in for our 2 annual performances!

At On Stage, we present 2 separate performances (morning & afternoon) for each recital (holiday & spring). Classes marked with a (*) will perform in one show, and those with no marking in another. If you want to guarantee you only need to be present for one performance per day, be sure to keep this in mind when choosing classes for your child(ren)!

Competitive & Exam level classes should plan on being in both shows.

This schedule is tentative and subject to change. On Stage Dance Studio reserves the right to combine/cancel classes based on registration.