



**dance umbrella**  
**2024-25**  
**Registration – Adult Classes**

**2024-25 Schedule – Adult Classes**

	<b>Studio A</b>	<b>Studio B</b>	<b>Mack Studio</b>
<b>Monday</b>	5:45 – 6:45 Dance for Health		
	6:45 – 7:45 Adult Contemporary		
	8:00 – 9:00 Adult Dance (Jazz/Contemporary/Ballet)		
<b>Instructors:</b> Kayla Shaw-Mills, AK Mullen Johnson, Elan MacKey, Julia Sauve, AK & Elan, Joe Dames, Kristi Stewart			
<b>Tuesday</b>			7:30 – 8:30 Adult Heels & Hip Hop <sup>2/5</sup>
<b>Wednesday</b>		4:15 – 5:30 Ballet Tech & Variation <sup>3/5</sup>	
		5:45 – 6:45 Adult Beginner Ballet	5:45 – 6:45 Hip Hop ages 13+
<b>Thursday</b>		5:30 – 6:30 Dance for Health	
		6:45 – 8:00 Adult Intermediate Ballet	5:30 – 6:30 Adult Intermediate Jazz
		8:15 – 9:00 Adult Pre-Pointe/Pointe <sup>4/5</sup>	
<b>Friday</b>	4:15 – 5:15 Stretch & Conditioning <sup>5</sup>	TBA Workshop Series	

<sup>2</sup> **6-week session:** This class is offered in three 6-week sessions – Fall, Winter, and Spring (see page 16 – Class Information).

<sup>3</sup> **Non-Performing:** This class does not participate in the Year-End Performance in May.

<sup>4</sup> **Invitation only:** Enrollment in Pointe class is by invitation only. Students will be assessed in their ballet classes, and we’ll be communicating when you/your child is ready for pointe.

<sup>5</sup> **New class offering:** This class is subject to cancellation/change given registration of less than 10 students. Please express interest early if you would like to enroll in this class!

**Class Descriptions**

**Dance for the Health of It**                      *Mondays 5:45 & Thursdays 5:30pm*                      *Ages 18+ (No experience)*

A fun fusion of various dance styles, warm-up rhythms, and stretch exercises designed for adults to get the body moving. Participants will develop an awareness of their bodies as they learn the “hows” and “whys” of dance as a form of exercise. Appropriate for all levels of movers, this class is focused on free expressive movement.

**Adult Contemporary**                      *Mondays 6:45 – 7:45pm*                      *Ages 18+ (min. 1 year ex.)*

Contemporary dance’s emphasis is on the expressive nature of dance, as well as technique and performance values. Participants will incorporate an emotional element with total body awareness. This class is designed for adult dancers with some previous dance experience; adults with experience in other movement forms such as yoga, figure skating, etc., are welcome to attend.

**Adult Dance***Mondays 8:00 – 9:00pm**Ages 18+ (No experience)*

This class will provide dance techniques in Ballet, Jazz, and Contemporary. Adults with experience or novice level are invited to dance and work at their own progression level. We will start class with a warm-up, focusing on technical skills in the center and traveling across the dance floor. Class choreography will explore self-expression through movement, musicality, and ensemble work. This class will be taught by two instructors rotating through the season.

**Adult Heels & Hip Hop***Tuesdays 7:30 – 8:30pm**Ages 18+ (No experience)*

Embrace your inner diva in this class focused on sassy and confident movements. Participants learn how to strut, pose, and perform dynamic movements that exude attitude and style.

This class will incorporate hip hop basics and beginner heels technique. Perfect for those new to dancing in heels, it focuses on the fundamentals of dancing in heels, including proper posture, weight placement, walking, and basic movements like body rolls, hip isolations, and turns.

This class is offered in 6-week sessions at a rate of \$100.00 per session.

- FALL: Oct 15, 22 and 29; Nov 1, 8 and 15
- WINTER: Jan 14, 21 and 28; Feb 4, 11 and 18
- SPRING: Mar 25; Apr 1, 8, 15, 22 and 29

**Ballet Tech & Variation***Wednesdays 4:15 – 5:15pm**Ages 12 – Adult*

Ballet Technique & Variations is a supplemental class to a dancer's regular ballet training, this class can be taken in soft shoes or en pointe\*. Each term we will study variations from a well-known ballet, where dancers will explore the history of the ballet as they develop their artistry through the progression of variations. Class will begin with barre and center work which will focus on principles of strength & flexibility, turn-out, alignment with additional conditioning for turns, leaps, and footwork as it relates to the variation we are currently dancing. Some Pas de Deux and partnering work will also be explored depending on the ballet. This class is intended for students working at an Intermediate level and above.

\*Please note, pointe dancers must have permission from the instructor and be currently enrolled in a pointe technique class.

**Adult Ballet***Beginner Wednesdays 5:45 – 6:45pm**Ages 18+ (No experience)**Intermediate Thursdays 6:45 – 8:00pm**Ages 18+ (min. 2 years)*

Develop poise and grace through our Adult Ballet classes. This program focuses on posture, correct use of muscles, and grace of movement. Adult Ballet is offered at Beginner and Intermediate levels. Adults with no or limited previous experience will join at our Beginner level. Dancers with some previous dance experience, or adults with experience in other movement forms such as yoga, figure skating, etc., may be recommended to Intermediate.

**Adult Pre-Pointe/Pointe***Thursdays 8:15 – 9:00pm**Ages 18+ (by invitation)*

Pointe work is offered to adults enrolled in Adult Intermediate Ballet who would like to develop their technique while training in Pointe shoes. The class will start with barre and floor exercises to develop the strength of feet and ankles, along with Thera band exercises to establish the strength and proper alignment to dance with pointe shoes safely. This class is by invitation only. If you are interested in this class, please speak to your Ballet instructor. Please do not pre-purchase pointe shoes as the instructor will discuss proper pointe shoe fitting etiquette and how to custom sew the pointe shoe for each dancer and their unique feet.

## Adult Intermediate Jazz

Thursdays 5:30 – 6:30pm

Ages 18+ (min. 2 years)

Jazz classes build on the basic technique which applies to all genres of dance, with a focus on rhythm, coordination, strength, and flexibility. Styles covered range from Broadway to pop, funk to classical jazz, and many moves in between. This class is designed for adult dancers with some previous dance experience; adults with experience in other movement forms such as yoga, figure skating, etc., are welcome to attend.

## Stretch & Conditioning

Fridays 4:15 – 5:15pm

Ages 12 – Adult

Step into a dynamic world of movement and music with our strength and conditioning class! Fuse the graceful elements of Pilates, the precision of barre, and the power of conditioning exercises. Each session is a rhythmic journey where you'll groove to the beat while sculpting your body and boosting your flexibility. Unleash your inner strength as you tone your muscles and enhance your mobility.

## Workshop Series

Friday nights

This series offers training and education in supplementary dance topics ranging from nutrition, post-secondary advisement in the arts, choreography, and more. A schedule will be released at the beginning of our September and January terms with our workshop offerings, drop-ins are welcome. dance umbrella students attend at a rate of \$10 per workshop, with a drop-in rate of \$15 for the community.

# Registration

### Register

To register, please submit the registration form in one of the following ways:

- **email** the registration form to [dance@confederationcentre.com](mailto:dance@confederationcentre.com)
- **mail** to the address on the registration form (attention Arts Education)
- leave in the **drop-box** at the **Queen Street** entrance (box office) of Confederation Centre.

Registration will not be guaranteed until payment has been received (in full, or with post-dated cheques or credit card authorization.)

### Semesters

Our season runs in two semesters from September to December (Fall), and January to May (Winter). When you register for classes in September it is assumed you'll be with us until May, unless otherwise stated. Prices outlined below reflect tuition for both semesters.

- **Fall Deadline:** Registration for fall semester is open until September 30, 2024. After this date, new students will be considered on a case-by-case basis, although there is no guarantee of acceptance. Late registrations will not be pro-rated until after October 15, 2024.
- **Winter Deadline:** Winter semester is open for new students until January 31, 2025.

### Trial Classes

We encourage all of our students to try a variety of dance styles and we are more than happy to accommodate trial classes. Please email us if you would like to try a new class.

### Class Changes

dance umbrella reserved the right to close/open/amend classes depending on the number of registered dancers. Families will be notified of any changes



## Fee Structure

*Fee Structure:	Total Due (When paid in full)	**Payment Plan: 1 <sup>st</sup> payment due with registration	2 <sup>nd</sup> payment: October 21, 2024	3 <sup>rd</sup> payment: January 20, 2025	4 <sup>th</sup> payment: March 3, 2025
1 class per week	\$420.00	\$115.00	\$105.00	\$105.00	\$105.00
2 classes per week	\$760.00	\$200.00	\$190.00	\$190.00	\$190.00
3 classes per week	\$1040.00	\$270.00	\$260.00	\$260.00	\$260.00
4 classes per week	\$1320.00	\$340.00	\$330.00	\$330.00	\$330.00

\***Multiclass discounts** apply to students or members of the same household taking more than one class per week. Students/households taking more than 3 classes per week should add \$280.00 per additional class (\$70.00 per payment)

\*\***To use the payment plan**, a NON-REFUNDABLE administration fee of \$10.00 is included in the first payment. Payment is due on or before the dates listed above.

## Additional Fees

**COSTUME FEE:** There is a NON-REFUNDABLE \$20.00 costume fee per student which aids in costume purchases and maintenance. Costume fee is in addition to the total due above and applied to the first payment if using payment plan (i.e. 2 classes per week, first payment will be \$220.00 which includes costume and payment plan fee). Costume fee does not apply to My Parent & Me, Creative Movement I, Dance for Health and Pre-Pointe classes.

**WORKSHOPS:** Our workshop series is offered to *dance umbrella* students at a rate of \$10.00 per workshop.

## Payment Details

**METHOD OF PAYMENT:** Cash, cheque, Visa, Mastercard, or American Express.

- For the payment plan, post-dated cheques or credit card authorization must be included with registration, or alternate arrangements made with our office. Cheques must be dated as outlined in the table above and are payable to ***Confederation Centre of the Arts***.
- Unfortunately, we do not accept e-transfer for dance registration payments.

## LATE OR INSUFFICIENT PAYMENTS:

- If payment is not up to date, the student cannot participate in class and may accrue interest of \$5.00 per week to overdue payments.
- A \$25.00 service fee will be charged for cheques returned by your financial institution.

**REFUNDS:** Refunds are available **up to October 15, 2024**, or if justified by a medical situation (a doctor's letter will be required.)

- The amount refunded will be equal to the amount paid minus the number of classes taken at \$15.00 per class.
- New students joining the winter semester may receive a refund after no more than two trial classes.

**WITHDRAWAL:** If a student chooses not to continue for the winter semester, written notice by email must be given to the Education Coordinator by **December 20, 2024**, and the third and fourth payments will not be processed.

- It is the responsibility of the parent/participant to notify the office; otherwise, payments will be processed.

**SCHOLARSHIPS:** Confederation Centre of the Arts offers limited financial assistance to students enrolled in all of its Arts Education programs and camps. For more information on scholarships, or to apply, please contact [artseducation@confederationcentre.com](mailto:artseducation@confederationcentre.com).

