

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 (Opens in January)

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!

Intro to Tap 10+

Mondays 5:15 – 6:15pm

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 (Opens in January)*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 instructor 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.