ADULT SUMMER SHORTS
JUNE, JULY 2026

To register, email registrar@theschoolofdance.ca to indicate which classes you would like attend and we'll contact you directly to complete your registration.

Name: _____ E-mail: _____ Phone: _____

☐ I am a current student of The School of Dance
☐ I am a new student

Please note that this schedule and all teachers are subject to change.

ONLINE CLASSES		Day	Time	Dates	Teacher	Fee with HST
☐	Pilates Plus (OL)	Monday	11:00am-12:00pm	June 22, 29 July 6, 13, 20, 27 August 10	Kyle	$45.00 $89.00 $22.00
☐	Pilates Plus (OL)	Wednesday	12:00-1:00pm	June 24 July 8, 15, 22, 29 August 5, 12	Kyle	$22.00 $89.00 $45.00
☐	Fall Proof (OL)	Tuesday	9:00-10:00am	June 23, 30 July 7, 14, 21, 28 August 4, 11	Kyle	Be our Guest

DAYTIME CLASSES AT THE SCHOOL		Day	Time	Dates	Teacher	Fee with HST
☐	Adult Beginner Ballet (continuing class)	Tuesday	12:45-2:00pm	June 2, 9, 16, 23	Brooks	$160.00
☐	Adult Elementary 1 Ballet (includes 15min conditioning)	Friday	2:00-3:45pm	June 5, 12, 19, 26	Brooks	$172.00
☐	Adult Elementary 1/2 Ballet (includes 15min conditioning)	Thursday	2:00-3:45pm	June 4, 11, 18, 25	Brooks	$172.00
☐	Adult Elementary 2 Ballet	Tuesday	2:00-3:45pm	June 2, 9, 16, 23	Brooks	$172.00
☐	Adult Beginner 2 Jazz	Thursday	1:00-2:00pm	June 4, 11, 18, 25	Brooks	$145.00
☐	Dance is BEST for Seniors -- Ballet	Wednesday	12:00-1:00pm	June 3, 10, 17, 24	Brooks	$145.00
☐	Dance is BEST for Seniors -- Ballet	Friday	1:00-2:00pm	June 5, 12, 19, 26	Brooks	$145.00
☐	Dance is BEST for Seniors – Parkinson's Coaching	Monday	11:00-12:00pm	June 1, 8, 15, 22 July 13, 20	Shepertycki	Be our Guest
☐	Connecting with Dance for Seniors and people with Parkinson's. Classes take place in Memorial Hall, MacKay United Church, 39 Dufferin St	Tuesday	1:00-2:00pm	June 2, 9, 16, 23 July 7, 14, 21	Shepertycki	Be our Guest
☐	Trellis UP! for Seniors and people with Parkinson's. Classes take place at The School of Dance	Thursday	1:00-2:00pm	June 4, 11, 18, 25 July 9, 16, 23	Shepertycki	Be our Guest

EVENING CLASSES AT THE SCHOOL		Day	Time	Dates	Teacher	Fee with HST
☐	Adult NEW Introduction to Ballet	Wednesday	5:30-6:45pm	June 10, 17, 24 July 8, 15, 22, 29	Makimura	$278.00
☐	Adult Beginner Ballet (continuing class)	Thursday	8:00-9:15pm	June 11, 18, 25 July 2, 9, 16, 23, 30	Makimura	$119.00 $199.00
☐	Adult Beginner Ballet (continuing class)	Monday	5:45-7:00pm	June 8, 15, 22, 29 July 6, 13, 20, 27	Makimura	$159.00 $159.00
☐	Adult Beginner 2 Ballet	Monday	7:00-8:30pm	June 8, 15, 22, 29 July 6, 13, 20, 27	Makimura	$165.00 $165.00
☐	Adult Conditioning for Ballet (discount for this class if enrolled in Tues Elem 1/2 Ballet)	Tuesday	6:00-7:00pm	June 9, 16, 23, 30 July 7, 14, 21, 28	Makimura	$145.00 $145.00
☐	Adult Conditioning for Ballet (discount for this class if enrolled in Thursday Elem 1 Ballet)	Thursday	5:30-6:30pm	June 11, 18, 25 July 2, 9, 16, 23, 30	Makimura	$109.00 $181.00
☐	Adult Elementary 1 Ballet	Thursday	6:30-8:00pm	June 11, 18, 25 July 2, 9, 16, 23, 30	Makimura	$124.00 $206.00
☐	Adult Elementary 1/2 Ballet	Tuesday	7:00-8:30pm	June 9, 16, 23, 30 July 7, 14, 21, 28	Makimura	$165.00 $165.00
☐	Adult Elementary 2/Intermediate 1 Ballet	Friday	5:30-7:00pm	June 12, 19, 26 July 3, 10, 17, 24, 31	Makimura	$124.00 $206.00
☐	Adult Intermediate Ballet	Wednesday	6:45-8:15pm	June 10, 17, 24 July 8, 15, 22, 29	Makimura	$124.00 $165.00
☐	Adult Advanced Ballet	Tuesday	6:30-8:00pm 6:30-8:00pm 6:30-8:00pm	June 2, 9, 16, 23 July 7, 14 July 21, 28	Horikawa Grand-Maître Gruber	$165.00 $83.00 $83.00
☐	Adult Advanced Pointe (follow-on class to Tues Adv Ballet)	Tuesday	8:00-8:45pm	June 2, 9, 16, 23 July 21, 28	Horikawa Gruber	$86.00 $43.00
☐	Adult Advanced Ballet	Wednesday	5:15-6:45pm	June 17, 24 July 8, 15, 22, 29	Laporte	$83.00 $165.00
☐	Adult Advanced Pointe (follow-on class to Wed Adv Ballet)	Wednesday	6:45-7:30pm	July 8, 15, 22, 29	Laporte	$159.00
☐	Adult Advanced Ballet	Thursday	6:30-8:00pm	July 9, 16, 23	Gruber	$124.00
☐	Adult Elementary Contemporary	Monday	7:00-8:15pm	June 8, 15, 22, 29	Hopkin	$159.00
☐	Adult Intermediate Contemporary	Monday	5:30-7:00pm	June 8, 15, 22, 29	Hopkin	$159.00

ADULT BALLET INTENSIVES

Series*		Dates	Time	Teacher	Week Fee with HST
☐	**Adult Advanced Ballet Intensive**	June 29/30 & July 2/3	5:30-7:30pm	Gruber	$115.00
☐	**Adult Elementary Ballet Intensive**	July 27 to July 30	2:15-3:45pm	Brooks	$115.00
☐	**Adult Advanced Ballet Intensive**	July 27 to July 31	12:15-2:00pm	Amyot	$142.00

*These Ballet Intensives are designed as a series, however registration in single classes can be arranged – please contact the office.

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 or watches in classes.

Pilates Plus and Fall Proof
Close fitting comfortable clothing.

Ballet, Pointe 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.

Jazz
Most students choose to wear a close-fitting top with stretch pants, leggings or shorts, or a leotard and footless tights.
Jazz or ballet shoes. Hair neatly secured off the face and neck.

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.

Connecting with Dance, Trellis UP! and Parkinson's Coaching
Close fitting comfortable clothing with indoor shoes.

ADULT SUMMER SHORTS - CLASS DESCRIPTIONS

Our classes increase with difficulty and require expanded content knowledge as follows:
Introduction/Beginner/Beginner 2/Elementary 1/Elementary 2/Intermediate 1/Intermediate 2/Advanced

Pilates Plus Online (daytime)	• 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)	• 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.
Conditioning for Ballet	• 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	• For new adult students with no previous training in dance. • Learn the basic structure, positions, and movements of a ballet class.
Beginner Ballet (continued)	• For students with a minimum of six months of training in ballet. • Learn and expand on the basic structure, positions, and movements of a ballet class.
Beginner 2 Ballet	• For students with a minimum of one year of training in ballet. • Students continue to develop their vocabulary, deepen their understanding of correct alignment and positioning, and add in larger moving steps.
Elementary 1 Ballet	• This class bridges dancers out of the Beginner levels. • Exercises build strength with longer exercises and enchainements are developed with a greater number of components.
Elementary 1/2 Ballet	• For students with a minimum of two years of training in ballet. • Students work on balance, develop more sophisticated co-ordinations, and begin to link multiple movements together.

Elementary 2/ Intermediate 1 Ballet	• For students a minimum of two to four years of ballet training • Class includes a warmup, barre and centre practice.
Intermediate 1/2 Ballet	• 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	• 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 Pointe	• Experienced dancers only. Students must be registered in the preceding Adult Advanced Ballet class.
Beginner 2 Jazz	• For students with a minimum of one year 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.
Elementary Contemporary	• A class for students with minimum two years of experience. • Technique and movement vocabulary underlying contemporary and modern dance forms, including floorwork.
Intermediate Contemporary	• A class for students with minimum five years of experience. • Technique and movement vocabulary underlying contemporary and modern dance forms, including floorwork.
Dance is BEST® for Seniors - Ballet	• 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.
Connecting with Dance for Seniors and people with Parkinson's	• Join us we gather to dovetail creative movement and music! • Seated and standing exercises can be adapted to suit all abilities with focus on muscular strength and endurance, posture, co-ordination, balance and expressive movement.
Trellis UP! for Seniors and people with Parkinson's	• Interested in boosting your movement abilities? Come along with us as we combine the benefits of rhythmic, creative movement, great music and the camaraderie of friends. • This class will keep you UP on your feet throughout the hour as we complete standing exercises designed to further develop your artistry and overall mobility, including walking, co-ordination, posture and balance.
Dance is BEST® for Seniors - Parkinson's Coaching	• Individualized support for participants enrolled in Trellis UP! for Seniors and people with Parkinson's.

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