

AVAILABLE CLASSES

BALLET

Standard 1/2	Tuesday	5:30-6:30 p.m.
Standard 3	Thursday	5:45-6:45 p.m.
Teen 1	Tuesday	5:30-6:30 p.m.
Teen 2	Wednesday	4:45-5:45 p.m.
Intermediate + Pointe**	Tuesday	7:45-9:00 p.m.
Advanced 1	Saturday	12:00-1:00 p.m.
Advanced 1/2	Thursday	6:45-7:45 p.m.
Advanced 3	Thursday	5:45-6:45 p.m.
Advanced 3	Tuesday	6:30-7:45 p.m.
Advanced 1/2 Pointe**	Thursday	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 2	Saturday	10:00-11:00 a.m.
Junior 4	Saturday	11:00-12:00 p.m.
Junior 5	Wednesday	6:45-7:45 p.m.
Elementary 2	Wednesday	4:30-5:30 p.m.
Elementary 4	Thursday	5:45-6:45 p.m.
Advanced 1	Wednesday	7:45-8:45 p.m.
Advanced 8	Wednesday	5:30-6:45 p.m.
Advanced 16	Tuesday	7:45-9:00 p.m.
Advanced 27	Monday	5:45-7:00 p.m.
Advanced 29	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)	Monday	4:45-5:45 p.m.
Advanced Hip Hop (15 +)	Monday	8:15-9:15 p.m.

TAP

Junior	Monday	5:15-6:15 p.m.
Intermediate	Monday	7:15-8:15 p.m.
Senior	Monday	6:15-7:15 p.m.

STRETCH AND STRENGTH

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

Musical Theatre (12 -14)	Thursday	4:45-5:45 p.m.
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LYRICAL

Elementary**	Tuesday	4:30-5:30 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/CONTEMPORARY

Elementary **	Tuesday	6:30-7:30 p.m.
Intermediate **	Monday	4:45-5:45 p.m.
Advanced 1**	Tuesday	5:00-6:30 p.m.
Advanced 2**	Saturday	1:00-2:15 p.m.

** By invitation only

** Must take Ballet

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)		

PROGRAMS FOR ADULTS

Adult Ballet Experienced/Int.	Wednesday	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 Intermediate	Wednesday	7:45-8:45 p.m.
Adult Tap Advanced	Thursday	8:00-9:00 p.m.
Strength & Conditioning	Monday	8:10-9:10 p.m.

- 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
- Important information will be emailed-please ensure you click receive emails on your registration form
- One month paid notice for withdrawal from classes

MARK YOUR CALENDAR!

Studio One's 34th Anniversary Recital-Saturday, May 30, 2026

Studio One's Modern Show- Sunday, May 3, 2026

The studio will be closed on the following days:

Tuesday, September 30, 2025 (National Day for Truth and Reconciliation)

Monday, October 13, 2025 (Thanksgiving)

Tuesday, November 11, 2025 (Remembrance Day)

Saturday, December 20-Friday, January 9, 2026 (Winter Break)

Monday, February 16, 2026 (Louis Riel Day)

Monday, March 30 - Sunday, April 5, 2026 (Spring Break)

Monday, May 18, 2026 (Victoria Day)

CLASSES BEGIN SEPTEMBER 8!

Registration Opens at 12 p.m.:
Tuesday, August 5 for Returning Students
Wednesday, August 6 for New Students
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

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 or any dance outfit, pink ballet slippers with elastics, tap shoes

PRE-SCHOOL: Tights and leotard or any dance outfit, pink ballet slippers with elastics-skirts and tutus are welcome.

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 dangling 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.