

ADULT BARRE

AGES: 16+ WHEN: Mondays

SESSION 1: January 15, 22 & 29 February 5, 12 & 26 March 4, 11 & 18

SESSION 2: April 8, 15, 22 & 29 May 6,13 & 27

June 3, 10, 17 & 24 **TIME:** 7:00 – 8:00 pm

COST: \$75 SESSION 1 (January 15 - February 26) \$88 SESSION 2 (April 8 - June 24)

Come join our Adult Barre with a Sprinkle of Dance this session. This fun low impact whole body workout is an amazing for everyone! From beginners to experienced dancers, this class will help increase flexibility, and tones your muscles. It is a hybrid of barre and pilates with a sprinkle of ballet, jazz and hip hop. This class also requires a level of mindfulness to stay engaged with your body. Your brain is focused on each position and small movement, leaving you feel less stressed and leaving class walking taller. *Please wear comfortable, movable clothing. Ballet shoes

recommended but not required. Bring a voga mat.

GROOVY JAZZ

AGES: 6-8

TNES

WHEN: Wednesdays, January - 17, 24 & 31 February - 7, 14 & 28 March 6, 13 & 20

April - 10, 17 & 24 May - 1,8, 15 & 29 June - 5, 12, 19 & 26

TIME: 5:15 – 6:00 pm **COST:** \$105.00

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

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

HAPPY FEET

AGES: 3 years

WHEN: Mondays, January 15, 22 & 29

February 5, 12 & 26 March 4, 11 & 18 April 8, 15, 22 & 29 May 6, 13 & 27 June 3, 10, 17 & 24

TIME: 2:00 - 2:30 pm COST: \$105.00

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, January 15, 22 & 29

February 5, 12 & 26 March 4, 11 & 18 April 8, 15, 22 & 29 May 6, 13 & 27 June 3, 10, 17 & 24

TIME: 3:30 – 4:00 pm

COST: \$105.00

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, work by learning things like the "coffee-grinder" and other 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.

PRELIM BALLET

AGES: 5 - 6

WHEN: Mondays, January 15, 22 & 29 February 5, 12 & 26 March 4, 11 & 18 April 8, 15, 22 & 29 May 6, 13 & 27 June 3, 10, 17 & 24

TIME: 4:15 – 5:00 pm **COST**: \$105.00

Has your little ever dreamed about

being a Ballerina/Ballerino?

Preliminary Ballet is the perfect intro to the classic ballet class

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! No jeans.

LYRICAL BALLET

AGES: 9-13

WHEN: Wednesdays, January 17, 24 & 31 February 7, 14 & 28 March 6, 13 & 20 April 10, 17 & 24 May 1, 8, 15 & 29 June 5, 12, 19 & 26

TIME: 6:15 – 7:00 pm

COST: \$105.00

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 ieans.

HIP HOP

AGES: 9-13

WHEN: Mondays, January 15, 22 & 29 February 5, 12 & 26

March 4, 11 & 18 April 8, 15, 22 & 29 May 6, 13 & 27 June 3, 10, 17 & 24

TIME: 6:00 – 6:45 pm COST: \$105.00

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 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, January 16, 23 & 30 February 6, 13 & 27 March 5, 12 & 19 April 9, 16, 23 & 30 May 7, 14 & 28 June 4, 11, 18 & 25

TIME: 5:15 – 6:00 pm

COST: \$105.00

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 at 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 comforable, movable clothing and tap shoes. No jeans.

TAP (AGES 9 - 13)

AGES: 9 - 13

WHEN: Tuesdays, January 16, 23 & 30 February 6, 13 & 27 March 5, 12 & 19 April 9, 16, 23 & 30 May 7, 14 & 28 June 4, 11, 18, 25

TIME: 6:15 – 7:00 pm **COST:** \$105.00

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 at 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 comforable, movable clothing and tap shoes. No jeans.

UPCOMING SHOWCASES

Show Rehersal on May 30, 2024

Show on May 31, 2024

Canada Day Parade on July 1, 2024 (tentative)

NO DANCE CLASSES ON THE FOLLOWING DATES:

FEBRUARY 19 - 23, 2024

MARCH 25 - 29, 2024

APRIL 1 - 5, 2024

MAY 20 - 24, 2024

NEW SESSIONS OF DANCE STARTS ON MONDAY, JANUARY 15, 2024.

REGISTRATION FOR ALL DANCE CLASSES OPENS WEDNESDAY, JANUARY 3, 2024 AT 7:30 AM!

WAYS TO REGISTER:

1. Online:

https://app.bookking.ca/grandecachereccentrepub/index.asp

2. In Person at the Grande Cache Recreation Centre

MORE INFO:

For more information, please contact the Dance Instructor, Miss. Sarah at Sarah.Fitzgerald@mdgreenview.ab.ca

JANUARY 2024 Dance Programs Calendar

SUN	MON	TUES	WED	THURS	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	Happy Feet (ages 3) 2:00 2:30 pm 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	□ Tap (ages 6-8) 5:15 - 6:00 pm □ Tap (ages 9-13) 6:15 - 7:00 pm	17 Groovy Jazz (ages 6-8) 5:15 - 6:00 pm Lyrical (ages 9-13) 6:15 - 7:00 pm	18	19	20
21	Happy Feet (ages 3) 2:00 2:30 pm 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	Tap (ages 6-8) 5:15 - 6:00 pm Tap (ages 9-13) 6:15 - 7:00 pm	Groovy Jazz (ages 6-8) 5:15 - 6:00 pm Lyrical (ages 9-13) 6:15 - 7:00 pm	25	26	27
28	29 Happy Feet (ages 3) 2:00 2:30 pm 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	Tap (ages 6-8) 5:15 - 6:00 pm Tap (ages 9-13) 6:15 - 7:00 pm	31 Groovy Jazz (ages 6-8) 5:15 - 6:00 pm Lyrical (ages 9-13) 6:15 - 7:00 pm			

FEBRUARY 2024 Dance Programs Calendar

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

MARCH 2024 Dance Programs Calendar

SUN	MON	TUES		WED	THURS	FRI	SAT
						1	2
3	□ Happy Feet (ages 3) 2:00 2:30 pm	☐ Tap (ages 6-8)	5	G Groovy Jazz (ages 6-8)	7	8	9
	2:00 2:30 pm	5:15 - 6:00 pm		5:15 - 6:00 pm □ Lyrical (ages 9-13)			
	3:30 - 4:00 pm □ Prelim Ballet (ages 5-6)	6:15 - 7:00 pm		6:15 - 7:00 pm			
	4:14 - 5:00 pm						
	□ Hip Hop (ages 9-13) 6:00 - 6:45 pm						
	□ Adult Barre (ages 16+) 7:00 - 8:00 pm						
10	□ Happy Feet (ages 3) 2:00 2:30 pm	□ Tap (ages 6-8) 5:15 - 6:00 pm	12	13 Groovy Jazz (ages 6-8) 5:15 - 6:00 pm	14	15	16
	□ Twinkle Toes (ages 4) 3:30 - 4:00 pm	□ Tap (ages 9-13) 6:15 - 7:00 pm		□ Lyrical (ages 9-13) 6:15 - 7:00 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	□ Happy Feet (ages 3) 2:00 2:30 pm	□ Tap (ages 6-8) 5:15 - 6:00 pm	19	□ Groovy Jazz (ages 6-8) 5:15 - 6:00 pm	21	22	23
	□ Twinkle Toes (ages 4) 3:30 - 4:00 pm	□ Tap (ages 9-13) 6:15 - 7:00 pm		□ Lyrical (ages 9-13) 6:15 - 7:00 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	25		26	27	28	29	30
24							
31							

APRIL 2024 Dance Programs Calendar

SUN	MON	TUES	WED	THURS	FRI	SAT
	1		2 3	4	5	6
7	8 Happy Feet (ages 3) 2:00 2:30 pm 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	□ Tap (ages 6-8) 5:15 - 6:00 pm □ Tap (ages 9-13) 6:15 - 7:00 pm	9 Groovy Jazz (ages 6-8) 5:15 - 6:00 pm Lyrical (ages 9-13) 6:15 - 7:00 pm	11	12	13
14	15 Happy Feet (ages 3) 2:00 2:30 pm 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	□ Tap (ages 6-8) 5:15 - 6:00 pm □ Tap (ages 9-13) 6:15 - 7:00 pm	16 Groovy Jazz (ages 6-8) 5:15 - 6:00 pm Lyrical (ages 9-13) 6:15 - 7:00 pm	18	19	20
21	22 Happy Feet (ages 3) 2:00 2:30 pm 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	□ Tap (ages 6-8) 5:15 - 6:00 pm □ Tap (ages 9-13) 6:15 - 7:00 pm	23 Groovy Jazz (ages 6-8) 5:15 - 6:00 pm Lyrical (ages 9-13) 6:15 - 7:00 pm	25	26	27
28	29	□ Tap (ages 6-8) 5:15 - 6:00 pm □ Tap (ages 9-13) 6:15 - 7:00 pm	30			

MAY 2024 Dance Programs Calendar

SUN	MON	TUES		WED	THURS	FRI	SAT
				Groovy Jazz (ages 6-8) 5:15 - 6:00 pm Lyrical (ages 9-13) 6:15 - 7:00 pm	2	3	4
5	Happy Feet (ages 3) 2:00 2:30 pm	□ Tap (ages 6-8) 5:15 - 6:00 pm □ Tap (ages 9-13) 6:15 - 7:00 pm	7	8 5:15 - 6:00 pm Lyrical (ages 9-13) 6:15 - 7:00 pm	9	10	11
12	13	□ Tap (ages 6-8) 5:15 - 6:00 pm □ Tap (ages 9-13) 6:15 - 7:00 pm	14	15 Groovy Jazz (ages 6-8) 5:15 - 6:00 pm Lyrical (ages 9-13) 6:15 - 7:00 pm	16	17	18
19	20		21	22	23	24	28
26	27 Happy Feet (ages 3) 2:00 2:30 pm 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	□ Tap (ages 6-8) 5:15 - 6:00 pm □ Tap (ages 9-13) 6:15 - 7:00 pm	28	29 Groovy Jazz (ages 6-8) 5:15 - 6:00 pm Lyrical (ages 9-13) 6:15 - 7:00 pm	30 SHOW REHERSAL	31 SHOW	

JUNE 2024 Dance Programs Calendar

SHIN	MON	THES	WED	THURS	ERI	SAT
SUN 2	MON Happy Feet (ages 3) 2:00 2:30 pm 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	TUES Tap (ages 6-8) 5:15 - 6:00 pm Tap (ages 9-13) 6:15 - 7:00 pm Tap (ages 6-8) 5:15 - 6:00 pm	WED Groovy Jazz (ages 6-8) 5:15 - 6:00 pm Lyrical (ages 9-13) 6:15 - 7:00 pm Groovy Jazz (ages 6-8) 5:15 - 6:00 pm	THURS 6	FRI 7	8 8
	□ 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	□ Tap (ages 9-13) 6:15 - 7:00 pm	□ Lyrical (ages 9-13) 6:15 - 7:00 pm			
	17 Happy Feet (ages 3) 2:00 2:30 pm 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	□ Tap (ages 6-8) 5:15 - 6:00 pm □ Tap (ages 9-13) 6:15 - 7:00 pm	19 Groovy Jazz (ages 6-8) 5:15 - 6:00 pm Lyrical (ages 9-13) 6:15 - 7:00 pm	20	21	22
	□ Happy Feet (ages 3) 2:00 2:30 pm □ 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	25 Tap (ages 6-8) 5:15 - 6:00 pm Tap (ages 9-13) 6:15 - 7:00 pm	Groovy Jazz (ages 6-8) 5:15 - 6:00 pm Lyrical (ages 9-13) 6:15 - 7:00 pm	27	28	29
30		Canada D	ay Parade on July 1, 2024	(tentative)		