



ADULT SUMMER SHORTS 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!

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 Elementary 1 Ballet	Monday	6:00-7:30pm	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
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
Introduction to Ballet	Thursday	6:00-7:15pm	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 3 and 4.
- 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

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.
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 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.
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
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.

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.

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.

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 and Jazz

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!

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