REGISTRATION FORM
EARLY BIRD | TERM 2 ADULT DIVISION
200 Crichton Street
Ottawa, Ontario K1M 1W2
PH 613-238-7838 ● FX 613-238-7839
registrar@theschoolofdance.ca
www.theschoolofdance.ca

2026-27 Season: Monday, September 14, 2026 to Sunday, May 30, 2027

The form below must be signed and returned to The School before the first class.
Scans/faxes/photographed signatures will be accepted OR call the office at 613-238-7838 and take advantage of our 2026-27 e-registration method and The School will contact you to confirm class choice(s) and to confirm registration.

STUDENT LAST NAME:_____STUDENT FIRST NAME:_____

ADDRESS:_____CITY:_____PROVINCE:_____PC:_____

DATE OF BIRTH (MM/DD/YYYY):_____TEL:_____EMAIL:_____

EMERGENCY CONTACT:_____TEL:_____

MEDICAL INFORMATION TO BE KEPT ON FILE:_____

Signature or e-acknowledgement required for entry to in-person classes
Registration and Release of Liability and Assumption of Risk Waiver
****Please review before signing****

I hereby acknowledge that I or my student wishes to attend classes at The School of Dance, 200 Crichton Street, Ottawa, ON, K1M 1W2 (The School).

In consideration of The School agreeing to accept me in classes, I agree to release The School, their officers, directors, employees, agents and volunteers (the "Releasees") from any and all causes of action, claims, demands, requests, damages or any recourse whatsoever in respect of any personal injuries or other damages which may occur or arise during a visit to The School.

I do hereby acknowledge and agree that notwithstanding the generality of the foregoing, I declare that I will not commence litigation or otherwise seek to recover damages or other compensation against the Releasees based on any action, claim, demand, request, loss or any recourse whatsoever arising from any personal injuries or other damages which may arise while attending The School and further acknowledge that the Releasees can rely on this Release of Liability and Assumption of Risk Waiver as a complete defence to any and all claims, damages, causes of action, or recourse or liability that may arise at any time.

Conditions of Enrolment

- Release of Liability and Assumption of Risk Waiver must be e-acknowledged or signed and dated in order to be eligible to take part in in-person classes.
- 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.**
- **REGISTRATION IS LIMITED AND ON A FIRST COME FIRST SERVED BASIS.**
- There is a $20 registration fee payable on the initial registration in each school year.
- The School of Dance will contact the registrant to confirm registration, residence and communication details.
- Fees for the course selected are due in full at the time of registration.
- The School accepts payments by VISA, Mastercard, AMEX, E-transfer, cheques, money-orders and Debit is available through office.
- Monies returned from the bank for any reason are subject to a $50 administration charge.
- Registration is not transferable.
- Registration is by the term(s) or project and registration ends August 31 each TSOD season.
- The School of Dance is not responsible for students before and after class nor responsible for lost items.
- The use of personal digital recording devices inside of The School, including cell phones with cameras and video capability, is strictly prohibited at all times.
- I consent to the use of The School's archival photographs and/or video footage of me/my student as part of the image bank and marketing of The School of Dance.
- The School reserves the right to determine and adjust class placement based on skills, experience, participation, and safety considerations.
- Students are expected to follow instructor direction and class protocols.
- Behaviour that compromises safety or significantly disrupts the learning environment may result in reassignment to a different class or dismissal from the programme.
- The School reserves the right to ask disruptive individuals to leave the premises and/or not to serve a customer.

PRINT Student Name:_____Email:_____

Signed: _____ Date:_____
(or parent/guardian if under age of 18)

TERM 2 of 4 Terms: Monday, November 16, 2026 to Sunday, January 31, 2027

ONLINE CLASSES	Day	Start Time	End Time	Teacher	Term 2 Fee
Pilates Plus OL	Monday	11:00am	12:00pm	Kyle	$185.00
Seniors Fall Proof OL	Tuesday	9:00am	10:00am	Kyle	Be Our Guest
Pilates Plus OL	Wednesday	12:00pm	1:00pm	Kyle	$185.00
Connecting with Dance OL	Friday	11:00am	12:00pm	Shepertycki	Be Our Guest
Parkinson danse - étirements OL Octobre 24, 31, novembre 7, 14, 21 et 28	Samedi	11h00	11h30	Kroetsch	Sois notre invité
DAYTIME CLASSES AT THE SCHOOL	**Day**	**Start Time**	**End Time**	**Teacher**	**Term 2 Fee**
Adult Beginner 2 Ballet (continuing class)	Tuesday	12:30pm	1:45pm	Brooks	$330.00
Adult Beginner 2 Ballet (continuing class) **Plus additional allegro (jumping)**		12:30pm	2:00pm		$340.00
Adult Elementary 1 Ballet	Tuesday	2:00pm	3:30pm	Brooks	$340.00
Adult Elementary 1 Ballet	Saturday	9:00am	10:30am	Makimura	$340.00
Adult Elementary 1/2 Ballet	Thursday	2:00pm	3:30pm	Brooks	$340.00
Adult Elementary 2 Ballet	Friday	2:00pm	3:30pm	Brooks	$340.00
Adult Elementary 2/Intermediate 1 Ballet	Saturday	9:00am	10:30am	Caron	$340.00
Adult Intermediate 2/Advanced Ballet	Saturday	10:30am	12:00pm	Caron	$340.00
Adult Jazz Choreography	Thursday	1:00pm	2:00pm	Brooks	$300.00
EVENING CLASSES AT THE SCHOOL	**Day**	**Start Time**	**End Time**	**Teacher**	**Term 2 Fee**
Adult Advanced Contemporary	Monday	5:30pm	7:00pm	Hopkin	$340.00
Adult Introduction to Ballet Continued	Monday	6:00pm	7:00pm	Caron	$300.00
Adult Beginner Ballet 2	Monday	5:45pm	7:00pm	Makimura	$330.00
Adult Beginner Ballet 2	Tuesday	7:30pm	8:45pm	Makimura	$330.00
Adult Elementary 1 Ballet	Monday	7:00pm	8:30pm	Makimura	$340.00
Adult Elementary 2/Intermediate 1 Ballet	Friday	5:30pm	7:00pm	Makimura	$340.00
Adult Intermediate Ballet	Wednesday	6:30pm	8:00pm	Caron	$340.00
Adult Advanced Ballet	Tuesday	6:30pm	8:00pm	Horikawa	$340.00
Adult Advanced Pointe (third class; follow-on class to Adult Adv Ballet)	Tuesday	8:00pm	8:45pm	Horikawa	$185.00
Adult Advanced Ballet	Thursday	6:30pm	8:00pm	Amyot	$340.00
Adult Advanced Lyrical	Thursday	5:00pm	6:30pm	Fridgen	$340.00
CLASSES FOR SENIORS AT THE SCHOOL	**Day**	**Start Time**	**End Time**	**Teacher**	**Term 2 Fee**
Dance is BEST Ballet for Seniors (continuing class)	Wednesday	12:00pm	1:00pm	Brooks	$115.00
Dance is BEST Ballet for Seniors (continuing class)	Friday	1:00pm	2:00pm	Brooks	$115.00
Dance is BEST Seniors Parkinson's Coaching	Monday	11:00am	12:00pm	Shepertycki	Be Our Guest
Parkinson danse Octobre 19, 26, novembre 2, 9, 16 et 23	Lundi	14h00	15h00	Kroetsch	Sois notre invité
Dance is BEST Connecting with Dance for Seniors and people with Parkinson's (care partners welcome). Classes take place in Memorial Hall, MacKay United Church, 39 Dufferin St	Tuesday	1:00pm	2:00pm	Shepertycki	Be Our Guest
Dance is BEST Trellis UP! for Seniors and people with Parkinson's (care partners welcome) Classes take place at The School of Dance.	Thursday	11:00am	12:00pm	Shepertycki	Be Our Guest
Seniors in Motion Reader's Theatre Nov 12, 19, 26 and Dec 3	Thursday	1:30pm	2:45pm	MacLellan/ Nolan	Be Our Guest
Seniors in Motion Contemporary Dance	Thursday	12:30pm	1:45pm	Kyle	Be Our Guest
Dance is BEST Trellis UP! for Seniors and people with Parkinson's (care partners welcome) Classes take place at The School of Dance.	Thursday	1:00pm	2:00pm	Shepertycki	Be Our Guest
Dance is BEST Connecting with Dance for Seniors and people with Parkinson's (care partners welcome). Classes take place in Memorial Hall, MacKay United Church, 39 Dufferin St. Oct 22, 29, Nov 5, 12, 19, 26	Thursday	1:00pm	2:00pm	Waller	Be Our Guest

The School of Dance General Information

2026-27 Season: Monday, September 14, 2026 to Sunday, May 30, 2027

ALL programmes of The School of Dance are designed for a full year of learning (34 weeks) with the four terms established for ease of payment.

REGISTRATION IS LIMITED AND ON A FIRST COME FIRST SERVED BASIS.

Students are welcome to "make up" a class either at or below their registered level within a given term.
Make-up classes cannot be carried forward into a new term and must be verified by a call to the office, BEFORE attendance, to confirm space.

Term 2: Monday, November 16, 2026 to Sunday, December 20, 2026 **resumes** Monday, January 4, 2027 to Sunday, January 31, 2027
Term 3: Monday, February 1, 2027 to Sunday, March 14, 2027 **resumes** Monday, March 22 to Sunday, April 4, 2027
Term 4: Monday, April 5, 2027 to Sunday, May 30, 2027

No Classes: October 10-12 (Thanksgiving), December 21-January 3 (Holiday Break), February 15 (Family Day), March 15-21 (March Break), March 26-29 (Easter Break), May 22-24 (Victoria Day)

What to Wear/What You Need for Class

We ask that students arrive in their dance attire, when possible, and shoes in hand; minimal extra items please. Hair should be neatly secured off the face and neck. No dangling jewellery in classes.

Pilates Plus/Fall Proof - Close fitting comfortable clothing. Equipment required: resistance bands and yoga mat. Be sure to create a clear working space and a non-slippery floor.

Ballet - Option A: Students may choose to wear a black leotard and pink or black tights. Other plain coloured leotards are acceptable. Students may choose to wear a short wrap chiffon skirt. Pink ballet slippers.
Option B: 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/Lyrical - Most students choose to wear a close-fitting top with stretch pants, leggings or shorts, or a leotard and footless tights. Footwear: Jazz shoes, ballet slippers, cotton socks or bare feet. Hair neatly secured off the face and neck.

Contemporary - Most students wear close-fitting stretch pants or shorts and a close-fitting top, with socks or bare feet.

Connecting with Dance/Trellis UP!/Seated Seniors - Close fitting comfortable clothing with indoor shoes.

Parkinson en mouvement - Vêtements ajustés et confortables avec des chaussures d'intérieur.

The School of Dance Attendance Procedures and Protocols

All registration and general communications with The School will be done by email or phone.

Every in-person student must e-acknowledge or submit a signed waiver provided by The School of Dance prior to entering The School for their first class.

Students who are unwell should stay home. The wearing of masks to enter the building and during classes is optional.

Prior to arriving at The School of Dance, we ask that all students fully prepare to dance. This entails having hair done, dance attire on underneath their street clothes, feet prepared for pointe work (if applicable), and dance shoes easily accessible in one bag to limit extra clothing items being brought into the dance space. This will make for an efficient transition of people entering and exiting the space.

Outside footwear is removed upon arrival and students will sign-in to the building.

Students are asked to enter the building just prior to their class times and will be asked to leave quickly after their class is over.

Dancers must have their own equipment. Sharing of personal items including food and water bottles is strictly prohibited. A water bottle filling station is located on the first floor. Please do not wear scented products as they can aggravate health problems for some people with medical conditions. In addition, due to allergies The School of Dance is a nut and peanut free building. Your cooperation is appreciated.

Additional protocols may be put in place as appropriate in accordance with public health recommendations.

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

The School of Dance is committed to protecting personal information by following responsible information handling practices, in keeping with privacy laws. We collect and use personal data in order to better meet your service needs, to ensure the safety of our participants, for statistical purposes, to inform you about The School of Dance programme or service in which you are registered, to complete payment transactions and to satisfy government and regulatory obligations. You may also hear from us periodically about other The School of Dance programmes, services and opportunities that may interest and benefit you. We do not rent, sell or trade our mailing lists. If you wish to be removed from our email or mailing list, please contact The School's Administration at any time.

ADULT CLASS DESCRIPTIONS 2026-27

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

- The School reserves the right to determine and adjust class placement based on skills, experience, participation, and safety considerations.
- Students are expected to follow instructor direction and class protocols.
- Behaviour that compromises safety or significantly disrupts the learning environment may result in reassignment to a different class or dismissal from the programme.

ONLINE DAYTIME CLASSES

Pilates Plus Online	• A stretch and strength class 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	• 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.
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.
Parkinson danse - étirements	• Cours d'étirements pour personnes atteintes de Parkinson, offrant des exercices doux sur chaise et debout pour améliorer souplesse, équilibre, posture, force et coordination, dans une ambiance sécuritaire et conviviale.

DAYTIME CLASSES (WEEKDAYS)

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 Ballet	• For students with a minimum of three years of training in ballet. • Students develop more sophisticated co-ordinations, link multiple movements together, add more turns and travelling steps.
Adult Intermediate 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 enchainements.
Dance is BEST Ballet for Seniors	• 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.
Seniors in Motion Contemporary Dance	• Exploring movements and ideas – seated and standing. • Choreography developed to be presented on stage on Sunday, December 6, 2026.
Jazz Choreography	• 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.
Dance is BEST 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. • Classes take place in Memorial Hall, MacKay United Church, 39 Dufferin St. (accessible space)

Dance is BEST 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 Parkinson's Coaching	• Individualized support for participants enrolled in Trellis UP! for Seniors and people with Parkinson's.
Parkinson danse	• Cours de danse adapté aux personnes vivant avec la maladie de Parkinson, combinant exploration du mouvement, créativité et exercices sur chaise et debout, pour développer coordination, expression et confiance dans une atmosphère bienveillante.
Seniors in Motion Reader's Theatre	• Rehearse and perform a "Reader's Theatre" piece with Kathy MacLellan and John Nolan of Rag & Bone Puppet Theatre, which will be presented on stage on Sunday, December 6, 2026.

EVENING AND SATURDAY CLASSES

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 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 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 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 enchainements.
Intermediate 2/ Advanced Ballet	• For students with five 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	• 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 Ballet class.
Advanced Lyrical	• A class for students with minimum five years of experience in lyrical, jazz, ballet or contemporary. • A full class including warm-up, travelling, turning, jumping and choreographic combinations.
Advanced Contemporary	• Minimum of three years of previous training in contemporary dance. • Technique and vocabulary of movement underlying contemporary dance forms.
Dance is BEST Seated Seniors	• Join us at the New Edinburgh Fieldhouse in Stanley Park (203 Stanley Avenue) for a free Seated Dance Class. The class will be set to music that appeals across multiple generations. No prior dance experience is necessary.

PRIVATE ONE-TO-ONE COACHING

Adult Pilates Reformer Coaching	• Private Coaching arranged by appointment through the office
Adult Private Ballet Coaching	• Private Technique Coaching arranged by appointment through the office

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