

DANCE CLASSES

Time	Monday		Tuesday		Wednesday		Thursday		Time	Saturday am	
Studio	A	B	A	B	A	B	A	B		A	B
4:30		w/Andrea Stafford		Teacher Training (2hrs) w/Andrea Stafford	Mommy & Me				9:30	Ballet Level 2	Ballet/ Tap (ages 3-5)
5:30	Ballet Barre	Ballet Level 1	Hip Hop/ Jazz Level 1		Contemp. 5:15PM	Beg. Tap (ages 4-7)	Hip Hop/ Jazz Level 1		10:30	Contemp.	Acro/ Jazz (ages 4-7)
6:30	Turns & Leaps	Ballet Level 2	Hip Hop/ Jazz Level 2	PrePointe Level 1	Beg. Ballet (ages 5-7) 6:00 PM	Ballet Level 1	Lyrical	Hip Hop/ Jazz Level 2	11:30	Ballet Turns & Leaps	Mommy & Me
			Beg. Ballet (ages 3-5)					Beg. Ballet (ages 3-5)			
7:30	Hip Hop/ Break	Pointe	Hip Hop/ Jazz Level 3	Jazz/Funk	Stretch/ Flex	Tap level 1	Hip Hop/ Jazz Level 3		12:30	Ballet Pointe 1	Hip Hop/ Jazz Level 1
8:30											



6-2491 Dougall Ave. Windsor, ON N8X 1T3

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Dance Class Descriptions – West

Mommy & Me -Join your little one in experiencing the joy of dance and movement.

Beginner Ballet (3-5) – Students learn the basic elements of ballet, musicality, song and rhythm.

Beginner Ballet (5-7) – Introduces dance foundation: encouraging poise, grace and technique.

Beginner Tap (4-7) - A class for students that want to kick up their heels while learning the art of tap.

Ballet/ Tap (3-5) – Have fun & explore your creativity while learning the basics of ballet and tap.

Ballet Level 1 – Continued conditioning with additional focus on ballet syllabus.

Ballet Level 2 – Focus on ballet syllabus terminology, alignment, technique, and presentation.

Pre Pointe - Strengthening feet and ankles in preparation for pointe work.

Pointe – Continued strengthening of ankles and feet as dance syllabus is practiced en pointe.

Tap Level 1 - Learn the art of tap reaching beyond the basics.

Ballet Barre – Class is structured to increase & enhance a dancer's range.

Stretch & Flex – Ballet inspired floor work and barre work, build your foundation.

Acro/Jazz - Combines classical jazz technique with precision acrobatic elements such as bends and splits.

Turns & Leaps (Ballet) – Perfecting the challenges of leaps and turn enhance technique/presentation.

Contemporary – A Basic dance syllabus incorporating isolations, grounding and abstract movements.

Lyrical –Incorporates ballet elements into a more emotional and expressive dance form.

Hip Hop & Break – Learn how to “pop,” “lock,” and spin on your back in this fun combo class.

Jazz/Funk – Classical jazz technique with a modern twist.

Hip Hop & Jazz –(various levels) High energy, learn the basics of Jazz technique and hip hop movements.

Teacher Training (level 1 & 2 Cecchetti) – Prepare for teachers exams in levels 1 & 2 Cecchetti.