



Adult Division 2018-19

Dress Codes & Class Descriptions

Welcome to the 2018-19 Season!

ALL CLASSES

Watches, dangling earrings, bracelets and necklaces are not allowed in dance classes. In order to protect the dance flooring and the students dancing in bare feet, there is a strict policy of **NO STREET SHOES ON THE DANCE FLOORS**. Students dancing barefoot should cover their feet until they reach their classroom. Proper grooming is the first step in learning the self-discipline necessary for the art of dance.

Adult Ballet

Women: Most students wear a black leotard and pink or black tights. Other plain colours are acceptable.

Students may wear a short wrap chiffon skirt. Hair: Although a strict ballet bun is not required, the back of the neck must be visible and hair must be securely in place; loose or swinging hair prevents the teaching of correct alignment.

Men: Most students wear a white or black T-shirt, black tights and black ballet slippers. Some adult male students prefer close fitting stretch shorts in black or a plain colour. A dance belt must be worn.

Adult Contemporary

Women: Most students wear close-fitting stretch pants or shorts and a close-fitting top or a leotard and footless tights. Hair: as for ballet.

Men: Most students wear close-fitting stretch pants, footless tights or shorts and a close-fitting top.
Footwear: bare feet.

Adult Open Training

Men and Women: Loose, comfortable clothing. No street shoes; indoor shoes or bare feet.

Adult Yoga/POD Yoga

Men and Women: Basic yoga attire. Please bring your own yoga mat.

Adult Progressing Ballet Technique

Men and Women: Dress as for dance class. Bare foot, or ballet slippers as the teacher requests.

Pilates Plus

Men and Women: Close fitting comfortable clothing. Mats, flexi bands and gym balls are provided.

Piba Tai Ji

Men and Women: Cool, loose, comfortable clothing. No street shoes; indoor shoes only.

Connecting with Dance

Men and Women: Regular clothing. Indoor soft sole shoes.

Dance is BEST for Seniors

Men and Women: Comfortable clothing to move in. Ballet slippers or jazz shoes.

Hypopressive Low Pressure Fitness

Men and Women: Tights or yoga pants, and a tight fitting t-shirt.

Brown Bag Ballet (Daytime)	<ul style="list-style-type: none"> • Elementary/Intermediate general level noon-hour ballet class.
Pilates Plus (Daytime)	<ul style="list-style-type: none"> • A stretch and strength class. • Mat work, flexi bands and gym balls are used.
Adult Yoga (Daytime)	<ul style="list-style-type: none"> • Open to all levels. Classes are based on Hatha yoga and includes breathing (pranayama), stretching and traditional yoga postures (asanas).
Adult POD Yoga	<ul style="list-style-type: none"> • Ideal for parents who are waiting for their child in class or anyone who wants to start a great weekend! • Classes will include breath work, standing/seated yoga poses and some simple movements on a mat.
Adult Beginner Ballet	<ul style="list-style-type: none"> • For new adult students with no previous training in dance.
Adult Beginner/Elementary Ballet	<ul style="list-style-type: none"> • For adult students with six months to one year of training in dance.
Adult Elementary 1 Ballet	<ul style="list-style-type: none"> • For adult students with one to three years of training in dance.
Adult Intermediate Ballet	<ul style="list-style-type: none"> • For adult students with four to five years of ballet training.
Adult Repertoire Class	<ul style="list-style-type: none"> • Experienced dancers only. Students must be registered in Adult Intermediate Ballet. • Learn some of the standard classical ballet repertoire.
Adult Advanced Ballet	<ul style="list-style-type: none"> • Knowledge of the full vocabulary of barre exercises, adage, pirouettes and turns, small allegro and batterie and grand allegro. • Six years of training recommended.
Adult Pointe	<ul style="list-style-type: none"> • Experienced dancers only. Students must be registered in Adult Advanced Ballet.
Adult Progressing Ballet Technique	<ul style="list-style-type: none"> • Suitable for all levels of experience. • This class is designed to enhance the training of muscle memory to help each student achieve their best. Exercise balls and Therabands will be used to assist in training the correct muscles groups. • Exercise balls are available on site.
Adult Open Training	<ul style="list-style-type: none"> • More fun than the gym! This energetic class will pull from a number of elements to give you a full physical experience. MELT, stretching, strengthening and dynamic across the floor movement will leave your whole body worked from the inside out. • Open to adult movers, dancers and athletes of all levels. Live music too
Adult Elementary Contemporary	<ul style="list-style-type: none"> • One to three years of previous training suggested. • Technique and vocabulary of movement underlying contemporary dance forms.
Adult Inter Contemporary/ Choreography	<ul style="list-style-type: none"> • Four years previous training suggested. • Be part of a creative process and learn edgy new choreography.
Piba Tai Ji	<ul style="list-style-type: none"> • This ancient form of exercise is enjoyed by people of all ages.
Connecting with Dance	<ul style="list-style-type: none"> • Specialized class for people with Parkinson's
Dance is BEST Ballet for Seniors	<ul style="list-style-type: none"> • Sometimes from the corners; sometimes at the barre. • Always flowing with the music and enjoying the movement of ballet.
Hypopressive Low Pressure Fitness	<ul style="list-style-type: none"> • Low Pressure Fitness (LPF) is a technique using a series of postures and specific breathing the reprograms the muscles of the abdominals and pelvic floor • LPF compliments other exercise programmes and brings relief from: bladder drop or incontinence, diastasis, hernias, prostate problems, constipation, and poor posture and scoliosis