

## COMPETITIVE CLASSES 2019-2020

All class fees include GST. The costume fee includes GST, PST and shipping.

Some classes do not require a costume fee. Instructors will specify what to buy to wear for the dance recital.

Registration Fee is paid only once per family.

There is an \$88.00 Competition Fee for each Group. This includes the fees for 2 Competitions.

Some Groups may be selected for a 3<sup>rd</sup> competition – extra competition charges will apply

**CONDITIONING/FLEXIBILITY CLASS:** Mandatory for 10+ Yrs. Elect classes, Solos/Duos/Trios, Small Groups, Exams

**\*Certified Flexibility Instructor \* Certified Progressive Ballet Technique (Conditioning) Instructors**

Thursday 8:15-9:15 Duration: Sept. 6 – May 30

\$50 per month, \$35 Registration fee, **NO DANCE**

**CONDITIONING CLASSES:** Mandatory for 9-11 years Elect classes, Solos/Duos/Trios, Small Groups, Exams

**CONDITIONING 9-11 YEARS** Wednesday 6:00-6:45

Duration: Sept. 4 – May 27

\$50 per month, \$35 Registration fee. **NO DANCE.**

### **CLASS DESCRIPTIONS:**

#### **FLEXIBILITY (as taught in Conditioning/Flexibility class):**

Taught by Miss Karrie-Ann, a Certified Teacher in Alixa Flexibility Module 1 & 2.

Learn how to safely and effectively stretch for improved flexibility and performance. The Flexibility exercises from the Alixa flexibility Modules are a unique blend of non – invasive stretching techniques from studies of Russian and Chinese techniques, sports physical therapists, circus, Pilate's, sports doctors, flexibility studies, and through working with thousands of athletes from various sports.

#### **CONDITIONING CLASS:**

Miss Karrie-Ann and Miss Laetia are certified teachers with Progressive Ballet Technique which is an innovative conditioning program to enhance classical ballet technique. Because dancing is an athletic pursuit with great strength, power, coordination, endurance, and flexibility demands on the body, conditioning classes are very important for dancers. Natural ability will only take dancers so far. The physical requirements of this artistic sport are significant. A dancer needs to build strength, coordination and flexibility beyond what (s)he naturally has. By engaging in a properly designed conditioning training program, dancers will progress at a faster pace and be able to handle the demands of dancing longer, and with far less vulnerability to injury. Core strength and stability is essential for consistency in elements such as jumps, turns and extensions. Balance training develops balance receptors in the feet and lower extremities which tell us where the body is in relation to the ground. This is an important awareness for dancers to have. Strength training creates power, improves endurance and protects the highly mobile joints from injury. Strength gives height in jumps, rotations to turns, height to suspension to extension. Weak dancers tire easily and are prone to injury. A tremendous range of motion is required in most of the joints in a dancer's body. Flexibility training helps to improve flexibility and balance flexibility with strength to prevent injury.

**JAZZ:** Ballet classes required

**JUNIOR 1 JAZZ 7-9 YEARS \*New:** Tuesday 5:30-6:15

Duration: Sept 3-May 26

\$50 per month, \$35 Registration fee, \$111.00 Costume fee, \$88.00 Competition Fee, \*Recital Dance

**JUNIOR 2 JAZZ 9-11 YEARS (We got the beat):** Monday 6:00-7:00

Duration: Sept 9 - May 25

\$60 per month, \$35 Registration fee, \$111.00 Costume fee, \$88.00 Competition Fee, \*Recital Dance

**JUNIOR 2 JAZZ 9-11 YEARS - ELECT:** Monday 7:45-8:45

Duration: Sept 9 - May 25

\$60 per month, \$35 Registration fee, \$111.00 Costume fee, \$88.00 Competition Fee, \*Recital Dance

**JUNIOR 2 JAZZ 9-11 YEARS TECHNIQUE –** Wednesday 5:00-6:00

Duration: Sept 4 - May 27

\$60 per month, \$35 Registration fee, **NO COSTUME FEE, NO RECITAL DANCE**

**JUNIOR 2 JAZZ 10-13 YEARS \*New:** Tuesday 7:15-8:15

Duration: Sept 3 - May 26

\$60 per month, \$35 Registration fee, \$111.00 Costume fee, \$88.00 Competition Fee, \*Recital Dance

**PRE-INTER 1/2 JAZZ 11-14 YEARS (Something New):** Friday 8:00-9:00

Duration: Sept. 6 – May 29

\$60 per month, \$35 Registration fee, \$111.00 Costume fee, \$88.00 Competition Fee, \*Recital Dance

**PRE-INTER 1/2 JAZZ SMALL GROUP (Beat):** Wednesday 9:00-9:30

Becky, Gabriella, Brynn, Addison, Kenzie, Makenna

\$40 per month, \$35 Registration fee, \$111.00 Costume fee, \$88.00 Competition Fee, \*Recital Dance

**PRE-INTER 2 JAZZ 11-14 YEARS (Mama Yo):** Friday 5:30-6:30

Duration: Sept. 6 – May 29

\$60 per month, \$35 Registration fee, \$111.00 Costume fee, \$88.00 Competition Fee, \*Recital Dance

**PRE-INTERMEDIATE 2 JAZZ 11-14 YEARS – ELECT:** Friday 9:00-9:45

Duration: Sept 6 – May 29

\$50 per month, \$35 Registration fee, \$111.00 Costume fee, \$88.00 Competition Fee, \*Recital Dance

**PRE-INTERMEDIATE 2 JAZZ TECHNIQUE (For Pre-Inter 1/2 and Pre-Inter 2 students)–** Wednesday 6:45-7:45

Duration: Sept 4 - May 27

\$60 per month, \$35 Registration fee, **NO COSTUME FEE, NO RECITAL DANCE**

**INTERMEDIATE/ADVANCED JAZZ LARGE GROUP 13-17 YEARS (Sax, Overdrive):** Thursday 6:00-7:00

Duration: Sept 5 - May 28

\$60 per month, \$35 Registration fee, \$111.00 Costume fee, \$88.00 Competition Fee, \*Recital Dance

**INTERMEDIATE 1 JAZZ TECHNIQUE:** Friday 5:00-6:00

Duration: Sept 6 - May 29

\$60 per month, \$35 Registration fee, **NO COSTUME FEE, NO RECITAL DANCE**

**ADVANCED JAZZ 15+ YEARS ELECT (Overdrive):** Wednesday 7:00-8:00

Duration: Sept. 4 – May 27

\$60 per month, \$35 Registration fee, \$111.00 Costume fee, \$88.00 Competition Fee, \*Recital Dance

**ADVANCED ADULT JAZZ:** Wednesday 8:00-9:00

Duration: Sept 4 - May 27

\$40 per month, \$35.00 Registration Fee, \$88.00 Competition Fee \* Competition and Recital Dance, Costume fee TBA

**BALLET:** Must take both Ballet Classes

**PRE-GRADE 1 BALLET 7-9 YEARS:** Monday 5:45-6:30 and Tuesday 7:00-7:45

Duration: Sept. 3 - May 26

\$100 per month (for both days), \$35 Registration fee, \$111.00 Costume fee, \$88.00 Competition Fee, \*Recital Dance

**GRADE 1/2 BALLET 9-11 YEARS (Rag Dolls/Sailors):** Thursday 5:00-6:15 and Friday 7:00-8:00

Duration: Sept 5 - May 28

\$130 per month (for both days), \$35 Registration fee, \$111.00 Costume fee, \$88.00 Competition Fee, \*Recital Dance

**GRADE 2/3 BALLET 9-11 YEARS ELECT:** Monday 4:45-5:45 and Friday 8:00-9:00

Duration: Sept. 6 - May 29

\$120 per month (for both days), \$35 Registration fee, \$111.00 Costume fee, \$88.00 Competition Fee, \*Recital Dance

**GRADE 3/4 BALLET 11-14 YEARS (Singing in the rain):** Tuesday 5:00-6:00 or 6:00-7:00 and Wednesday 7:45-9:00

Duration: Wed. Sept. 5 -Wed. May 29

\$130 per month (for both days), \$35 Registration fee, \$111.00 Costume fee, \$88.00 Competition Fee, \*Recital Dance

**GRADE 4/5 BALLET 11-14 YEARS (Flight Attendants):** Monday 7:30-8:45 and Thursday 7:00-8:15

Duration: Sept. 5 – May 28

\$140 per month (for both days), \$35 Registration fee, \$111.00 Costume fee, \$88.00 Competition Fee, \*Recital Dance

**GRADE 5 BALLET TECHNIQUE (Gypsies):** Monday 6:30-7:30 and Tuesday 8:45-10:00

Duration: Sept. 3 - May 26

\$130 per month (for both days), \$35 Registration fee

**GRADE 5 BALLET AND ADV. FOUNDATION BALLET CHOREOGRAPHY (Gypsies and El Tango):** Friday 6:00-7:00

\$60 per month, \$35 Registration fee, \$122.10 Costume fee, \$88.00 Competition fee, Recital Dance

**OPEN BALLET – GRADE 5 BALLET and ADV FOUND:** Friday 9:00-10:00

Duration: Sept. 6 - May 29

\$60 per month, \$35 Registration fee, **NO COSTUME FEE, NO RECITAL DANCE**

**ADV. FOUNDATION BALLET TECHNIQUE (El Tango):** Wednesday 9:00-10:00 and Thursday 9:00-10:00

Duration: Sept.4 - May 28

\$120 per month (for both days), \$35 Registration fee

**BEGINNER POINTE CLASS (Ballet Grades 3/4 and 4/5):** Thursday 6:15-7:00

Duration: Sept. 5 – May 28

\$50 per month, \$35 Registration fee, **NO COSTUME FEE, NO RECITAL DANCE**

**INTERMEDIATE/ADVANCED POINTE CLASS:** Tuesday 7:45-8:45

Duration: Thurs. Sept 6 – Thurs. May 30, \$60 per month, \$35 Registration fee, **NO COSTUME FEE, NO RECITAL DANCE**

**TAP:**

**JUNIOR 1 TAP 7-9 YEARS \*New:** Tuesday 6:15-7:00

Duration: Sept 3 – May 26

\$50 per month, \$35 Registration fee, \$111.00 Costume fee, \$88.00 Competition Fee, \*Recital Dance

**JUNIOR 2 TAP 9-11 YEARS (I love me)** Monday 7:00-7:45

Duration: Sept 9 - May 25

\$50 per month, \$35 Registration fee, \$111.00 Costume fee, \$88.00 Competition Fee, \*Recital Dance

**JUNIOR 2 TAP 9-11 YEARS TECHNIQUE:** Wednesday 6:45-7:30

Duration: Sept 4 - May 27

\$50 per month, \$35 Registration fee, **NO COSTUME FEE, NO RECITAL DANCE**

**JUNIOR 2 TAP 10-13 YEARS \*New:** Tuesday 8:15-9:00

Duration: Sept 3 – May 26

\$50 per month, \$35 Registration fee, \$111.00 Costume fee, \$88.00 Competition Fee, \*Recital Dance

**PRE-INTERMEDIATE 1/2 TAP 11-14 YEARS (Hip to be square):** Friday 7:15-8:00

Duration: Sept. 6 – May 29

\$50 per month, \$35 Registration fee, \$111.00 Costume fee, \$88.00 Competition Fee, \*Recital Dance

**PRE-INTERMEDIATE 2 TAP 11-14 YEARS (Johnny be good):** Friday 6:30-7:15

Duration: Sept. 6– May 29

\$50 per month, \$35 Registration fee, \$111.00 Costume fee, \$88.00 Competition Fee, \*Recital Dance

**PRE-INTERMEDIATE 2 TAP 11-14 YEARS TECHNIQUE (For Pre-Inter 1/2 and Pre-Inter 2 Students):** Wednesday 5:15-6:00

Duration: Sept. 4 – May 27

\$50 per month, \$35 Registration fee, **NO COSTUME FEE, NO RECITAL DANCE**

**INTERMEDIATE 1 TAP Large Group 13-17 YEARS (It don't mean a thing/ Little Swing)** Wednesday 6:00-6:45

Duration: Sept 4 - May 27

\$50 per month, \$35 Registration fee, \$111.00 Costume fee, \$88.00 Competition Fee, \*Recital Dance

**INTERMEDIATE 1 TAP TECHNIQUE:** Wednesday 8:15-9:00

Duration: Sept. 4 – May 27

\$50 per month, \$35 Registration fee, **NO COSTUME FEE, NO RECITAL DANCE**

**ADVANCED ADULT TAP:** Wednesday 7:15-8:00

Duration: Sept. 4– May 27

\$30 per month, \$35 Registration Fee, \$88.00 Competition Fee \*Competition and Recital Dance, Costume fee TBA

**LYRICAL:** Ballet classes required

**JUNIOR 2 LYRICAL 9-11 YEARS (True Colors):** Thursday 7:00-7:45

Duration: Thurs. Sept 5 – Thurs. May 28

\$50 per month, \$35 Registration fee, \$111.00 Costume fee, \$88.00 Competition Fee, \*Recital Dance

**PRE-INTERMEDIATE 1/2 LYRICAL 11-14 years (Youth):** Monday 8:45-9:45

Duration: Sept. 9 - May 25

\$60 per month, \$35 Registration fee, \$111.00 Costume fee, \$88.00 Competition Fee, \*Recital Dance

**INTERMEDIATE/ADVANCED LYRICAL 14-17 YEARS (Read all about it/High Hopes):** Monday 9:00-10:00

Duration: Sept. 9 – May 25

\$60 per month, \$35 Registration fee, \$111.00 Costume fee, \$88.00 Competition Fee, \*Recital Dance

**HIP HOP:**

**HIP HOP 7-9 YEARS:** Wednesday 7:45-8:30

Duration: Sept 4 - Thurs. May 27

\$50 per month, \$35 Registration fee, \$111.00 Costume fee, \$88.00 Competition Fee, \*Recital Dance

**HIP HOP 9-11 YEARS (For Real):** Friday 6:15-7:00

Duration: Sept 6- May 29

\$50 per month, \$35 Registration fee, \$111.00 Costume fee, \$88.00 Competition Fee, \*Recital Dance

**HIP HOP 10-12 YEARS \*New:** Thursday 7:45-8:30

Duration: Sept 5 - May 28

\$50 per month, \$35 Registration fee, \$111.00 Costume fee, \$88.00 Competition Fee, \*Recital Dance

**PRE-INTER 1/2 HIP HOP 11-14 YEARS (Pep Rally):** Wednesday 6:00-7:00

Duration: Sept. 4 – May 27

\$60 per month, \$35 Registration fee, \$111.00 Costume fee, \$88.00 Competition Fee, \*Recital Dance

**PRE-INTER 2 HIP HOP 11-14 YEARS ELECT:** Friday 8:15-9:00

Duration: Sept. 6 – May 29

\$50 per month, \$35 Registration fee, \$111.00 Costume fee, \$88.00 Competition Fee, \*Recital Dance

**PRE-INTERMEDIATE HIP HOP 14-17 YEARS (All I do is win):** Monday 5:15-6:15

Duration: Sept. 9 – May 25

\$60 per month, \$35 Registration fee, \$111.00 Costume fee, \$88.00 Competition Fee, \*Recital Dance

**INTERMEDIATE/ADVANCED HIP HOP 14-17 YEARS (Road Trip):** Monday 8:00-9:00

Duration: Sept. 9 – May 25

\$60 per month, \$35 Registration fee, \$111.00 Costume fee, \$88.00 Competition Fee, \*Recital Dance

**MUSICAL THEATRE:** Jazz class required

**JUNIOR 1 MUSICAL THEATRE 7-9 YEARS (Oh the thinks):** Thursday 7:45-8:45

Duration: Sept. 5 – May 28

\$60 per month, \$35 Registration fee, \$111.00 Costume fee, \$88.00 Competition Fee, \*Recital Dance

**JUNIOR 2 MUSICAL THEATRE 9-11 YEARS (Holding out for a hero):** Thursday 7:45-8:45

Duration: Sept. 5- May 28

\$60 per month, \$35 Registration fee, \$111.00 Costume fee, \$88.00 Competition Fee, \*Recital Dance

**MUSICAL THEATRE 10-13 YEARS \*new:** Tuesday 6:30-7:15

Duration: Sept. 3 - May 26

\$50 per month, \$35 Registration fee, \$111.00 Costume fee, \$88.00 Competition Fee, \*Recital Dance

**PRE-INTERMEDIATE 1/2 MUSICAL THEATRE 11--14 YEARS (Do the Necronomicon):** Tuesday 8:00-9:00

Duration: Sept. 3 - May 26

\$60 per month, \$35 Registration fee, \$111.00 Costume fee, \$88.00 Competition Fee, \*Recital Dance

**PRE-INTERMEDIATE 2 MUSICAL THEATRE 11-14 YEARS ELECT:** Tuesday 7:15-8:15

Duration: Sept 3 - May 26

\$60 per month, \$35 Registration fee, \$111.00 Costume fee, \$88.00 Competition Fee, \*Recital Dance

**INTERMEDIATE/ADVANCED MUSICAL THEATRE 13-17 YEARS (Legally Blonde):** Tuesday 6:15-7:15

Duration: Tues. Sept 3-May 26

\$60 per month, \$35 Registration fee, \$111.00 Costume fee, \$88.00 Competition Fee, \*Recital Dance

**ADVANCED MUSICAL THEATRE SMALL GROUP 15-17 ELECT (Mama Mia):** Thursday 7:00-7:45

Duration: Thurs. Sept. 5 - Thurs. May 28

\$50 per month, \$35 Registration fee, \$111.00 Costume fee, \$88.00 Competition Fee, \*Recital Dance

**MODERN AND CONTEMPORARY:** Ballet classes required

**PRE-INTERMEDIATE 1/2 MODERN 11-14 YEARS:** Thursday 5:00-6:00

Duration: Sept 5-May 28

\$60 per month, \$35 Registration fee, \$111.00 Costume fee, \$88.00 Competition Fee, \*Recital Dance

**INTER/ADV MODERN LARGE GROUP 13-17 YEARS (Leave a light on): must be in Grade 5 Ballet+** Tuesday 5:15-6:15

Duration: Tues. Sept 3 - Tues. May 26

\$60 per month, \$35 Registration fee, \$111.00 Costume fee, \$88.00 Competition Fee, \*Recital Dance

**ADVANCED MODERN SMALL GROUP 15-17 ELECT (Missing O):** Thursday 7:00-7:45

Duration: Thurs. Sept. 5 - Thurs. May 28

\$50 per month, \$35 Registration fee, \$111.00 Costume fee, \$88.00 Competition Fee, \*Recital Dance

**ACROBATIC ARTS:** Ballet or Jazz classes required – Acro Skills class recommended

**ACRO 8-12 YEARS \*New:** Thursday 6:00-7:00

Duration: Sept. 5 - May 28

\$60 per month, \$35 Registration fee, \$100.00 Costume fee, \$88.00 Competition Fee, \*Recital Dance

**JUNIOR 2 ACRO 9-11 YEARS (Makeba):** Friday 5:15-6:15

Duration: Sept. 6 – May 29

\$60 per month, \$35 Registration fee, \$100.00 Costume fee, \$88.00 Competition Fee, \*Recital Dance

**PRE-INTERMEDIATE 1/2 ACRO 11-14 YEARS (Pink Panther)** Monday 5:15-6:30

Duration: Sept. 9 – May 25

\$70 per month, \$35 Registration fee, \$100.00 Costume fee, \$88.00 Competition Fee, \*Recital Dance

**PRE-INT/ INTERMEDIATE ACRO LARGE GROUP 13-17 YEARS (Indiana Jones)** Friday 7:00-8:15

Duration: Fri. 6 - May 29

\$70 per month, \$35 Registration fee, \$100.00 Costume fee, \$88.00 Competition Fee, \*Recital Dance

**ACRO SKILLS 9 YEARS + (for experienced Acro dancers):** Saturday 1:45-2:45

Duration: Sept 7-May 30

\$60 per month, \$35 Registration fee, No Dance

**ACRO EXAMS – (I need 20 exam students to enter Exams):** Saturday 2:45-3:45

Duration: Sept 7-May 30

\$60 per month, \$35 Registration fee, No Dance, Exam Date TBA, Exam Fees Extra (approx. \$110.00)