

AVAILABLE CLASSES

BALLET

| | | |
|-----------------------|----------|-----------------|
| Standard 4 | Tuesday | 4:30-5:30 p.m. |
| Standard 6 + Pointe** | Tuesday | 7:45-9:00 p.m. |
| Teen | Monday | 4:45-5:45 p.m. |
| Intermediate | Thursday | 5:30-6:30 p.m. |
| Intermediate | Saturday | 12:00-1:00 p.m. |
| Intermediate Pointe** | Thursday | 6:30-6:45 p.m. |
| Advanced 2 | Thursday | 6:45-7:45 p.m. |
| Advanced 3 | Tuesday | 6:30-7:45 p.m. |
| Advanced Pointe** | Thursday | 7:45-8:30 p.m. |

~Cecchetti syllabus

** Pointe requires a minimum of 2 ballet classes per week.

Students must be at least 12 years old and at the teacher's discretion.

JAZZ

| | | |
|-------------------|-----------|------------------|
| Junior 2 Jazz/Tap | Saturday | 11:00-12:00 p.m. |
| Junior 3 | Wednesday | 6:45-7:45 p.m. |
| Junior 5 | Saturday | 10:00-11:00 a.m. |
| Elementary 2 | Thursday | 5:45-6:45 p.m. |
| Intermediate 4 | Wednesday | 7:45-8:45 p.m. |
| Advanced 6 | Wednesday | 5:30-6:45 p.m. |
| Advanced 14 | Tuesday | 7:45-9:00 p.m. |
| Advanced 25 | Monday | 5:45-7:00 p.m. |
| Advanced 27 | Thursday | 6:45-8:00 p.m. |

HIPHOP

| | | |
|-------------------------|-----------|----------------|
| Hip Hop 1 (9-11 years) | Thursday | 4:45-5:45 p.m. |
| Hip Hop 2 (12-14 years) | Wednesday | 4:45-5:45 p.m. |
| Advanced Hip Hop (15 +) | Monday | 8:10-9:10 p.m. |

TAP

| | | |
|--------------|--------|----------------|
| Junior | Monday | 5:00-6:00 p.m. |
| Intermediate | Monday | 7:00-8:00 p.m. |
| Senior | Monday | 6:00-7:00 p.m. |

STRETCH AND STRENGTH

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|-------------------------|--------|----------------|
| Strength & Conditioning | Monday | 8:10-9:10 p.m. |
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MUSICAL THEATRE

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|---------------------------|----------|----------------|
| Musical Theatre (9-12) | Tuesday | 6:30-7:30 p.m. |
| Musical Theatre (12 & up) | Thursday | 4:30-5:30 p.m. |

LYRICAL

| | | |
|----------------|----------|------------------|
| Junior** | Tuesday | 5:30-6:30 p.m. |
| Intermediate** | Monday | 4:45-5:45 p.m. |
| Advanced 1** | Saturday | 11:00-12:00 p.m. |
| Advanced 2** | Saturday | 12:00-1:00 p.m. |
| Advanced 3** | Monday | 7:00-8:10 p.m. |

(by permission from instructor)

MODERN

| | | |
|-----------------|----------|----------------|
| Intermediate ** | Tuesday | 4:30-5:30 p.m. |
| Advanced 1** | Tuesday | 5:30-6:30 p.m. |
| Advanced 2** | Saturday | 1:00-2:15 p.m. |

(by invitation only)

CONTEMPORARY

| | | |
|--------------|-----------|----------------|
| Contemporary | Wednesday | 4:30-5:30 p.m. |
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(**Must have Ballet Training)

PROGRAMS FOR KIDS

| | | |
|---------------------------------------|----------|------------------|
| Pre-School (3-4 yr.) | Saturday | 10:15-10:55 a.m. |
| This 'n' That 1 (5-6 yr.) | Saturday | 11:00-12:00 p.m. |
| (Ballet, Tap, Jazz & Musical Theatre) | | |
| This 'n' That 2 (7-8 yr.) | Saturday | 12:00-1:00 p.m. |
| (Ballet, Tap, Jazz & Musical Theatre) | | |
| Jazz /Tap 2 Combination (7-9) | Saturday | 11:00-12:00 p.m. |

PROGRAMS FOR ADULTS

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|--------------------------------|-----------|----------------|
| Adult Ballet Experienced/Int. | Wednesday | 5:45-6:45 p.m. |
| Adult Ballet Advanced | Thursday | 5:45-6:45 p.m. |
| Adult Jazz Experienced/Adv. | Wednesday | 6:45-7:45 p.m. |
| Adult Hip Hop | Thursday | 8:00-9:00 p.m. |
| Adult Tap Experienced/Advanced | Wednesday | 7:45-8:45 p.m. |
| Strength & Conditioning | Monday | 8:10-9:10 p.m. |

PILATES

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|-------------------|--------|----------------|
| Essential Pilates | Monday | 6:15-7:00 p.m. |
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Free trial class October 16, 2023

First Session Begins October 30, 2023- \$100 for 7 weeks

Bring your mat! (Full session starts in January)

- Student placement at the discretion of the teacher based on age & level
- All class times subject to change
- Classes available depending on enrollment
- Participation in Dance Exams, Festivals and Recital subject to attendance and teacher approval

MARK YOUR CALENDAR!

Studio One's 32nd Anniversary Recital-Saturday, June 1, 2024 at the Royal Manitoba Theatre Centre

The studio will be closed on the following days:

Saturday, September 30, 2023 (National Day for Truth and Reconciliation)

Monday, October 9, 2023 (Thanksgiving)

Saturday, November 11, 2023 (Remembrance Day)

Monday, December 18-Sunday, January 7, 2024 (Winter Break)

Monday, February 19, 2024 (Louis Riel Day)

Monday, March 25 - Sunday, March 31, 2024 (Spring Break)

Monday, May 20, 2024 (Victoria Day)

CLASSES BEGIN SEPTEMBER 11!

Registration Opens on Monday, August 14 and will take place online!

Registration link:

<https://app.thestudiodirector.com/studiooneschoolofperf/portal.sd>

DRESS CODE:

BALLET: Ballet pink tights, black leotard and pink ballet slippers with elastics

JAZZ & LYRICAL: Black jazz pants or shorts, dance top or bodysuit, T-shirt or tank top and black jazz oxfords

HIP HOP: Track pants and T-shirt or tank top and indoor runners

••• no outside runners on the dance surface please •••

MODERN & CONTEMPORARY: Dance attire and dance socks.

TAP: Same as jazz, tap shoes. More advanced students - Teletone taps preferred

STRENGTH & CONDITIONING: Workout wear and indoor runners.

THIS 'N' THAT: Tights and leotard, pink ballet slippers with elastics, tap shoes

PRE-SCHOOL: Tights and leotard, pink ballet slippers with elastics

ADULTS: Whatever you're comfortable in and appropriate footwear

MALE STUDENTS: T-shirt and sweat pants or shorts and appropriate footwear. (black ballet slippers or jazz oxfords)

NOTE: Ballet students must secure hair in a bun.

For safety reasons, please do not chew gum or wear jewelry during classes.

USED SHOE EXCHANGE:

Children usually grow out of shoes before they wear them out. Because the cost of new shoes can be expensive, we are pleased to offer a used shoe exchange.

The program is available all year (as some shoes still fit into the fall prior to a growth spurt).

Please drop off any "experienced" shoes you may have with your name, phone number, and price you'd like for your shoes in a ziploc bag. We'll try to match them to a new owner. Hopefully, you also will find a pair in your new size. This service is **only** for current Studio One students and is **cash only**.