



dance umbrella Program Handbook

2024/2025
Season



Welcome!

Welcome to season 36 of *dance umbrella*. We are happy you are all here!

Dance is a part of our everyday life as we speak through movement to communicate, tell a story, share cultures, and create community. We strive to nurture and foster each student as an individual and in an ensemble. We invite all students to share the joy of dance in classes taught by passionate, dedicated, and professional instructors. They strive to build you up to your true potential by teaching you technical skills, artistry, and ensemble building so that you can shine bright – on stage and off.

It is inspiring to see how dance brings people together, allowing us to express ourselves and connect with others through movement. We have a mission to help you grow and emerge, be connected to a larger community, and acknowledge that we are all dancers at every stage of life regardless of age and capability. As we embark on our next season of dance, we encourage all dancers to be kind, respectful, supportive of others, and motivated to establish new goals and skills. A great attitude makes you do great things. We will help you achieve your fullest potential, and discover yourself. We are privileged to teach you.

Please read this handbook carefully and thoroughly and refer to it when needed. There is a lot of information provided below to ensure a smooth season for everyone. If you have any questions, please do not hesitate to contact us!

Thank you for dancing with us.



AK Mullen Johnson (she/her | elle)

Program Manager, Dance | Gestionnaire, programme de danse
Confederation Centre of the Arts | Centre des arts de la Confédération



Table of Contents

Land Acknowledgement.....	3
Quick reference studio information	4
2024-25 Dance Season Important Dates.....	5
Arts Education Mission and Vision	6
Registration Information.....	7
Attendance & Commitment.....	9
Medical Information and Need for Support.....	9
<i>dance umbrella</i> Class Schedule 2024 – 2025	10
Code of Conduct.....	13
Communication.....	14
Cancellations and Storm Closures	14
Class Placement & Levels	14
Class Information	15
Year-End Showcase Information.....	20
Musical Theatre Program Information	22
Performance Group	23

Land Acknowledgement

The Centre acknowledges that the land on which it operates is the traditional unceded territory of the Mi'kmaq. We acknowledge with respect the history, spirituality, and culture of the Mi'kmaq people—who have lived here for over 15,000 years.

Quick reference studio information



NEW Dance Studio Location:

Studio A and Studio B
133 Queen Street
Charlottetown, PE C1A 4B3



Mack Studio and Musical Theatre Performance Location:

The Mack Theatre
128 Great George St,
Charlottetown, PE C1A 4K6

dance umbrella

Tel: 902-628-6134

Email: dance@confederationcentre.com

Web: <https://confederationcentre.com/arts-education/dance-umbrella/>

Arts Education Department

Director, Arts Education & Heritage
Francesca Perez
fperez@confederationcentre.com
902-629-1178

Program Manager, Dance
AK Mullen-Johnson
amullen@confederationcentre.com
902-628-6128

Education and Outreach Coordinator
dance@confederationcentre.com
cmcisaac@confederationcentre.com
902-628-6134

Security Desk (located inside the Queen
Street entrance of Confederation Centre)

902-628-6130
Cell: 902-626-7883

**Human Resources Director and Chair of
Health and Safety Committee**

John Mooy
jmooy@confederationcentre.com
Office: 902-628-6123

2024-25 Dance Season Important Dates

Administrative Holidays/Closures Performances

<u>Date</u>	<u>Event:</u>	<u>Detail</u>
<i>Monday, August 26</i>	Deadline to apply for scholarships	Application online at confederationcentre.com/arts-education/scholarships-bursaries/
<i>Monday, September 9</i>	First day of fall semester	
<i>Monday, September 16</i>	Performance Group Auditions	7:30pm in Studio B
<i>Monday, September 30</i>	Truth and Reconciliation Day	NO CLASSES
	Last day to register for fall semester	
<i>Monday, October 14</i>	Thanksgiving	NO CLASSES
<i>Tuesday, October 15</i>	Last day to withdraw with a refund	Request must be received by dance@confederationcentre.com
<i>Monday, October 21</i>	Payment Plan 2 nd installment due	
<i>Thursday, October 31</i>	Halloween – wear a costume!	OPEN – All classes running
<i>Monday, November 11</i>	Remembrance Day	NO CLASSES
<i>Saturday, Dec 14 – Friday, Dec 20</i>	Open House Week	Families welcome to observe classes
<i>Friday, December 20</i>	Last day of class for fall semester	
<i>Sat, Dec 21 – Sat, Jan 4</i>	Holiday Break	NO CLASSES
<i>Tuesday, December 31</i>	Last day to withdraw from winter semester	Request must be received by dance@confederationcentre.com
<i>Monday, January 6</i>	First day of winter semester	
<i>Monday, January 20</i>	Payment Plan 3 rd installment due	
<i>Monday, February 17</i>	Islander Day	NO CLASSES
<i>Monday, March 3</i>	Payment Plan 4 th installment due	
<i>Mon, Mar 17 - Sat, Mar 22</i>	Winter Break	NO CLASSES
<i>Fri, April 4 & Sat, April 5</i>	Primary & Elementary Musical Theatre Rehearsal & Show	Specific call times per class TBD
<i>Friday, April 18</i>	Good Friday	NO CLASSES
<i>Monday, April 21</i>	Easter Monday	OPEN – All classes running
<i>Wed, Apr 23 – Fri, Apr 25</i>	Intermediate and Senior Musical Theatre Show Rehearsals	Specific call times per class TBD
<i>Saturday, April 26</i>	Intermediate and Senior Musical Theatre Performance Day	All Musical Theatre classes
<i>Saturday, May 3</i>	My Parent & Me and Creative Movement I	Open House: families welcome to observe
<i>Tuesday, May 6</i>	Final day of regular classes for the season	
<i>Wed, May 7 – Fri, May 9</i>	Annual Showcase rehearsals	Specific call times per class TBA
<i>Saturday, May 10</i>	Annual Showcase Performance	Matinee & Evening Performance

Arts Education Mission and Vision

Confederation Centre's Arts Education programs offer a wealth of resources and options to students and are developed by recognized professionals with pedagogical training or equivalent experience.

The Centre has offered opportunities to participate in the creation of various forms of art since it opened its doors in 1964. Our current programs offer a professional, artistic, fun, and safe approach to high-quality training to students of all ages, levels, and aspirations.

We ensure that proper, healthy technique is taught in our programs, which are focused on creating a positive learning process rather than an end-product. This approach has informed our education programs since their inception and is what continues to make them stand out.

We provide a unique opportunity on PEI for students of all ages and abilities to benefit from a level of excellence expected of a national arts institution, with many highly qualified teachers with diverse, specialized skill sets for students of all levels.

Students can expect a student-centred approach to learning proper technique in the artistic discipline of their choice. Many of our students have gone on to professional careers in dance or theatre, but all have enjoyed the lifelong rewards of safe and healthy dancing, singing and acting.

The full student experience is supported by world-class theatre professionals, outstanding facilities, extensive creative resources, and collaborative experiences with other departments.



Registration Information

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

- **email** the registration form to 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 (*except* for Musical Theatre program) until January 31, 2025.

Fee Structure

* Fee Structure:	Total Due (When paid in full)	**Payment Plan: 1 st payment due with registration	2nd payment: October 21, 2024	3rd payment: January 20, 2025	4th 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
5 classes per week	\$1600.00	\$410.00	\$400.00	\$400.00	\$400.00
6 classes per week	\$1880.00	\$480.00	\$470.00	\$470.00	\$470.00
***Musical Theatre	\$600.00	\$160.00	\$150.00	\$150.00	\$150.00

***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.

*****Musical Theatre** is not applicable for multiclass discounts

Additional Fees

COSTUME FEE: There is a NON-REFUNDABLE \$20.00 costume fee per child/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.

SHOW TICKETS: Parent/guardian's will need to purchase tickets through box office to see the Year-End showcase, musical theatre performance and other shows.

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.

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.

Attendance & Commitment

Our dancers' attendance is very important to their peers and our instructors. You are a part of our team – with that, comes the responsibility to attend weekly classes. Consistent attendance impacts social and confidence building principles we work hard to foster at every age. All students are expected to attend their regularly scheduled classes. This is vital to each dancer's learning skills, layering of skills and choreography.

If you or your child is aware of any upcoming absences, please email us to let us know in advance. If there is an illness, let us know as soon as possible so we can note the reason for the absence.

We encourage students to arrive 15 minutes before class starts and students should aim to arrive no later than 5 minutes before class. Please make sure your dancer is ready to dance in appropriate attire.

Medical Information and Need for Support

It is important to notify our Arts Education administration staff about you/your child's existing medical conditions, learning disabilities, behavioral support needs or any support systems that are in place at the time of registration and throughout the season. Our instructors are trained professionals who are excited to work with all children and adults, and the more information we know before class time, the better dancer learning experience will be for all involved. All information about our students is confidential.

Please note that, while we strive to be as welcoming as possible to learners of every kind, we do not have full-time Educational Assistants, Occupational Therapists, Physical Therapists, or similar professionals on staff. As such, Confederation Centre of the Arts retains the right to refuse registration for a student if insufficient resources are available to ensure that the student, the instructor and other students in the class can have an enjoyable educational experience.



dance umbrella Class Schedule 2024 – 2025

	Studio A	Studio B	Mack Studio
Monday	4:30 – 5:30 Acro Fusion	4:30 – 6:00 Senior Ballet	5:15 – 6:15 Intro to Tap 10+
	5:45 – 6:45 Dance for Health	6:00 – 7:30 Senior Jazz	
	6:45 – 7:45 Adult Contemporary	7:45 – 9:00 Performance Group ⁵	
	8:00 – 9:00 Adult Dance (Jazz/Contemporary/Ballet)		
Tuesday	4:30 – 6:00 ITP Jazz	4:45 – 6:00 Intermediate Contemp. III	6:15 – 7:15 Beginner Contemp. 10+
	6:00 – 7:30 ITP Ballet	6:00 – 7:15 Intermediate Ballet III	7:30 – 8:30 Adult Heels & Hip Hop ²
	7:30 – 8:30 ITP Pointe ¹	7:15 – 8:15 Pre Pointe ¹	
Wednesday	4:30 – 6:00 Senior Ballet	4:15 – 5:30 Ballet Tech & Variation ³	5:45 – 6:45 Hip Hop ages 13+
	6:00 – 7:00 Pointe	5:45 – 6:45 Adult Beginner Ballet	
	7:15 – 8:45 Senior Contemporary	7:00 – 8:30 ITP Contemporary	
Thursday	4:15 – 5:30 Intermediate Ballet III	5:30 – 6:30 Dance for Health	5:30 – 6:30 Adult Intermediate Jazz
	5:30 – 6:45 Intermediate Jazz III	6:45 – 8:00 Adult Intermediate Ballet	
	6:45 – 8:15 ITP Ballet	8:15 – 9:00 Adult Pre-Pointe/Pointe	
Friday	4:15 – 5:15 Stretch & Conditioning	TBA Workshop Series	
	5:45 – 7:15 Performance Group ⁵		
Saturday	9:15 – 10:15 Elementary Ballet III	9:15 – 10:00 My Parent & Me ³	10:30 – 11:30 Elementary Ballet I
	10:15 – 11:15 Elementary Jazz III	10:00 – 10:45 Creative Movement III	11:30 – 12:30 Elementary Jazz I
	11:30 – 1:35 Elementary Musical Theatre	10:50 – 11:35 Creative Movement I ³	12:30 – 1:30 Elementary Ballet II
	3:00 – 5:15 Intermediate Musical Theatre	12:45 – 3:45 Senior Musical Theatre	1:35 – 2:35 Junior Jazz
		4:00 – 4:45 Inclusive Dance ²	2:35-3:35 Junior Ballet

¹ **Class time:** End of class time is subject to change by 15-30mins during the season – changes to be communicated by email.

² **6-week session:** This class is offered in three 6-week sessions – Fall, Winter, and Spring (see page 18 – Class Information).

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

⁴ **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.

⁵ **Performance Group:** This group is by audition only; audition date can be found on page 5 – Dance Season Important Dates.

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!

New Class Offerings

Based on the feedback that we have received from you, we are looking to offer these new classes this season! The following classes are subject to cancellation given less than ten student enrollments. If you are interested in registering for one or more of the proposed classes, please express interest right away!

Acro Fusion

Mondays 4:30 – 5:30pm

Ages 10 – 17

In this dynamic session, we fuse the grace and strength of acrobatics with the artistry of prop manipulation. Taught by our instructor, Elan Mackey, students will explore acro fundamentals, focusing on balance, communication, and coordination. You'll learn basic manipulation techniques and discover how to seamlessly integrate props into your acro practice. Join us for an electrifying Acro Fusion class where acrobatics meets prop and apparatus manipulation, the possibilities are endless!

Beginner Tap 8+

Mondays 4:30 – 5:30pm

Ages 8 – 17

Tap is a style of dance characterized by the sound of the metal tap striking the floor. In this one-hour class, students will learn tap fundamentals such as foot articulation, weight placement and the difference between syncopated and even beats. Students are encouraged to maintain strong technique through exercises that develop rhythm, musicality and stamina as well as knowing the names of steps and the difference between a hop, step, leap, jump, hitch and slide. There is no prerequisite to this class.

Intro to Tap & Jazz 10+

Mondays 5:45 – 6:45pm

Ages 10 – 17

Learn the basics of Tap and Jazz styles of dance in this combo class! In this class, students will begin in a jazz aerobic warm-up and stretch, with attention to posture, gross and fine motor movements. Travelling steps will include exercises to develop balance, flexibility and quick thinking to link individual steps (kicks, hitch steps, turns, etc.). Centre work will include practicing combinations of steps to different genres of music. Students are encouraged to develop their own ideas and musicality, through an exploration of creative movement.

Adult Heels & Hip Hop

Tuesdays 7:30 – 8:30pm

Ages 18+

- Offered in 6-week sessions.

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.

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.

Turns & Leaps*Thursdays 4:15 – 5:15pm**Ages 12 – 17*

This class is recommended for all levels: Beginner through Advanced with goals to work on balance, alignment, and spotting. Students will work on improving single turns and building skills to increase repetition of turns, while focusing on endurance and strength. We will build on flexibility of jumping stationary and traveling jumps to ascend with height and descend with safe landing techniques.

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

This class is intended for students enrolled in Adult Intermediate Ballet class who are ready to further develop the muscles needed to dance en pointe. Students will be recommended to join this class on an individual basis when the instructors feels the student is strong enough.

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.

You Are the Music!*Saturdays 9:15 – 10:00am**Ages 6 – 7*

- Offered in 6-week sessions.

Dalcroze Eurhythmics: An Experiential Approach to Learning Music

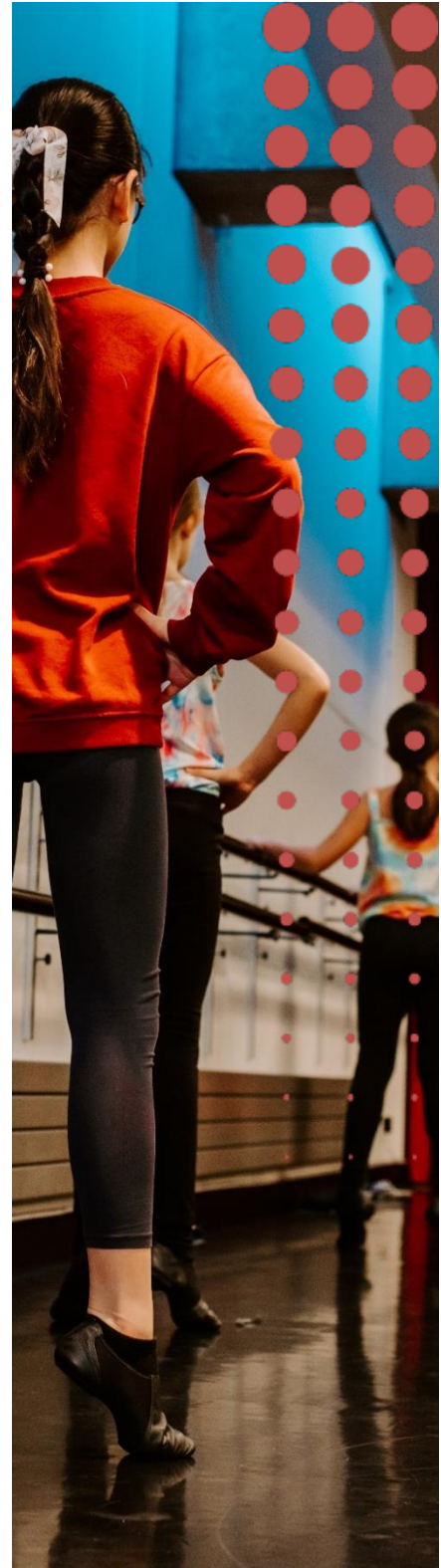
Dalcroze Eurhythmics music education is a unique, exciting, and powerful way of knowing music through the body. All musical concepts are developed in and through body movement, which is the link between the ear and the brain. This practical, physical music experience leads to a deep understanding of music while building essential musicianship skills and artistry.

Code of Conduct

Please review our Code of Conduct to ensure an enjoyable experience for everyone.

1. All dancers, their families, and instructors are expected to ***always treat each other with respect and kindness.*** Discrimination, harassment, or abuse of any kind – verbal, physical, or otherwise – will not be tolerated and may result in exclusion from the program. This is consistent with the respectful workplace and harassment policies at the Confederation Centre of the Arts, which are upheld for employees and all participants in education programs.
2. ***Dancers are expected to arrive at least 5 minutes prior to their class time and be prepared to do their best to contribute to the creative and interpersonal community.*** Earnest effort, interest in learning, and an openness to trying new things will be essential to fostering the most fun and satisfying experience for everyone.
3. Dancers are expected to adhere to our ***dress code*** (see page 19). We have a dress code in place to help all students feel equal and to aid instructors in viewing their bodies and alignment.
4. ***Refrain from the use of cell phones***, tablets, or computers for personal use during class time.
5. To maintain a safe space, all activities (warm-ups, exercises, rehearsal, etc.) should be considered invitations to participate with the goal of learning and growing together as artists. While learning and growth can be challenging at times, no participant should ever feel required to do anything that makes them feel unsafe. Should a concern of this kind arise, please contact the Program Manager, Dance or the Director of Arts Education and Heritage.

Questions or concerns? Please bring them to the attention of the Arts Education administrative staff by email or phone (see page 2 for the directory). If you have a question for a specific class instructor, please let administrative staff know and they will ensure that the question gets to the right person. Instructors often teach several consecutive classes and are not able to properly address questions or concerns before or after class.



Communication

It is essential for the success of the program that clear and consistent communication be maintained between dancers and their families, instructors, and the Arts Education staff.

Email is the primary mode of communication, and will come from dance@confederationcentre.com

You will receive monthly newsletters and important information via email, please ensure you have provided us with an up-to-date email address that is regularly checked. We are happy to include multiple email addresses per family if you would like your correspondence sent to numerous recipients.

Please be sure that dance@confederationcentre.com is on your safe sender list to avoid emails accidentally going to your junk mail folder and that you have the phone number for Arts Education (902.628.6134) saved to your phone contacts. Please plan to read all incoming communications in a timely manner, whether sent electronically or handed out in person, and respond as promptly as possible when necessary. We make every effort to get back to inquiries within 48 hours.

Cancellations and Storm Closures

dance umbrella reserves the right to cancel classes due to weather conditions or instructor's illness. Please be advised that, in the event of school closure due to stormy weather, dance classes are not necessarily cancelled. An email will be sent on school days by 1:00 pm and on Saturdays by 8:00 am, or you can call 902-628-6134 to confirm the status of classes. Classes canceled due to inclement weather will not be rescheduled or refunded.

In the case of instructor illness, every effort will be made to run classes with a substitute, if not it will be rescheduled.

Class Placement & Levels

At *dance umbrella* we want our students to feel confident, successful, and challenged in their dance classes. We acknowledge that class placements are unique to each dancer based on their age, maturity, dance experience, and natural ability. Students will be placed in classes at the start of the season based on recommendations provided by instructors in April. New students will be placed in a starting class based on the information provided by families on the child's previous experience. Instructors will evaluate students in class on an ongoing basis and use their best judgment in recommending the best class to match their skill level. If you have any questions or concerns about your child's placement, please contact us at dance@confederationcentre.com.

It is standard procedure for students to remain at the same level for multiple years as they progress through the curriculum. Repeating the level enables dancers to scaffold and build their foundational skills while developing their technique. Every student will be provided the ability to progress at their pace and capability. This does not mean you are 'held back' and missing out on learning new material. Each level has diverse skill sets to achieve before advancing to the next level and it is our goal to ensure that dancers are trained safely while providing time to nurture the students in their strengths and weaknesses to reach their full potential.

Class Information

Location

Studio A and B

Beginning in the Fall of 2024, the Confederation Centre's South Pavilion will be undergoing renovations as part of our revitalization project. This work will continue until Spring 2026. For the duration of the construction phase, our *dance umbrella* classes will be located across the street in our leased space.

dance umbrella Studio A and Studio B will be located at 133 Queen Street. The entrance is located next to Juice Co.

The Mack Studio

The Mack studio is located at 128 Great George St, on the corner of Great George and Grafton Street. When accessing the studio for dance classes, please use the side door entrance along Great George Street.

Accessibility needs and accommodations

Our studio space is accessible from Queen Street entrance. There is an inclined platform lift located at the top of the stairs.

Food and Drink

We encourage students to bring a water bottle to class. If students are registered for multiple classes that are back-to-back, we suggest they bring a healthy snack to eat in between classes outside of the studio. Please be mindful of food allergies when preparing snacks.

Class Offerings

Returning students – please refer to your recommendation email when registering for classes.

New students – please reach out to us for a class recommendation at dance@confederationcentre.com

Age/Grade	Class offerings	Class time
18 months to 3 years	My Parent & Me	Saturdays 9:15am
3 years <i>3 years on or before July 1st</i>	Creative Movement I	Saturdays 10:50am
4 years <i>4 years on or before October 15</i>	Creative Movement II	Saturdays 11:40am
5 years <i>5 years on or before October 15</i>	Creative Movement III	Saturdays 10:00am
6-7 years <i>Grade 1/2</i>	Junior Jazz Junior Ballet Primary (Beginner) Musical Theatre You Are the Music! **	Saturdays 1:35pm Saturdays 2:35pm Saturdays 1:40pm Saturdays 9:15am
7-12 years <i>Grade 2 - 7</i>	<u>Elementary level classes:</u> <ul style="list-style-type: none"> - Elementary Ballet I - Elementary Ballet II - Elementary Ballet III - Elementary Jazz I - Elementary Jazz III - Elementary Musical Theatre <u>Beginner level classes:</u> <ul style="list-style-type: none"> - Beginner Tap 8+ - Intro to Tap & Jazz 10+ - Beginner Contemporary 10+ - Hip Hop 8-12 	Saturdays 10:15am Saturdays 12:30pm Saturdays 10:15am Saturdays 11:15am Saturdays 9:15am Saturdays 11:30am Mondays 4:30pm Mondays 5:45pm Tuesdays 6:15pm Wednesdays 4:30pm
12-18 years <i>Grade 7 – 12</i>	<u>Intermediate level:</u> <ul style="list-style-type: none"> - Intermediate Ballet III - Intermediate Jazz III - Intermediate Musical Theatre - Intermediate Contemporary I/II - Intermediate Contemporary III - Pre-Pointe 	Tues 6:00p/Thurs 4:15p Thursdays 5:30pm Saturdays 3:00pm Tuesdays 4:15pm Tuesdays 4:45pm Tuesdays 7:15pm

<p>12-18 years (continued) <i>Grade 7 – 12</i></p>	<p><u>Senior level:</u></p> <ul style="list-style-type: none"> - Senior Ballet - Senior Jazz - Senior Musical Theatre - Senior Contemporary - Pointe <p><u>ITP level:</u></p> <ul style="list-style-type: none"> - ITP Ballet - ITP Jazz - ITP Contemporary - ITP Pointe <p><u>Additional classes:</u></p> <ul style="list-style-type: none"> - Acro Fusion - Beginner Tap 8+ - Intro to Tap & Jazz 10+ - Hip Hop 13+ - Ballet Technique & Variation - Turns & Leaps - Stretch & Conditioning 	<p>Mon 4:30p/Wed 4:30p Mondays 6:00pm Saturdays 12:45pm Wednesdays 7:15pm Wednesdays 6:00pm</p> <p>Tues 6:00p/Thurs 6:45p Tuesdays 4:30pm Wednesdays 7:00pm Tuesdays 7:30pm</p> <p>Mondays 4:30pm Mondays 4:30pm Mondays 4:30pm Mondays 5:45pm Wednesday 4:15pm Thursday 4:15pm Fridays 4:15pm</p>
<p>Adult <i>18 +</i></p>	<p><u>Technique classes:</u></p> <ul style="list-style-type: none"> - Adult Contemporary - Adult Dance (Ballet/Jazz/Contemp) - Adult Heels & Hip Hop** - Adult Beginner Ballet - Adult Intermediate Ballet - Adult Pointe (invitation only) <p><u>Additional classes:</u></p> <ul style="list-style-type: none"> - Ballet Technique & Variation - Stretch & Conditioning 	<p>Mondays 6:45pm Mondays 8:00pm</p> <p>Tuesdays 7:30pm Wednesdays 5:45pm Thursdays 6:45pm Thursdays 8:15pm</p> <p>Wednesdays 4:15pm Fridays 4:15pm</p>

**Classes offered in 6-week sessions

For a complete list of our class offerings visit us online at
<https://confederationcentre.com/arts-education/dance-umbrella/>

Sessional Classes

The following classes are offered in 6-week sessions throughout our dance season. When registering, please indicate on the registration form which sessions you would like to enroll in (i.e. Fall, Winter, Spring).

Class:	Dates:	Cost:
<p>Adult Heels & Hip Hop <i>Tuesdays from 7:30 – 8:30pm in Mack Studio</i></p> <p>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.</p> <p>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.</p>	<p>FALL: Oct 15, 22 and 29; Nov 1, 8 and 15</p> <p>WINTER: Jan 14, 21 and 28; Feb 4, 11 and 18</p> <p>SPRING: Mar 25; Apr 1, 8, 15, 22 and 29</p>	<p>\$100.00 per 6-week session</p>
<p>You Are the Music! <i>Saturdays from 9:15 – 10:00am in Mack Studio</i></p> <p>Dalcroze Eurhythmics: An Experiential Approach to Learning Music</p> <p>Dalcroze Eurhythmics music education is a unique, exciting, and powerful way of knowing music through the body. All musical concepts are developed in and through body movement, which is the link between the ear and the brain. This practical, physical music experience leads to a deep understanding of music while building essential musicianship skills and artistry.</p>	<p>FALL: Oct 26; Nov 2, 9, 16 and 30; Dec 7 *No class on Nov 23</p> <p>WINTER: Jan 18 and 25; Feb 1, 8, 15 and 22</p> <p>SPRING: Apr 1, 8, 15, 22 and 29; May 5</p>	<p>\$100.00 per 6-week session</p>
<p>Inclusive Dance <i>Saturdays from 4:00 – 4:45pm in Studio A</i></p> <p>Inclusive Dance is a safe and welcoming space for dancers of all abilities. Inspired by Boston Ballet’s Adaptive Dance Program, Inclusive Dance breaks down barriers to make dance accessible to students with disabilities allowing them to showcase their capabilities.</p> <p>This program enables students to explore dance and movement patterns while allowing their creativity to soar.</p>	<p>FALL: Oct 26; Nov 2, 9, 16, 19 and 30</p> <p>WINTER: Jan 18 and 25; Feb 1, 8, 15 and 22</p> <p>SPRING: Apr 1, 8, 15, 22 and 29; May 5</p>	<p>\$100.00 per 6-week session</p>

Dress Code

If you're looking to purchase dance attire, we recommend our local dance store – Demi-Pointe Dance Shop located at 87 Water St, Charlottetown. Please check their store hours online or reach them at 902-892-2759.

 Ballet	 Contemporary	 Jazz
<ul style="list-style-type: none">• Solid colour bodysuit (preferably black, but not required)• pink ballet tights• Pink ballet slippers• Hair must be tied back off the face and in a bun for Intermediate I and higher • Non-binary and male identifying:<ul style="list-style-type: none">- black/white/pink ballet slippers- Pink ballet tights- close-fitting t-shirt- shorts or leggings	<ul style="list-style-type: none">- Bodysuit or close-fitting t-shirt- tights, leggings, or jazz pants- Socks, bare feet, or foot undeez- Hair must be tied back off the face	<ul style="list-style-type: none">- Bodysuit or close-fitting t-shirt- tights, leggings, or jazz pants• Jazz shoes, gymnastic slippers, or bare feet• Hair must be tied back off the face
 Creative Movement	 Musical Theatre	 Hip Hop
<ul style="list-style-type: none">• Bodysuit or close-fitting t-shirt• tights, leggings, or jazz pants• tutus welcome• Bare feet, gymnastic slippers, ballet slippers• Students wearing footed tights must wear ballet slippers to prevent slipping• Hair must be tied back off the face	<ul style="list-style-type: none">- Bodysuit or close-fitting t-shirt- tights, leggings, shorts, or jazz pants• Black Jazz shoes• Students are encouraged to have jazz shoes as they will need them for the end of term performances.• Hair must be tied back off the face	<ul style="list-style-type: none">- t-shirt, leotard or tank- shorts, leggings, sweatpants or joggers• Clean indoor sneakers• Hair must be tied back off the face

Classical Ballet Bun Tutorials:

[How to Make the Perfect Ballet Bun \(youtube.com\)](https://www.youtube.com/watch?v=...)

[How to do the *PERFECT* Ballet Bun - Tutorial \(youtube.com\)](https://www.youtube.com/watch?v=...)



Year-End Showcase Information

Our annual Year-End Showcase is an exciting opportunity for students to showcase their progress on stage! We conclude each season with performances at the Sobey Family Theatre at the Confederation Centre.

Dates

Mandatory Onstage Rehearsals:

- **Wednesday, May 7, 2025**
- **Thursday, May 8, 2025**
- **Friday, May 9, 2025**

Performance:

- **Saturday, May 10, 2025**

Costumes

All costumes are provided by *dance umbrella*. Students may be asked to provide basics for costumes such as dance shoes, tights, black shorts/leggings or leotard. These details will be communicated in our costume list during the winter semester. We encourage students to have a nude leotard to wear under their costume and for changes backstage.

Commitment

Performing in these shows does require a commitment from each performer and family. All on-stage rehearsals are mandatory. **It's important to block these dates in your calendar at the start of the season and communicate any conflicts that may arise with us.**

- **Wednesday, May 7, 2025**
- **Thursday, May 8, 2025**
- **Friday, May 9, 2025**
- **Saturday, May 10, 2025**

Our instructors spend hours considering each student in their class while creating choreography. When a dancer is absent or unable to perform, this affects the entire class as they need to shift choreography. Unless otherwise communicated, it's assumed you/your child will be performing in the year-end showcase.

The following classes **DO NOT** perform in the Year-End Showcase:

- Creative Movement I (3-year-old class)
- My Parent and Me
- Pre-pointe
- Stretch and Conditioning
- Turns and Leaps

What does this commitment look like?

- Attend regularly scheduled class: we understand life happens! If you are sick, please email us that you/your child will not be attending class. If you are unable to attend due to injury or otherwise, please email us. When possible, we do encourage students to attend and watch class when they are unable to physically participate.
- Attend onstage rehearsals: All on-stage rehearsals are **MANDATORY** for all dancers performing in the showcase.
- Arrive on time and prepared for class and rehearsals: in the winter semester, we'll be sharing our Showcase Performance Handbook with detailed information on what your child will need for their performance.

Musical Theatre Program Information

Performance

In addition to the Year-End Showcase, students in our Musical Theatre program perform their own show in April.

Commitment

Preparation for the Musical Theatre show requires commitment from each performer and family. Similar to the Year-End Showcase, this means regularly attending class each week, practicing and memorizing songs and scripts at home, and attending mandatory on-stage rehearsals.

Please communicate any absences as soon as possible. This includes upcoming family vacations, other performances, or sporting activities.

Intake

Students interested in joining our Musical Theatre program will have the opportunity to register for the start of the season in September. The structure of our Musical Theatre program differs from dance classes, as they begin preparing for their theatre showcase during the fall semester. We are unable to accept new students into the program after the fall registration deadline. New inquiries after the deadline will be asked to join at the start of the following season in September.



Dates

Beginner (Primary) and Elementary Musical Theatre

Mandatory Onstage Rehearsals:

- **Friday, April 4**

Performance:

- **Saturday, April 5**

Intermediate and Senior Musical Theatre

Mandatory Onstage Rehearsals:

- **Wednesday, April 23**
- **Thursday, April 24**
- **Friday, April 25**

Performance:

- **Saturday, April 26**

Performance Group

Performance Group is an audition-based program for dedicated students who wish to develop their artistry and expand their performance opportunities. This is a non-competitive group and there is no charge to participate. Students learn repertoire throughout the year which may be performed at various opportunities in their communities, participate in workshops with visiting artists, and experience a taste of what it is to be part of a dance company.

Please note that in addition to performance opportunities, students will participate in fundraising campaigns for their events and activities, there may be some additional costs for events not covered by fundraising/sponsorship which will be communicated as our fundraising goals are met.

Students must be age 12+ to audition and taking at least two technique classes (ballet, contemporary, or jazz).



Thank you!

We appreciate you taking the time to review our Studio Handbook.

We're excited for a great season!

Sincerely,

dance umbrella team

