

Dress Codes &  
Class Descriptions

Welcome to the 2017-18 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**

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 Open Training**

Men and Women: Loose, comfortable clothing. No street shoes; indoor shoes or bare feet.

**Adult Yoga/POD 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.

**Dance is BEST for Seniors**

Men and Women: Comfortable clothing to move in. Ballet slippers or jazz shoes.

<b>Brown Bag Ballet (Daytime)</b> Classes taught by Merrilee Hodgins	<ul style="list-style-type: none"> <li>• Elementary/Intermediate general level noon-hour ballet class.</li> </ul>
<b>Pilates Plus (Daytime)</b> Classes taught by Cathy Kyle Fenton	<ul style="list-style-type: none"> <li>• A stretch and strength class.</li> <li>• Mat work, flexi bands and gym balls are used.</li> </ul>
<b>Adult Yoga (Daytime)</b> Classes taught by Suzanne Plante	<ul style="list-style-type: none"> <li>• Open to all levels. Classes are based on Hatha yoga and includes breathing (pranayama), stretching and traditional yoga postures (asanas).</li> </ul>
<b>Adult Beginner Ballet</b> Classes taught by Chisato Horikawa	<ul style="list-style-type: none"> <li>• For new adult students with no previous training in dance.</li> </ul>
<b>Adult Elementary 1 Ballet</b> Classes taught by Tanis Waller	<ul style="list-style-type: none"> <li>• For adult students with six months to one year of training in dance.</li> </ul>
<b>Adult Elementary 2 Ballet</b> Classes taught by Chisato Horikawa	<ul style="list-style-type: none"> <li>• For adult students with one to three years of training in dance.</li> </ul>
<b>Adult Intermediate Ballet</b> Classes taught by Merrilee Hodgins	<ul style="list-style-type: none"> <li>• For adult students with four to five years of ballet training.</li> </ul>
<b>Adult Repertoire Class</b> Classes taught by Merrilee Hodgins	<ul style="list-style-type: none"> <li>• Experienced dancers only. Students must be registered in Adult Intermediate Ballet.</li> <li>• Learn some of the standard classical ballet repertoire.</li> </ul>
<b>Adult Advanced Ballet</b> Classes taught by Merrilee Hodgins	<ul style="list-style-type: none"> <li>• Knowledge of the full vocabulary of barre exercises, adage, pirouettes and turns, small allegro and batterie and grand allegro.</li> <li>• Six years of training recommended.</li> </ul>
<b>Adult Pointe</b> Classes taught by Merrilee Hodgins	<ul style="list-style-type: none"> <li>• Experienced dancers only. Students must be registered in Adult Advanced Ballet.</li> </ul>
<b>Adult Adv Lyrical</b> Classes taught by Nicola Fridgen	<ul style="list-style-type: none"> <li>• Suitable for Adult students with a minimum of four years of ballet, jazz or contemporary training.</li> <li>• Vocabulary includes: full barre, stretching/conditioning, travelling steps, pirouettes and various jumps.</li> <li>• Choreographic combinations will be taught.</li> </ul>
<b>Adult Open Training</b> with Mary Catherine Jack	<ul style="list-style-type: none"> <li>• More fun than the gym! This energetic class will pull from a number of elements to give you a full physical experience. MELT, stretching, strengthening and dynamic across the floor movement will leave your whole body worked from the inside out. Designed to enhance and prepare you for all of your other summer activities...or Contemporary technique at 7:00! Open to adult movers, dancers and athletes of all levels. Live music too!</li> </ul>
<b>Adult Elementary Contemporary</b> Classes taught by Mary Catherine Jack	<ul style="list-style-type: none"> <li>• One to three years of previous training suggested.</li> <li>• Technique and vocabulary of movement underlying contemporary dance forms.</li> </ul>
<b>Adult Inter Contemporary/ Choreography</b> Classes taught by Sarah Hopkin	<ul style="list-style-type: none"> <li>• Four years previous training suggested.</li> <li>• Be part of a creative process and learn edgy new choreography.</li> </ul>
<b>Adult Beginner Jazz</b> Classes taught by Tanis Waller	<ul style="list-style-type: none"> <li>• For new adult students with no previous training.</li> </ul>
<b>Adult POD Yoga</b> Classes taught by Mizuki Hoshino	<ul style="list-style-type: none"> <li>• Ideal for parents who are waiting for their child in class or anyone who wants to start a great weekend!</li> <li>• Classes will include breath work, standing/seated yoga poses and some simple movements on a mat.</li> </ul>
<b>Piba Tai Ji</b> with Loïc Gouadec	<ul style="list-style-type: none"> <li>• This ancient form of exercise is enjoyed by people of all ages.</li> <li>• 12 week programme: Sept 16<sup>th</sup> – Dec 2<sup>nd</sup>, 2015.</li> </ul>
<b>Dance is BEST for Seniors</b> Classes taught by Merrilee Hodgins	<ul style="list-style-type: none"> <li>• Sometimes seated; sometimes at the barre.</li> <li>• Always flowing with the music and enjoying the movement of ballet.</li> </ul>