

# **FEBRUARY DANCE FUN**

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With the provincial lockdown extended, taking care of our physical & mental health is more important than ever! We are so pleased to be able to offer FREE and greatly reduced pricing for all of our dance classes for the next month!

As is our policy, we will not be charging regular tuition for February, and our usual class schedule has been put on hold until we can reopen. Please look over the options below and choose what your child(ren) would love. Keep up with an old style or try something brand new - lots of options for everyone! All classes will be held safely over Zoom in accordance with current health regulations.

To register, sign into your Danceworks account. You can find these classes under the "January Program" drop-down menu. Dancers need to register for all classes (including free ones) in order to receive the zoom link!

ALL PROGRAMS WILL RUN THE WEEK OF JANUARY 25<sup>TH</sup> THROUGH THE WEEK OF FEBRUARY 15<sup>TH</sup> FOR 4 WEEKS TOTAL.

## **Why is it so important to continue dancing?**

1. Social Connection
  - We know that our kids are missing their friends, their teammates, and have that daily social interaction with others. Dance class is a great way to interact with their peers, have some social time, and maintain relationships!
2. Mental/emotional health
  - Dance is well known for its benefits on mental and emotional health. Moving our bodies, especially in an expressive way, helps us to process, release, and manage our emotions and feel calmer & happier!
3. Physical fitness
  - For most of us, staying home means a lot more sitting down & less moving. Dance class is a great motivation for your child to get up, move their body, sweat, get stronger - the list goes on! Plus, exercise releases endorphins, which ties into point 2....we just feel better when we are active!
4. Routine/Consistency
  - With so many changes in their lives over the last year, children especially are looking for anything that maintains a sense of normalcy in their day-to-day lives. Keeping up with their dance classes helps to keep routines consistent and provides them with that "normal life" they crave!
5. Fun!
  - Most of all, dance classes are FUN! We know - dancing online is not our first choice, but our staff is working overtime to make sure our classes remain fun, encouraging, and lift up our students. We believe in the power of dance to make a difference in our students' lives!

## **FREE PROGRAMMING**

FREE programs are open to every currently registered OSD dancer, with no class size limit.

Creative Kids: Join Ms. Meghan, Ms. Shaina, & Miss Alyssa for fun imaginative dance play with songs, stories, and more! Ages 3-6

Tuesdays 10:00-10:30am

Thursdays 5:00-5:30pm

Saturdays 9:30-10:00am

### Stretch & Strengthen

Keep your body limber & in tip-top dancing shape with Ms. Shaina, Miss Hannah & Ms. Meghan! This class doesn't require tons of space so is a great option for those with limited dance room at home! Ages 7+

Tuesdays 4:30-5:30pm

Wednesdays 4:15-5:00pm

Thursdays 4:00-5:00pm

### Improv Jam

Dim the lights, close your eyes, and explore improvisation! A great way to let loose & connect inwards, with guidance from Ms. Meghan. Ages 8+

Thursdays 8:00-8:30pm

## **PAID PROGRAMMING**

PAID classes are offered at a reduced pricing during lockdown. Dancers commit to all 4 weeks of the program. Price listed is the total cost for the entire program (4 weeks) and is subject to HST. Open to new & current dancers.

### PRIMARY PROGRAM - AGES 4-7

Pre-Dance jazz/tap Class: Wednesday 5:15-5:45 (\$25.00)

Pre-Dance jazz/tap Class: Saturday 10:15-10:45am (\$25.00)

### JUNIOR PROGRAM - AGES 6-9

Jazz Class: Wednesday 5:00-5:45pm (\$30.00)

Tap Class: Mondays 4:30-5:15pm (\$30.00)

Ballet Class: Wednesdays 5:45-6:30pm (\$30.00)

Hip Hop Class: Saturdays 10:45-11:15am (\$25.00)

### INTER PROGRAM AGE 9-12

Jazz Class: Tuesday 6:15-7:00 (\$30.00)

Jazz Class: Wednesdays 6:30-7:15pm (\$30.00)

Tap Class: Mondays 5:15-6:00pm (\$30.00)

Contemporary Class: Tuesdays 5:30-6:15pm (\$30.00)

Contemporary Class: Wednesday 5:45-6:30pm (\$30.00)

Hip Hop Class: Wednesdays 7:15-7:00pm (\$30.00)

### SENIOR PROGRAM AGES 13+

Jazz Class: Tuesday 7:45-8:30pm (\$30.00)

Jazz Class: Wednesday 6:30-7:15pm (\$30.00)

Contemporary Class: Tuesdays 7:00-7:45pm (\$30.00)

Contemporary Class: Wednesday 7:15-8:00pm (\$30.00)

Tap Class: Monday 6:00-6:45pm (\$30.00)

### **DROP-IN CLASSES**

DROP IN classes are pay-as-you-go, with the option to pay for as many or as few classes as you'd like. Classes include a warmup & choreography. Cost is \$10/class or \$35 for all 3 weeks if registered in advance. Open to new & current dancers.

#### Ages 8-12

Jazz: Thursday 6-7pm

Contemporary: Thursday 7-8pm

Jan. 27<sup>th</sup> - Miss Alyssa

Feb. 4<sup>th</sup> - Mr. Conor & Ms. Danielle

Feb. 11<sup>th</sup> - Miss Hannah

Feb. 18<sup>th</sup> - Miss Mara

#### Ages 13+

Jazz: Thursday 6-7pm

Contemporary: Thursday 7-8pm

Jan. 27<sup>th</sup> - Ms. Meghan

Feb. 4<sup>th</sup> - Mr. Conor & Ms. Danielle

Feb. 11<sup>th</sup> - Ms. Shaina

Feb. 18<sup>th</sup> - TBA

### **PRIVATE LESSONS**

PRIVATE LESSONS are one-on-one lessons with an instructor. Dancers commit to all 4 weeks of the program. Cost is \$135 for the session.

Miss Michelle: FULL

Ms. Shaina: available Tuesday 8:30, 9:00

Mr. Jason: available Wednesday 5pm-8pm

Miss K: available Wednesday 6:30, 7:00, 7:30, 8:00pm

## **EXAM PROGRAMMING**

All exam classes are FREE and will follow the SRB examination syllabus. These classes are open to all dancers. If you are not sure of your child's level, we can help to place them!

All examination students are highly recommended to attend to keep up their technique & skill in preparation for competition & exams.

Friday 4:15-4:45 Red/Yellow

Friday 4:45-5:30 Blue

Friday 5:30-6:15 Purple/Green

Friday 6:15-7:00 Teal/White

Friday 7:00-7:45 Pink

Friday 7:45-8:30 Orange/Black

Wednesday 8:00-8:45 Rainbow

Wednesday 8:45-9:30 Advanced