

AVAILABLE CLASSES

BALLET

Standard 3	Wednesday	4:45-5:45 p.m.
Standard 5 + Pre-Pointe	Tuesday	7:45-8:45 p.m.
Senior Certificate	Saturday	12:00-1:00 p.m.
Senior Certificate	Tuesday	5:15-6:15 p.m.
Senior Certificate Pointe**	Tuesday	6:15-6:30 p.m.
Advanced 2	Wednesday	6:45-7:45 p.m.
Advanced 3	Tuesday	6:30-7:45 p.m.
Advanced Pointe**	Wednesday	7:45-8:15 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 1 Jazz/Tap	Saturday	11:00-12:00 p.m.
Junior 2	Wednesday	6:45-7:45 p.m.
Junior 4	Saturday	10:00-11:00 a.m.
Junior 5	Tuesday	4:30-5:30 p.m.
Elementary 1	Thursday	5:45-6:45 p.m.
Elementary 2	Wednesday	7:45-8:45 p.m.
Intermediate 3	Wednesday	8:15-9:15 p.m.
Advanced 5	Wednesday	5:30-6:45 p.m.
Advanced 9	Thursday	8:00-9:00 p.m.
Advanced 13	Tuesday	7:45-9:00 p.m.
Advanced 24	Monday	5:45-7:00 p.m.
Advanced 26	Thursday	6:45-8:00 p.m.

HIP HOP

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

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)
(**Must take Ballet)

MODERN

Advanced 1**	Tuesday	5:30-6:30 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.)	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 Combination (7-9)	Saturday	11:00-12:00 p.m.
Junior 2 Jazz	Wednesday	6:45-7:45 p.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/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

Essential Pilates	Monday	6:15-7:00 p.m.
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Free trial class November 7, 2022

First Session Begins November 14, 2022 - \$65 for 5 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 31st Anniversary Recital-Saturday, June 3, 2023 at the Royal Manitoba Theatre Centre

The studio will be closed on the following days:

Friday, September 30, 2022 (National Day for Truth and Reconciliation)

Monday, October 10, 2022 (Thanksgiving)

Friday, November 11, 2022 (Remembrance Day)

Monday, December 19-Sunday, January 8, 2023 (Winter Break)

Monday, February 20, 2023 (Louis Riel Day)

Monday, March 27 - Sunday, April 2, 2023 (Spring Break)

Monday, May 22, 2023 (Victoria Day)

CLASSES BEGIN SEPTEMBER 12!

Registration Opens on Monday, August 15 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**.