

REGISTRATION FORM

22/23 Summer in the City

ADULT DIVISION

To register, send your form to registrar@theschoolofdance.ca

Name: _____ E-mail: _____

- I am a current student of The School of Dance
- I am a new student (A representative of The School of Dance will contact you for more information and to provide you with our COVID-19 protocols)

(S) indicates a class with synchronous (at-home) option.

Classes @ The School	Day	Time	√	Dates	Teacher	Fee with HST	Paired Classes
Adult Intermediate 1/2 Ballet *NO Class July 3*	Monday	5:00-6:45pm	<input type="checkbox"/>	June 12, 19, 26 July 10, 17	Caron	175.00	
Progressing Ballet Technique (S) *NO Class July 3*	Monday	5:30-6:30pm	<input type="checkbox"/>	June 5, 12, 19, 26 July 10, 17, 24	Brooks	195.00	361.11
Beginner Ballet *NO Class July 3*		6:45-7:45pm	<input type="checkbox"/>		Brooks	195.00	
Elementary Ballet (S)	Monday	5:30-6:45pm	<input type="checkbox"/>	July 17, 24, 31	Makimura	95.00	
Elementary Turns & Allegro (Follow-on class) *In-person only*		6:45-7:30pm	<input type="checkbox"/>			50.00	
Advanced Open Ballet	Tuesday	4:00-6:00pm	<input type="checkbox"/>	June 13, 20, 27 July 11, 18, 25	Messam Plante	210.00	
With Pointe (Follow-on class)		6:00-6:45pm	<input type="checkbox"/>	July 11, 18, 25	Plante	50.00	
Progressing Ballet Technique (S) *NO Class July 4*	Tuesday	5:45-6:45pm	<input type="checkbox"/>	June 6, 13, 20, 27 July 11, 18, 25	Brooks	195.00	400.00
Elementary Ballet *NO Class July 4*		7:00-8:30pm	<input type="checkbox"/>	June 6, 13, 20, 27 July 11, 18, 25		235.00	
Dance is BEST® for Seniors	Wednesday	12:00-1:00pm	<input type="checkbox"/>	June 14, 21, 28	Brooks	33.90	
Advanced Variations/Repertoire	Wednesday	5:00-6:45pm	<input type="checkbox"/>	July 5, 12, 19, 26	Laporte	125.00	
Elementary Ballet (S)	Wednesday	5:30-6:45pm	<input type="checkbox"/>	July 19, 26	Makimura	65.00	
Elementary Turns & Allegro (Follow on class) *In-person only*		6:45-7:30pm	<input type="checkbox"/>			35.00	
Intermediate Conditioning for Ballet	Thursday	5:30-6:30pm	<input type="checkbox"/>	July 20, 27	Makimura	60.00	
Intermediate 1 Ballet		6:30-8:00pm	<input type="checkbox"/>			70.00	
Intermediate/Advanced Lyrical	Thursday	7:00-8:30pm	<input type="checkbox"/>	June 8, 15, 22, 29	Fridgen	135.00	
Elem/Inter Contemporary: Movement, Articulation and Exploration	Thursday	6:00-7:30pm	<input type="checkbox"/>	June 1, 8, 15, 22, 29 July 6, 13	Ethier	235.00	
Classes @ HOME	Day	Time	√	Dates	Teacher	Fee with HST	
Pilates Plus *NO class July 3 or August 7*	Monday	11:00am-12:00pm	<input type="checkbox"/>	June 5, 12, 19, 26 July 10, 17, 24, 31 Aug 14, 21	Kyle	200.00	
Fall Proof	Tuesday	9:00-10:00am	<input type="checkbox"/>	June 6, 13, 20, 27 July 4, 11, 18, 25 August 1, 8, 15	Kyle	Be our guest	
Pilates Plus	Wednesday	12:00-1:00pm	<input type="checkbox"/>	June 7, 14, 21, 28 July 5, 12, 19, 26 Aug 2, 9, 16, 23	Kyle	235.00	

THE SCHOOL OF DANCE ADULT CLASS DESCRIPTIONS

Pilates Plus (Daytime)*	<ul style="list-style-type: none"> • A stretch and strength class. • Equipment required: resistance bands and yoga mat. Exercises are performed seated, on the floor, and sometimes standing.
Fall Proof (Daytime)*	<ul style="list-style-type: none"> • A class to build core strength that also includes stretching and bone density work, focused on fall prevention strategies. • Equipment required: resistance bands and yoga mat. Exercises are performed seated, on the floor, and sometimes standing.
Progressing Ballet Technique (PBT)*	<ul style="list-style-type: none"> • Explore fundamental elements of ballet (posture, alignment, force, placement, and position) in a deeper way. • Equipment required: resistance bands, yoga mat and exercise ball. The School will provide exercise balls for in-person students.
Intermediate Conditioning for Ballet	<ul style="list-style-type: none"> • Develop complementary skills for ballet class that can be practiced at home to help build confidence in class and advance your knowledge.
Introduction to Ballet	<ul style="list-style-type: none"> • For new adult students with no previous training in dance. • Learn the basic structure, positions, and movements of a ballet class.
Beginner Ballet	<ul style="list-style-type: none"> • For adult students with a minimum of three months of training in dance. • Students continue to develop their vocabulary, deepen their understanding of correct alignment and positioning, and add in larger moving steps.
Elementary Ballet*	<ul style="list-style-type: none"> • For adult students with one to three years of training in dance. • Students work on balance, develop more sophisticated co-ordinations, and begin to link multiple movements together.
Elementary Turns & Allegro	<ul style="list-style-type: none"> • A class specifically focusing on the Elementary level vocabulary of vertical jumping, travelling steps and turning actions.
Intermediate 1 Ballet	<ul style="list-style-type: none"> • For adult students with four to five years of ballet training. • Students expand their knowledge of turns and allegro work, and introduce beaten steps (batterie).
Intermediate 2 Ballet	<ul style="list-style-type: none"> • For adult students with minimum five years of ballet training. • Students increase stamina with longer and more complex enchainements.
Intermediate/Advanced Ballet	<ul style="list-style-type: none"> • A full class including turns from the corner and grand allegro.
Advanced Open Ballet	<ul style="list-style-type: none"> • For adult students with six or more years of ballet training. • Knowledge of the full vocabulary of barre exercises, adage, pirouettes and turns, small allegro, batterie and grand allegro.
Advanced Pointe	<ul style="list-style-type: none"> • Experienced dancers only. Students must be registered in Adult Advanced Ballet.
Advanced Variations/ Repertoire	<ul style="list-style-type: none"> • Warm up, learn a specific piece of choreography from the classical ballet repertoire on pointe or off.
Intermediate/Advanced Lyrical	<ul style="list-style-type: none"> • A full class including travelling, turning, jumping and choreographic combinations.
Elem/Inter Contemporary: Movement, Articulation & Exploration	<ul style="list-style-type: none"> • Two to three years of previous training suggested. • Technique and vocabulary of movement underlying contemporary dance forms.
Dance is BEST® Ballet for Seniors	<ul style="list-style-type: none"> • Always flowing with the music and enjoying the movement of ballet. • Class consists of a simple barre and centre practice, then sequences moving from the corners or with partners. Class culminates in a simple dance study/etude.

***On-Line Classes – students should ensure they have a clear and safe space to work in, that they can move arms and legs freely, and the floor surface is not slippery.**