

**Dress Codes &
Class Descriptions**

Welcome to the 2019-20 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 Beginner Pointe

The School of Dance will assist students with correct information about Pointe Shoe fittings. Please DO NOT purchase pointe shoes until confirmation is received.

Adult Contemporary and Lyrical

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

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. A 9 foot TheraBand is needed for this class- students can purchase one in the main office of The School of Dance for \$20 plus HST.

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.

Dance is BEST® Simply Ballet for Seniors

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

Dance is BEST® for Seniors Choose Your Move Contemporary Dance

Men and Women: Comfortable clothing to move in. Bare feet or Toe Sock Grippers.

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 Beginner/Elementary Ballet	<ul style="list-style-type: none"> For adult students with one to three years of training in dance.
Adult Beginner Ballet	<ul style="list-style-type: none"> For new adult students with no previous training in dance.
Adult Beginner 2 Ballet	<ul style="list-style-type: none"> For adult students with a minimum of three months of training in dance.
Adult Elementary Ballet	<ul style="list-style-type: none"> For adult students with one to three years of training in dance.
Adult Elem Turns and Grand Allegro	<ul style="list-style-type: none"> An add on class for added practice of the turns and allegro sections of an Adult Elementary class
Adult Beginner Pointe	<ul style="list-style-type: none"> Students must be REGISTERED in an Elementary or Intermediate level class at The School of Dance. Confirmation is required for registration in this class. Please contact the office if you wish to be assessed. Please DO NOT purchase pointe shoes until confirmation is received.
Adult Elementary Choreography	<ul style="list-style-type: none"> An opportunity to learn a group piece and enjoy the process of putting class work into action. Studio showing of the work.
Adult Elementary/Intermediate Ballet	<ul style="list-style-type: none"> For adult students with four to five years of ballet training.
Adult Intermediate/Advanced Ballet	<ul style="list-style-type: none"> A full class including turns from the corner and grand allegro
Adult Intermediate/Advanced Variations/ Répertoire	<ul style="list-style-type: none"> An add on class. Requires attendance weekly; no drop-ins.
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 Advanced 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 Advanced Lyrical	<ul style="list-style-type: none"> Classwork and choreography sections.
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.
Dance is BEST[®] Ballet for Seniors Simply Ballet	<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. BONUS music appreciation section
Dance is BEST[®] for Seniors Choose Your Move Contemporary Dance	<ul style="list-style-type: none"> Explore contemporary dance movement. Accompaniment is percussion.