

AVAILABLE CLASSES

BALLET

Standard 2	Wednesday	4:45-5:45 p.m.
Standard 4	Monday	7:30-8:30 p.m.
Standard 6	Saturday	12:00-1:00 p.m.
Standard 6+ Pre/Pointe **	Tuesday	7:45-9:00 p.m.
Advanced 1	Tuesday	5:30-6:30 p.m.
Advanced 1	Monday	5:45-7:00 p.m.
Advanced 2	Tuesday	6:30-7:45 p.m.
Advanced Pointe**	Monday	7:00-7:30 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.

*** Ballet exam candidates will require extra rehearsals in the Spring.

JAZZ

Junior 1 Jazz/Tap	Saturday	11:00-12:00 p.m.
Junior 3	Saturday	10:00-11:00 a.m.
Junior 4	Tuesday	5:30-6:30 p.m.
Junior 5	Thursday	5:45-6:45 p.m.
Elementary 1	Wednesday	7:45-8:45 p.m.
Intermediate 2	Wednesday	7:45-8:45 p.m.
Advanced 4	Wednesday	5:30-6:45 p.m.
Advanced 8	Wednesday	6:45-7:45 p.m.
Advanced 12	Tuesday	7:45-9:00 p.m.
Advanced 23	Monday	5:45-7:00 p.m.
Advanced 25	Thursday	6:45-8:00 p.m.

HIPHOP

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

TAP

Junior	Wednesday	5:15-5:45 p.m.
Intermediate	Wednesday	5:45-6:45 p.m.
Senior	Wednesday	6:45-7:45 p.m.

STRETCH AND STRENGTH

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

Musical Theatre (9-12)	Thursday	4:45-5:45 p.m.
Musical Theatre (12 & up)	Tuesday	6:30-7:30 p.m.

LYRICAL

Elementary**	Monday	4:45-5:45 p.m.
Intermediate**	Saturday	11:00-12:00 p.m.
Advanced 1**	Saturday	12:00-1:00 p.m.
Advanced 2**	Monday	7:00-8:10 p.m.

(by permission from instructor)
(**Must take Ballet)

MODERN

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

(by invitation only)
(**Must take Ballet)

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.) (Ballet, Tap, Jazz & Musical Theatre)	Saturday	11:00-12:00 p.m.
This 'n' That 2 (7-8 yr.) (Ballet, Tap, Jazz & Musical Theatre)	Saturday	12:00-1:00 p.m.
Jazz /Tap 1 Combination	Saturday	11:00-12:00 p.m.
Junior 3 Jazz	Saturday	10:00-11:00 a.m.

PROGRAMS FOR ADULTS

Adult Ballet	Wednesday	5:45-6:45 p.m.
Adult Ballet Advanced	Thursday	5:45-6:45 p.m.
Adult Jazz Experienced	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

Essential Pilates	Monday	6:15-7:00 p.m.
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Free trial class September 13

First Session Begins September 20, 2021- \$130 for 10 weeks

Bring your mat!

- 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 30th Anniversary Recital-Saturday, June 4, 2022 at the Royal Manitoba Theatre Centre

Modern Show is Sunday, November 28, 2021 & Sunday, May 1, 2022 at the Gas Station Arts Centre

The studio will be closed on the following days:

- Monday, October 11, 2021 (Thanksgiving)
- Thursday, November 11, 2021 (Remembrance Day)
- Sunday, December 19-Sunday, January 9, 2022 (Winter Break)
- Monday, February 21, 2022 (Louis Riel Day)
- Monday, March 28 - Sunday, April 3, 2022 (Spring Break)
- Monday, May 23, 2022 (Victoria Day)

CLASSES BEGIN SEPTEMBER 13!

NEW!

Registration will take place online!
Registration link will be sent out via email.

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

HIPHOP: 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)

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.