

Grande Cache Recreation Centre

# DANCE CLASSES

SEPTEMBER - DECEMBER 2023



## ADULT FITNESS

### ADULT BARRE

**AGES:** 16+

**WHEN:** Mondays, September 18 & 25  
October 2, 16, 23 & 30  
November 6, 13, 20 & 27  
December 4

**TIME:** 7:00 – 8:00 pm

**COST:** \$104.00

Benefits of a ballet barre class... It is a low impact, whole body work out that is great for everyone, from beginners to experienced dancers. A barre workout increases flexibility lengthens, elongates and tones your muscles. It strengthens your core, helps with balance and improves posture and endurance. Also, barre requires a level of mindfulness to stay engaged, like a form a meditation. Your brain is focused on each position and small movement, leaving you feel less stressed and leaving class feeling lifted and calm. Please wear comfortable, movable clothing. Bring a yoga mat.

### GROOVY JAZZ

**AGES:** 6 - 8

**WHEN:** Wednesdays, September 20 & 27  
October 4, 18 & 25  
November 1, 8, 15, 22 & 29  
December 6

**TIME:** 5:15 – 6:00 pm

**COST:** \$78.00

Jazz Dance is an energetic class that will incorporate techniques of classical ballet with current forms of popular dance to upbeat and fun music.

This class helps increase musicality, flexibility, strength, control and confidence, while instilling a love of dance. Come get your groove on!

Please have participants wear comfortable, movable clothing and bare/sock feet. No jeans.

### HAPPY FEET

**AGES:** 3 years

**WHEN:** Mondays, September 18 & 25  
October 2, 16, 23 & 30  
November 6, 13, 20 & 27  
December 4

**TIME:** 10:00 – 10:30 am

**COST:** \$78.00

This class is a great introduction to music and movement. The littles are given the chance to explore creative dance and use their imagination while learning the first steps of ballet and movement and having fun!

Attire: Movable clothing and bare feet, ballet body suit, skirt, tights and ballet shoes also welcome! No jeans

### TWINKLE TOES

**AGES:** 4 years

**WHEN:** Mondays, September 18 & 25  
October 2, 16, 23 & 30  
November 6, 13, 20 & 27  
December 4

**TIME:** 3:30 – 4:00 pm

**COST:** \$78.00

This class is the next level up from Happy Feet. While the focus is still about fun while learning movement and using their imagination, we focus more on learning the art of dance and ballet techniques, learn to make diamonds with your plie, leap like a dolphin and chasse like a unicorn!

Attire: Moveable clothing and bare feet, ballet body suit, skirt, tights and ballet shoes also welcome! No jeans.



## YOUTH FITNESS

## PRELIM BALLET

**AGES:** 5 - 6

**WHEN:** Mondays, September 18 & 25  
October 2, 16, 23 & 30  
November 6, 13, 20 & 27  
December 4

**TIME:** 4:15 – 5:00 pm

**COST:** \$78.00

Has your little ever dreamed about being a Ballerina/Ballerino? Preliminary Ballet is the perfect intro to the classic ballet class structure and fundamentals. We will start every class with barre exercises before moving on to center work. Dancers will begin to learn correct executions of turnout and placement in basic positions of the feet and arms. Students will continue to learn ballet class etiquette and begin working on strength and flexibility with simple conditioning. The Dream begins...

Attire: Moveable clothing and bare feet, ballet body suit, skirt, tights and ballet shoes also welcome!

## LYRICAL

**AGES:** 9-13

**WHEN:** Wednesdays, September 20 & 27  
October 4, 18 & 25  
November 1, 8, 15, 22 & 29  
December 6

**TIME:** 6:15 – 7:00 pm

**COST:** \$78.00

In this class dancers dive more into dance technique while still enjoying a playful and creative class. Learning from a syllabus that uses fun music, improvisation, and story-dances to engage the dancer's active imagination, all while incorporating proper technique and terminology.

Attire: Moveable clothing and bare feet, ballet bodysuit, skirt, tights and ballet shoes also welcome! No jeans.

## HIP HOP

**AGES:** 9-13

**WHEN:** Mondays, September 18 & 25  
October 2, 16, 23 & 30  
November 6, 13, 20 & 27  
December 4

**TIME:** 6:00 – 6:45 pm

**COST:** \$78.00

Get your groove on with this hip-hop class! Learn to pop and lock, bounce, wave and body roll while listening to the current pop hits. We'll also be strengthening our muscles with floor work by learning things like the "coffee-grinder" and other breakdancing movements.

Attire: Movable clothing with clean indoor running shoes, even a funky hat. Hip hop is all about creative style, have fun creating your unique hip hop outfit! No jeans.

## TAP (AGES 6 - 8)

**AGES:** 6 - 8

**WHEN:** Tuesdays, September 19 & 26  
October 3, 17 & 24  
November \*2, 7, 14, 21 & 28 December 5

**TIME:** 5:15 – 6:00 pm

**COST:** \$78.00

Tap is a classic! This class will provide the dancer with the opportunity to discover the joy of the tap dancer within. The dancer will learn time and rhythm and will develop and understanding of tap vocabulary such as flap, shuffles, cramp rolls and ball change. This class will enable the student to successfully execute these and other fundamental tap dance skills.

Please have participants wear comfortable, movable clothing and tap shoes. No jeans.

\*Please note no class October 31 (Halloween) make up class Thursday November 2.

## TAP (AGES 9 - 13)

**AGES:** 9 - 13

**WHEN:** Tuesdays, September 19 & 26  
October 3, 17 & 24  
November \*2, 7, 14, 21 & 28  
December 5

**TIME:** 6:15 – 7:00 pm

**COST:** \$78.00

Tap is a classic! This class will provide the dancer with the opportunity to discover the joy of the tap dancer within. The dancer will learn time and rhythm and will develop and understanding of tap vocabulary such as flap, shuffles, cramp rolls and ball change. This class will enable the student to successfully execute these and other fundamental tap dance skills.

Please have participants wear comfortable, movable clothing and tap shoes. No jeans.

\*Please note no class October 31 (Hallowe'en) make up class Thursday November 2.

## CHRISTMAS SHOWCASE

In December there will be a Christmas Showcase for ALL DANCE CLASSES. Rehearsal will be December 11 and presentation December 12, times to be announced.

## REGISTRATION OPENS: MONDAY, SEPT. 11, 2023 AT 7:30 AM

Registration for ALL DANCE CLASSES opens Monday, September 11 at 7:30 am!

### For Questions...

Please come to the Recreation Round-Up on Wednesday, September 6 from 5:00 - 7:00 pm or

## WAYS TO REGISTER:

1. Online: <https://app.booking.ca/grandecacherecentrepub/index.asp>
2. By Phone: 780-827-2446
3. At the Grande Cache Recreation Centre

# SEPTEMBER 2023

Dance Programs Calendar

SUN	MON	TUES	WED	THURS	FRI	SAT
					1	2
3	4	5	6 Registration Round-Up 5:00 - 7:00 pm Grande Cache Recreation Centre	7	8	9
10	11 Registration for Dance Classess begins at 7:30 am	12	13	14	15	16
17	18 □ Happy Feet (ages 3) 10:00 - 10:30 am □ Twinkle Toes (ages 4) 3:30 - 4:00 pm □ Prelim Ballet (ages 5-6) 4:14 - 5:00 pm □ Hip Hop (ages 9-13) 6:00 - 6:45 pm □ Adult Barre (ages 16+) 7:00 - 8:00 pm	19 □ Tap (ages 6-8) 5:15 - 6:00 pm □ Tap (ages 9-13) 6:15 - 7:00 pm	20 □ Groovy Jazz (ages 6-8) 5:15 - 6:00 pm □ Lyrical (ages 9-13) 6:15 - 7:00 pm	21	22	23
24	25 □ Happy Feet (ages 3) 10:00 - 10:30 am □ Twinkle Toes (ages 4) 3:30 - 4:00 pm □ Prelim Ballet (ages 5-6) 4:14 - 5:00 pm □ Hip Hop (ages 9-13) 6:00 - 6:45 pm □ Adult Barre (ages 16+) 7:00 - 8:00 pm	26 □ Tap (ages 6-8) 5:15 - 6:00 pm □ Tap (ages 9-13) 6:15 - 7:00 pm	27 □ Groovy Jazz (ages 6-8) 5:15 - 6:00 pm □ Lyrical (ages 9-13) 6:15 - 7:00 pm	28	29	30

# OCTOBER 2023

Dance Programs Calendar

SUN	MON	TUES	WED	THURS	FRI	SAT
1 □ Happy Feet (ages 3) 10:00 - 10:30 am □ Twinkle Toes (ages 4) 3:30 - 4:00 pm □ Prelim Ballet (ages 5-6) 4:14 - 5:00 pm □ Hip Hop (ages 9-13) 6:00 - 6:45 pm □ Adult Barre (ages 16+) 7:00 - 8:00 pm	2 □ Tap (ages 6-8) 5:15 - 6:00 pm □ Tap (ages 9-13) 6:15 - 7:00 pm	3 □ Groovy Jazz (ages 6-8) 5:15 - 6:00 pm □ Lyrical (ages 9-13) 6:15 - 7:00 pm	4	5	6	7
8	9	10	11	12	13	14
15	16 □ Happy Feet (ages 3) 10:00 - 10:30 am □ Twinkle Toes (ages 4) 3:30 - 4:00 pm □ Prelim Ballet (ages 5-6) 4:14 - 5:00 pm □ Hip Hop (ages 9-13) 6:00 - 6:45 pm □ Adult Barre (ages 16+) 7:00 - 8:00 pm	17 □ Tap (ages 6-8) 5:15 - 6:00 pm □ Tap (ages 9-13) 6:15 - 7:00 pm	18 □ Groovy Jazz (ages 6-8) 5:15 - 6:00 pm □ Lyrical (ages 9-13) 6:15 - 7:00 pm	19	20	21
22	23 □ Happy Feet (ages 3) 10:00 - 10:30 am □ Twinkle Toes (ages 4) 3:30 - 4:00 pm □ Prelim Ballet (ages 5-6) 4:14 - 5:00 pm □ Hip Hop (ages 9-13) 6:00 - 6:45 pm □ Adult Barre (ages 16+) 7:00 - 8:00 pm	24 □ Tap (ages 6-8) 5:15 - 6:00 pm □ Tap (ages 9-13) 6:15 - 7:00 pm	25 □ Groovy Jazz (ages 6-8) 5:15 - 6:00 pm □ Lyrical (ages 9-13) 6:15 - 7:00 pm	26	27	28
29	30 □ Happy Feet (ages 3) 10:00 - 10:30 am □ Twinkle Toes (ages 4) 3:30 - 4:00 pm □ Prelim Ballet (ages 5-6) 4:14 - 5:00 pm □ Hip Hop (ages 9-13) 6:00 - 6:45 pm □ Adult Barre (ages 16+) 7:00 - 8:00 pm	31 Halloween (no classes)				

# NOVEMBER 2023

Dance Programs Calendar

SUN	MON	TUES	WED	THURS	FRI	SAT
			<div>1</div> <div><div>Groovy Jazz (ages 6-8)</div><div>5:15 - 6:00 pm</div></div> <div><div>Lyrical (ages 9-13)</div><div>6:15 - 7:00 pm</div></div>	<div>2</div> <div><div>*Tap (ages 6-8)</div><div>5:15 - 6:00 pm</div></div> <div><div>*Tap (ages 9-13)</div><div>6:15 - 7:00 pm</div></div>	<div>3</div>	<div>4</div>
<div>5</div>	<div>6</div> <div><div>Happy Feet (ages 3)</div><div>10:00 - 10:30 am</div></div> <div><div>Twinkle Toes (ages 4)</div><div>3:30 - 4:00 pm</div></div> <div><div>Prelim Ballet (ages 5-6)</div><div>4:14 - 5:00 pm</div></div> <div><div>Hip Hop (ages 9-13)</div><div>6:00 - 6:45 pm</div></div> <div><div>Adult Barre (ages 16+)</div><div>7:00 - 8:00 pm</div></div>	<div>7</div> <div><div>Tap (ages 6-8)</div><div>5:15 - 6:00 pm</div></div> <div><div>Tap (ages 9-13)</div><div>6:15 - 7:00 pm</div></div>	<div>8</div> <div><div>Groovy Jazz (ages 6-8)</div><div>5:15 - 6:00 pm</div></div> <div><div>Lyrical (ages 9-13)</div><div>6:15 - 7:00 pm</div></div>	<div>9</div>	<div>10</div>	<div>11</div>
<div>12</div>	<div>13</div> <div><div>Happy Feet (ages 3)</div><div>10:00 - 10:30 am</div></div> <div><div>Twinkle Toes (ages 4)</div><div>3:30 - 4:00 pm</div></div> <div><div>Prelim Ballet (ages 5-6)</div><div>4:14 - 5:00 pm</div></div> <div><div>Hip Hop (ages 9-13)</div><div>6:00 - 6:45 pm</div></div> <div><div>Adult Barre (ages 16+)</div><div>7:00 - 8:00 pm</div></div>	<div>14</div> <div><div>Tap (ages 6-8)</div><div>5:15 - 6:00 pm</div></div> <div><div>Tap (ages 9-13)</div><div>6:15 - 7:00 pm</div></div>	<div>15</div> <div><div>Groovy Jazz (ages 6-8)</div><div>5:15 - 6:00 pm</div></div> <div><div>Lyrical (ages 9-13)</div><div>6:15 - 7:00 pm</div></div>	<div>16</div>	<div>17</div>	<div>18</div>
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# DECEMBER 2023

Dance Programs Calendar

SUN	MON	TUES	WED	THURS	FRI	SAT
					<div>1</div>	<div>2</div>
<div>3</div>	<div>4</div> <div><div>Happy Feet (ages 3)</div><div>10:00 - 10:30 am</div></div> <div><div>Twinkle Toes (ages 4)</div><div>3:30 - 4:00 pm</div></div> <div><div>Prelim Ballet (ages 5-6)</div><div>4:14 - 5:00 pm</div></div> <div><div>Hip Hop (ages 9-13)</div><div>6:00 - 6:45 pm</div></div> <div><div>Adult Barre (ages 16+)</div><div>7:00 - 8:00 pm</div></div>	<div>5</div> <div><div>Tap (ages 6-8)</div><div>5:15 - 6:00 pm</div></div> <div><div>Tap (ages 9-13)</div><div>6:15 - 7:00 pm</div></div>	<div>6</div> <div><div>Groovy Jazz (ages 6-8)</div><div>5:15 - 6:00 pm</div></div> <div><div>Lyrical (ages 9-13)</div><div>6:15 - 7:00 pm</div></div>	<div>7</div>	<div>8</div>	<div>9</div>
<div>10</div>	<div>11</div> <div>Rehersal for Christmas Showcase Times: TBA</div>	<div>12</div> <div>Christmas Showcase Times: TBA</div>	<div>13</div>	<div>14</div>	<div>15</div>	<div>16</div>
<div>17</div>	<div>18</div>	<div>19</div>	<div>20</div>	<div>21</div>	<div>22</div>	<div>23</div>
<div>24</div>	<div>25</div>	<div>26</div>	<div>27</div>	<div>28</div>	<div>29</div>	<div>30</div>
	<div>31</div>					