

ADULT SUMMER SHORTS JUNE, JULY & AUGUST 2024

To register, email registrar@theschoolofdance.ca to indicate which classes you would like attend and we'll sort out your registration with you!

JUNE SUMMER SHORTS

| Online Classes | Day | Time | Dates | Teacher | Fee with HST |
|-------------------|-----------|-----------------|--------------------|---------|--------------|
| Pilates Plus (OL) | Monday | 11:00am-12:00pm | June 3, 10, 17, 24 | Kyle | \$72.00 |
| Fall Proof (OL) | Tuesday | 9:00-10:00am | June 4, 11, 18, 25 | Kyle | Be our Guest |
| Pilates Plus (OL) | Wednesday | 12:00-1:00pm | June 5, 12, 19, 26 | Kyle | \$72.00 |

| Classes @ The School | Day | Time | Dates | Teacher | Fee with HST |
|---|-----------|--------------|--------------------|--------------|--------------|
| Adult Advanced Contemporary | Monday | 5:30-7:00pm | June 3, 10, 17, 24 | Jack | \$140.00 |
| Adult Elementary 1 Ballet | Monday | 6:00-7:30pm | June 10, 17, 24 | Makimura | \$105.00 |
| Adult Beginner Ballet | Monday | 7:30-9:00pm | June 10, 17, 24 | Makimura | \$105.00 |
| Adult Beginner 2 Jazz | Monday | 6:00-7:00pm | June 3, 10, 17, 24 | Brooks | \$120.00 |
| Adult Elementary 1/2 Ballet | Tuesday | 2:15-3:45pm | June 4, 11, 18, 25 | Brooks | \$140.00 |
| Adult Advanced Ballet | Tuesday | 6:30-8:30pm | June 4 | Horikawa | \$39.00 |
| Adult Advanced Ballet | Tuesday | 5:30-7:30pm | June 11, 18 | Amyot | \$78.00 |
| Adult Advanced Ballet | Tuesday | 5:30-7:30pm | June 25 | Grand-Maître | \$39.00 |
| Adult Conditioning for Ballet | Tuesday | 6:15-7:15pm | June 11, 18, 25 | Makimura | \$90.00 |
| Adult Elementary 1 Ballet | Tuesday | 7:30-8:45pm | June 11, 18, 25 | Makimura | \$99.00 |
| Dance is BEST for Seniors – Ballet | Wednesday | 12:00-1:00pm | June 5, 12, 19, 26 | Brooks | \$42.00 |
| Adult Elementary 1 Ballet (first 30min conditioning) | Wednesday | 5:15-7:00pm | June 12, 19, 26 | Makimura | \$111.00 |
| Adult Elementary 1 Jumps and Turns (follow-on to Elem 1 Ballet) | | 7:00-7:30pm | | | \$45.00 |
| Adult Spanish Dance | Wednesday | 5:15-6:15pm | June 5, 12, 19 | Caron | \$90.00 |

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|---|-----------------|-----------------|---------------------|------------|----------|
| Adult Advanced Ballet with 15min Repertoire | Wednesday | 5:15-7:00pm | June 26 | Laporte | \$37.00 |
| Adult Elementary 2 Repertoire | Wednesday | 6:30-8:30pm | June 5, 12, 19 | Caron | \$117.00 |
| Adult Elementary 1/2 Ballet | Thursday | 2:15-3:45pm | June 6, 13, 20, 27 | Brooks | \$140.00 |
| Adult Conditioning for Ballet | Thursday | 5:15-6:15pm | June 13, 20, 27 | Makimura | \$90.00 |
| Adult Intermediate 1/2 Ballet | Thursday | 6:15-7:45pm | June 13, 20, 27 | Makimura | \$105.00 |
| Adult Intermediate/Advanced Lyrical Choreography | Thursday | 7:15-8:45pm | June 13, 20 | Fridgen | \$70.00 |
| Introduction to Ballet | Thursday | 7:45-9:00pm | June 13, 20, 27 | Makimura | \$99.00 |
| Dance is BEST for Seniors – Ballet | Friday | 1:00-2:00pm | June 7, 14, 21, 28 | Brooks | \$42.00 |
| Barre Burn | Friday | 12:00-1:00pm | June 7, 14, 21, 28 | Kachmarsky | \$112.00 |
| Adult Elementary 2/ Intermediate 1 Ballet | Friday | 5:30-7:00pm | June 14, 21, 28 | Makimura | \$105.00 |
| Adult Elementary/ Intermediate Ballet | Saturday | 9:15-11:15am | June 15, 22, 29 | Makimura | \$117.00 |
| Adult Beginner 2 Ballet | Saturday | 11:15am-12:30pm | June 15, 22, 29 | Makimura | \$99.00 |
| Adult Advanced Open Ballet | Saturday | 12:45-2:45pm | June 15, 22, 29 | Amyot | \$117.00 |
| “A Taste of Broadway” workshop week with Shaun Amyot | Mon-Thurs 4-day | 5:00-7:30pm | June 24, 25, 26, 27 | Amyot | \$250.00 |

JULY SUMMER SHORTS

| Online Classes | Day | Time | Dates | Teacher | Fee with HST |
|--------------------------|-----------|-----------------|------------------------|---------|--------------|
| Pilates Plus (OL) | Monday | 11:00am-12:00pm | July 8, 15, 22, 29 | Kyle | \$72.00 |
| Fall Proof (OL) | Tuesday | 9:00-10:00am | July 2, 9, 16, 23, 30 | Kyle | Be our Guest |
| Pilates Plus (OL) | Wednesday | 12:00-1:00pm | July 3, 10, 17, 24, 31 | Kyle | \$90.00 |

| Classes @ The School | Day | Time | Dates | Teacher | Fee with HST |
|------------------------------------|---------|-------------|--------------------|----------|--------------|
| Adult Advanced Contemporary | Monday | 5:30-7:00pm | July 8, 15, 22, 29 | Jack | \$140.00 |
| Adult Elementary 1 Ballet | Monday | 6:00-7:30pm | July 8, 15, 22 | Makimura | \$105.00 |
| Adult Beginner Ballet | Monday | 7:30-9:00pm | July 8, 15, 22 | Makimura | \$105.00 |
| Adult Beginner 2 Jazz | Monday | 6:00-7:00pm | July 8, 15, 22, 29 | Brooks | \$120.00 |
| Adult Advanced Ballet | Tuesday | 5:30-7:30pm | July 2 | Amyot | \$39.00 |
| Adult Advanced Ballet | Tuesday | 4:00-6:00pm | July 9, 16, 23 | Plante | \$117.00 |

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| Adult Conditioning for Ballet | Tuesday | 6:15-7:15pm | July 2, 9, 16, 23 | Makimura | \$120.00 |
| Adult Elementary 1 Ballet | Tuesday | 7:30-8:45pm | July 2, 9, 16, 23 | Makimura | \$132.00 |
| Adult Elementary 1 Ballet (first 30min conditioning) | Wednesday | 5:15-7:00pm | July 3, 10, 17, 24 | Makimura | \$148.00 |
| Adult Elementary 1 Jumps and Turns (follow-on to Elem 1 Ballet) | | 7:00-7:30pm | | | \$60.00 |
| Adult Spanish Dance | Wednesday | 5:15-6:15pm | July 3, 10, 17, 24, 31 | Caron | \$150.00 |
| Adult Elementary 2 Repertoire | Wednesday | 6:30-8:30pm | July 3, 10, 17, 24, 31 | Caron | \$195.00 |
| Adult Advanced Ballet with 15min Repertoire | Wednesday | 5:15-7:00pm | July 3, 10, 17, 24 | Laporte | \$148.00 |
| Adult Contemporary Repertoire and Improv. | Thursday | 5:30-7:00pm | July 4, 11, 18, 25 | Amyot | \$140.00 |
| Adult Conditioning for Ballet | Thursday | 5:15-6:15pm | July 4, 11, 18, 25 | Makimura | \$120.00 |
| Adult Intermediate 1/2 Ballet | Thursday | 6:15-7:45pm | July 4, 11, 18, 25 | Makimura | \$140.00 |
| Introduction to Ballet | Thursday | 7:45-9:00pm | July 4, 11, 18, 25 | Makimura | \$132.00 |
| Adult Elementary 2/ Intermediate 1 Ballet | Friday | 5:30-7:00pm | July 5, 12, 19 | Makimura | \$105.00 |
| Adult Elementary 2/ Intermediate 1 Ballet | Saturday | 9:15-11:15am | July 6, 13, 20 | Makimura | \$117.00 |
| Adult Beginner 2 Ballet | Saturday | 11:15am-12:30pm | July 6, 13, 20 | Makimura | \$99.00 |

AUGUST SUMMER SHORTS

| Online Classes | Day | Time | Dates | Teacher | Fee with HST |
|--------------------------|-----------|-----------------|--------------|---------|--------------|
| Pilates Plus (OL) | Monday | 11:00am-12:00pm | August 12 | Kyle | \$18.00 |
| Fall Proof (OL) | Tuesday | 9:00-10:00am | August 6, 13 | Kyle | Be our Guest |
| Pilates Plus (OL) | Wednesday | 12:00-1:00pm | August 7, 14 | Kyle | \$36.00 |

| Classes @ The School | Day | Time | Dates | Teacher | Fee with HST |
|--------------------------------------|-----------|-------------|------------------|---------|--------------|
| Adult Inter/Advanced Ballet | Tuesday | 5:15-7:15pm | August 6, 13, 20 | Caron | \$117.00 |
| Adult Elementary 1/2 Ballet | Tuesday | 7:30-8:45pm | August 6, 13, 20 | Caron | \$99.00 |
| Adult Spanish Dance | Wednesday | 5:15-6:15pm | August 7, 14, 21 | Caron | \$90.00 |
| Adult Elementary 2 Repertoire | Wednesday | 6:30-8:30pm | August 7, 14, 21 | Caron | \$117.00 |

- Class Descriptions and What to Wear follow on pages 4 and 5.
- Students over the age of 15 are welcome in our Adult Summer Shorts!
- Teachers and schedules are subject to change due to unforeseen circumstances.
- There are no refunds except in the case of cancellation due to insufficient registration.

ADULT SUMMER SHORTS - CLASS DESCRIPTIONS

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| Pilates Plus Online (daytime) | <ul style="list-style-type: none"> • A stretch and strength class • Exercises are performed seated, on the floor, and sometimes standing. • Equipment required: resistance bands and yoga mat. • Be sure to create a clear working space and a non-slippery floor. |
| Fall Proof Online (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. • Exercises are performed seated, on the floor, and sometimes standing. • Equipment required: resistance bands and yoga mat. • Be sure to create a clear working space and a non-slippery floor. |
| Barre Burn (daytime) | <ul style="list-style-type: none"> • For new adult students with no previous training in dance. • a great class for getting a well-rounded workout. • Build strength and gain a better understanding and awareness of your body and its movement. |
| 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. • Equipment required: yoga mat |
| 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 students with a minimum of seven months of training in dance. • Learn and expand on the basic structure, positions, and movements of a ballet class. |
| Beginner 2 Ballet | <ul style="list-style-type: none"> • For students with a minimum of one year 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 1/2 Ballet | <ul style="list-style-type: none"> • For 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 1 Jumps & Turns (follow-on class) | <ul style="list-style-type: none"> • A class specifically focusing on the Elementary level vocabulary of vertical jumping, travelling steps and turning actions. |
| Elementary 2 Repertoire | <ul style="list-style-type: none"> • For students a minimum of three years of ballet training • Class includes a warmup and then moves into choreographic material at the Elementary 2 level. |
| Intermediate 1/2 Ballet | <ul style="list-style-type: none"> • For students with four to five years of ballet training. • Students will expand their knowledge of turns and allegro work and introduce beaten steps (batterie) and increase stamina with longer and more complex enchaînements. |
| Advanced Ballet | <ul style="list-style-type: none"> • For 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 is essential. |
| Advanced Ballet & Repertoire | <ul style="list-style-type: none"> • A full class – including turns from the corner and grand allegro – finishing with 15min of repertoire |
| Advanced Contemporary | <ul style="list-style-type: none"> • A class for students with minimum five years of experience. • Technique and movement vocabulary underlying contemporary and modern dance forms, including floorwork. |
| Contemporary Repertoire & Improvisation | <ul style="list-style-type: none"> • A class for students with minimum five years of experience. • This class begins with floorwork and conditioning, followed by Improv Technique (some ideas to get warm, think, and connect with the entire body). Class finishes with Contemporary Repertoire. |
| Spanish | <ul style="list-style-type: none"> • For new adult students with no previous training in dance. • Students will learn Spanish stylized dance based on popular dances in Flamenco and in Escuela Bolera. • Footwear must have NO metal studs |
| Lyrical Choreography | <ul style="list-style-type: none"> • A class for students with minimum five years of experience in lyrical, ballet, jazz or contemporary. The class will begin with a warm-up, followed by learning and refining an original lyrical choreography. |
| Jazz | <ul style="list-style-type: none"> • For students with a minimum of three months of training in dance. • An energy-filled class including a cardio warmup, patterns across the floor, and stretching to finish. Focus is on changing rhythms, directions, and balance of weight. |

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| Dance is BEST® for Seniors - Ballet | <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 practices, then sequences moving from the corners or with partners. Class culminates in a simple dance study/etude. |
| A Taste of Broadway Workshop Week | <ul style="list-style-type: none"> • In this workshop series over four days, students will learn Fosse style choreography from America’s longest running musical, full of style, precision and character suitable for mature, experienced/advanced dance students/artists. |

ADULT SUMMER SHORTS - WHAT TO WEAR

We ask that students arrive in their dance attire, when possible, with hair done, and shoes in hand; minimal extra items please. No dangling jewellery in classes.

Pilates Plus and Fall Proof

Close fitting comfortable clothing.

Barre Burn

Close fitting comfortable clothing. Socks with “grips”, dance shoes or clean indoor running shoes.

Ballet and Conditioning

Option 1: Students may choose to wear a black leotard and pink or black tights. Other plain coloured leotards are acceptable.

Students may wear a short wrap chiffon skirt. Pink ballet slippers. Hair neatly secured off the face and neck (e.g. bun).

Option 2: Students may choose to wear a white or black t-shirt or tank top, black tights or shorts and black ballet slippers.

A dance belt is required for male students.

Contemporary

Most students choose to wear a close-fitting top with stretch pants, leggings or shorts, or a leotard and footless tights.

Socks or bare feet. Hair neatly secured off the face and neck.

Spanish

Leotard or close-fitting top with a long full skirt or pants.

Footwear: Leather-soled shoes (dress or character shoes, or cowboy boots) that are slippery enough to turn but sturdy enough to stomp in. A jazz shoes with a small heel is also acceptable. ABSOLUTELY NO metal studs.

Hair neatly secured off the face and neck.

Lyrical, Jazz and A Taste of Broadway

Most students choose to wear a close-fitting top with stretch pants, leggings or shorts, or a leotard and footless tights.

Footwear: Jazz or ballet shoes or socks. Hair neatly secured off the face and neck.



Have a question? Contact registrar@theschoolofdance.ca or call the office at 613-238-7838 and we’ll be happy to help you!