



2018-2019 Season Dance Class Schedule

Teen Program Ages 12+

Welcome to another great dance season at On Stage - where dancing is fun for everyone! We can't wait to dance with you!

All classes listed are held once per week - you may choose from the options below.

BEGINNER TEENS

If you've always wanted to learn to dance but were afraid you were "too late" - this is the class for you! We will cover the basics of jazz, tap, ballet, and hip hop, in this class for fun, fitness, & friends!

Beginner Teen Dance (ages 12+)

Wednesday 8:45 - 9:45pm

JAZZ

Jazz dance develops coordination, flexibility, & strength through entertaining classes using popular music. Emphasis is on proper technique with a flair for performance and style.

Intermediate Jazz (ages 11-13)

Mondays 8:30 - 9:30pm Saturday 11:30 - 12:30(*)

Teen Jazz (age 13+, minimum 3 years exp)

Tuesday 8:45 - 9:45pm (*)

BALLET

All of our ballet classes follow the Society of Russian Ballet (SRB) Vaganova-based syllabus. Our recreational ballet classes introduce dancers to the fundamentals & basics of ballet technique. Posture, alignment, grace, and of course personal expression are all introduced and enhanced. (for more ballet options for older dancers, including examinations, please contact studio staff)

Teen Ballet (ages 12+ or exam prep)

Monday 6:00 - 6:45pm

MUSICAL THEATRE

Basic jazz technique combines with singing & acting to create a dance class with a flair for the dramatic! Let loose & learn the songs & dances from many popular musicals. It is recommended (but not required) that dancers in our musical theatre program also enroll in a jazz or ballet class, to ensure a proper technical foundation.

Musical Theatre (ages 8 & up)

Tuesday 5:15 - 6:00pm Saturday 11:45 - 12:30pm (*)

HIP HOP

Combine funky moves & popular music for tons of fun! These fast-paced classes are rhythmic and high-energy. It is recommended (but not required) that dancers in our hip hop program also enroll in a jazz or ballet class, to ensure a proper technical foundation.

Intermediate/Teen Hip Hop (ages 12+)

Tuesday 7:45 - 8:45pm (*)

TAP

Tap dance is a rhythmic dance style that focuses on coordination, rhythm, and musicality. Tap classes give your child the ability to make music with their feet!

Teen Tap (ages 12+)

Monday 8:30 - 9:15pm

ACRO

Learn a few 'tricks' to add to your dance resume! This class teaches & builds upon gymnastic skills and flexibility. All acro classes are taught by a certified and trained gymnastics instructor. Acro classes do not take part in any performances. All participants must be enrolled in another dance class, to ensure a solid technical foundation.

New! Register for your class below, & all students will be assessed during the first 4 weeks of classes. We will then adjust enrolment based on ability.

Acro 1

Monday 6:45 - 7:45pm

Acro 2 (min 2 year acro/gymnastics experience)

Monday 7:45 - 8:45pm

Acro 3 (min 3 year acro/gymnastics experience)

Monday 8:45 - 9:45pm (will take part in recital)

LYRICAL, CONTEMPORARY, & MODERN

Learn to express & tell a story through dance! Through natural movement and breath we will learn the basics of modern technique, and develop our own creative style.

Modern (ages 9 & up)

Tuesdays 6:45 - 7:45pm

Lyrical/Contemporary (ages 9 & up)

Saturdays 2:00 - 2:45pm(*)

At On Stage, we present 2 separate performances (morning & afternoon) for each recital. Classes marked with a (*) will perform in one show, and those with no marking will perform in another. If you want to guarantee you will only need to be present for one performance per day, be sure to keep this in mind when choosing classes for your child(ren)!

IDP & Exam level classes should plan on being in both shows.

www.onstagedance.ca * 519-273-2964 * info@onstagedance.ca