

Dress Codes &
Class Descriptions

Welcome to the 2016-17 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 Lyrical & Jazz

Women: Most students wear close-fitting stretch pants or shorts and a close-fitting top or a leotard and tights.

Hair: as for ballet.

Men: Most students wear close-fitting stretch pants, tights or shorts and a close-fitting top.

Footwear: Lyrical, jazz, or ballet shoes.

Adult Contemporary & Barre Burn

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 Yoga

Men and Women: Basic yoga attire. Please bring your own yoga mat.

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.

POD Class

Men and Women: Comfortable clothing to move in. Bare feet or cotton socks.

Connecting with Dance

Men and Women: Comfortable clothing to move in. Indoor running shoes required.

Dance is BEST for Seniors

Men and Women: Comfortable clothing to move in. Ballet slippers, jazz shoes or soft sole running shoes.

Brown Bag Ballet (Daytime) Classes taught by Merrilee Hodgins	<ul style="list-style-type: none"> • Elementary/Intermediate general level noon-hour ballet class.
Pilates Plus (Daytime) Classes taught by Cathy Kyle Fenton	<ul style="list-style-type: none"> • A stretch and strength class. • Mat work, flexi bands and gym balls are used.
Adult Yoga (Daytime) Classes taught by Suzanne Plante	<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 Ballet (New) Classes taught by Chisato Horikawa	<ul style="list-style-type: none"> • For new adult students with no previous training in dance.
Adult Elementary 1 Ballet Classes taught by Tanis Waller	<ul style="list-style-type: none"> • For adult students with six months to one year of training in dance.
Adult Elementary 2 Ballet Classes taught by Chisato Horikawa	<ul style="list-style-type: none"> • For adult students with one to three years of training in dance.
Adult Intermediate Ballet Classes taught by Merrilee Hodgins	<ul style="list-style-type: none"> • For adult students with four to five years of ballet training.
Adult Advanced Ballet Classes taught by Merrilee Hodgins	<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 Pointe Classes taught by Merrilee Hodgins	<ul style="list-style-type: none"> • Experienced dancers only. Students must be registered in Adult Advanced Ballet.
Adult Adv Lyrical Classes taught by Nicola Henry	<ul style="list-style-type: none"> • Suitable for Adult students with a minimum of four years of ballet, jazz or contemporary training. • Vocabulary includes: full barre, stretching/conditioning, travelling steps, pirouettes and various jumps. • Choreographic combinations will be taught.
Adult Elementary 1 Contemporary Classes taught by Mary Catherine Jack	<ul style="list-style-type: none"> • One to two years of previous training suggested. • Technique and vocabulary of movement underlying contemporary dance forms.
Adult Inter Open Contemporary Classes taught by Cathy Kyle Fenton	<ul style="list-style-type: none"> • Four years previous training suggested. • Technique and vocabulary of movement underlying contemporary dance forms.
Adult Barre Burn Classes taught by Avery Ross	<ul style="list-style-type: none"> • Barre Burn is an energizing class which is a fusion of yoga, Pilates and basic ballet, into a floor and barre-based regime of fat burning interval training, muscle shaping isometrics and dance conditioning. This class is a great workout on its own or an excellent addition to your current program! No experience necessary.
POD Class Classes taught by Cathy Kyle Fenton	<ul style="list-style-type: none"> • For Parents of Dancers (POD) – a chance to get moving when you find yourself waiting in the halls! • An active stretch and strength class open to all adults.
Adult Beginner Jazz Classes taught by Tanis Waller	<ul style="list-style-type: none"> • For new adult students with no previous training.
Piba Tai Ji with Loïc Gouadec	<ul style="list-style-type: none"> • This ancient form of exercise is enjoyed by people of all ages. • 12 week programme: Sept 16th – Dec 2nd, 2015.
Connecting with Dance Classes taught by Maria Shepertycki	<ul style="list-style-type: none"> • Designed for people with Parkinson's. • Exploring Dance through Creative Movement. • Motor control, strength and coordination.
Dance is BEST for Seniors Classes taught by Merrilee Hodgins	<ul style="list-style-type: none"> • Sometimes seated; sometimes at the barre. • Always flowing with the music and enjoying the movement of ballet.