







GRANDE CACHE RECREATION CENTRE DANCE PROGRAMS 2024/2025

OCTOBER

| SUN | MON | TUE | WED | THU | FRI | SAT |
|-----|--|---|---|--|---|-----|
| | | 1 HAPPY FEET 2:00 - 2:30 pm TAP LEVEL 1 & 2 5:15 - 6:00 pm INTERMEDIATE TAP 6:00 - 6:45 pm | 2 BEGINNER LYRICAL 5:15 - 6:00 pm FUNKY JAZZ #1 6:00 - 6:45 pm INTERMEDIATE LYRICAL 6:45 - 7:30 pm | 3 TWINKLE TOES 5:15 - 5:45 pm FUNKY JAZZ / BALLET 6:00 - 6:45 pm HIP HOP 6:45 - 7:30 pm | 4 | 5 |
| |  | | | | | |
| 6 | 7 | 8 HAPPY FEET 2:00 - 2:30 pm TAP LEVEL 1 & 2 5:15 - 6:00 pm INTERMEDIATE TAP 6:00 - 6:45 pm | 9 BEGINNER LYRICAL 5:15 - 6:00 pm FUNKY JAZZ #1 6:00 - 6:45 pm INTERMEDIATE LYRICAL 6:45 - 7:30 pm | 10 TWINKLE TOES 5:15 - 5:45 pm FUNKY JAZZ / BALLET 6:00 - 6:45 pm HIP HOP 6:45 - 7:30 pm | 11 | 12 |
| | | | | | | |
| 13 | 14  | 15 HAPPY FEET 2:00 - 2:30 pm TAP LEVEL 1 & 2 5:15 - 6:00 pm INTERMEDIATE TAP 6:00 - 6:45 pm | 16 BEGINNER LYRICAL 5:15 - 6:00 pm FUNKY JAZZ #1 6:00 - 6:45 pm INTERMEDIATE LYRICAL 6:45 - 7:30 pm | 17 TWINKLE TOES 5:15 - 5:45 pm FUNKY JAZZ / BALLET 6:00 - 6:45 pm HIP HOP 6:45 - 7:30 pm | 18  | 19 |
| | | | | | | |
| 20 | 21 TWINKLE TOES 4:45 - 5:15 pm FUNKY JAZZ / BALLET 5:15 - 6:00 pm HIP HOP 6:00 - 6:45 pm | 22 HAPPY FEET 2:00 - 2:30 pm TAP LEVEL 1 & 2 5:15 - 6:00 pm INTERMEDIATE TAP 6:00 - 6:45 pm | 23 BEGINNER LYRICAL 5:15 - 6:00 pm FUNKY JAZZ #1 6:00 - 6:45 pm INTERMEDIATE LYRICAL 6:45 - 7:30 pm | 24 | 25 | 26 |
| | | | | | | |
| 27 | 28 TWINKLE TOES 4:45 - 5:15 pm FUNKY JAZZ / BALLET 5:15 - 6:00 pm HIP HOP 6:00 - 6:45 pm | 29 HAPPY FEET 2:00 - 2:30 pm TAP LEVEL 1 & 2 5:15 - 6:00 pm INTERMEDIATE TAP 6:00 - 6:45 pm | 30 BEGINNER LYRICAL 5:15 - 6:00 pm FUNKY JAZZ #1 6:00 - 6:45 pm INTERMEDIATE LYRICAL 6:45 - 7:30 pm | 31  | | |

Dance News... Miss Sarah's Spot

Welcome all dancers new & returning ! I'm so excited for this dance season. Take a look on the back of this calendar to see the note about the dress code & why it is important to have one for dance classes. Just think... would you wear jeans to run the Death Race?! Remember have fun, work hard & dance like no ones watching!

REGISTRATION IS FOR THE WHOLE SEASON FROM OCTOBER 2024 THROUGH APRIL 2025.

PLEASE NOTE: No Classes on Thursday, Oct. 24 - Classes that night will be moved to Monday, Oct. 21 (see calendar for times)

HALLOWEEN: Classes will be moved to Monday, Oct. 28 (see calendar for times)

WHISPERING PINES XMAS PERFORMANCE: Thursday, Dec. 5, 2024, at 6:30 pm

APPAREL ORDER: Grande Cache Dance Team apparel order information will be sent out on November Calendar.

MORE INFO:

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

WAYS TO REGISTER:

1. Online: <https://app.booking.ca/grandecacherecceptrepub/index.asp>
2. In Person: at Grande Cache Recreation Centre



REGISTRATION COST IS FOR THE WHOLE SEASON FROM OCTOBER 2024 THROUGH APRIL 2025. MONTHLY DANCE CALENDARS WILL BE HANDED OUT AT THE END OF EACH MONTH.

HAPPY FEET

AGES: 3
WHEN: Tuesdays
TIME: 2:00 - 2:30 pm
COST: \$135.00/season

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

**ATTIRE: MOVABLE CLOTHING, BALLETT
LEOTARD/TIGHTS/SKIRT BALLETT SHOES OR BARE FEET.
NO JEANS**

LEVEL 1 & 2 TAP

AGES: 5-7
WHEN: Tuesdays
TIME: 5:15 - 6:00 pm
COST: \$135.00/season

Tap is a classic! This class will provide the dancer with the opportunity to discover the what it means to dance with the heart. Dancers will learn time and rhythm and will develop an understanding of tap vocabulary such as flap, shuffles and ball change. This class will enable the students to successfully execute these and other fundamental tap dance skills.

**ATTIRE: COMFORTABLE CLOTHING THEY CAN MOVE IN.
NO JEANS. TAP SHOES REQUIRED**

INTERMEDIATE TAP

AGES: 17 + under
WHEN: Tuesdays
TIMES: 6:00 - 6:45 pm
COST: \$162.00/season

- Certain level of Tap experience is required. Please contact Miss Sarah for more information.

Take your tap skills to the next level. Learn how to become a part of the music with your tap shoes. Focusing on creating rhythms that blend together, this class will get tappers learning the classic "time steps" and "pick ups" which aren't for the faint of heart.

**ATTIRE: COMFORTABLE CLOTHING THEY CAN MOVE IN.
NO JEANS. TAP SHOES REQUIRED.**

BEGINNER LYRICAL

AGES: 8 - 10
WHEN: Wednesdays
TIME: 5:15 - 6:00 pm
COST: \$135.00/season

Lyrical combines elements of ballet and jazz to create a soft style that emphasizes story telling part of dance. In this class dancer dive into dance technique while still enjoying a playful and fun creative class. Improvisation, popular music and story-dances to engage the dancer's active imagination.

**ATTIRE: MOVEABLE CLOTHING. BALLETT
LEOTARD/SKIRT/TIGHTS. NO JEANS. BALLETT SHOES/
BARE FEET/LYRICAL SHOES**



INTERMEDIATE LYRICAL

AGES: 11 +
WHEN: Wednesdays
TIME: 6:45 - 7:30 pm
COST: \$135.00/season

Lyrical combines elements of ballet and jazz to create a soft style that emphasizes the story telling quality of dance. In this class dancers dive into dance technique while still enjoying a playful and creative class. Improvisation, popular music and story-dances to engage the dancer's active imagination.

**ATTIRE: MOVEABLE CLOTHING, BALLETT
LEOTARD/TIGHTS/SKIRT. BALLETT SHOES/LYRICAL
SHOES/BARE FEET. NO JEANS**

TWINKLE TOES

AGES: 4
WHEN: Thursdays
TIME: 5:15 - 5:45 pm
COST: \$135.00/season

This class is the next level up from Happy Feet. While the focus is still about having fun while learning movement and using their imagination, we put an emphasis on learning the art of dance and ballet techniques. Diamonds become plies, jump in to puddles and chasse like a unicorn!

**ATTIRE: MOVEABLE CLOTHING OR BALLETT
LEOTARD/TIGHTS/SKIRT. BALLETT SHOES OR BARE
FEET. NO JEANS.**

FUNKY JAZZ / BALLETT COMBO

AGES: 5 - 7
WHEN: **Class #1** Wednesdays
Class #2 Thursdays
TIME: 6:00 - 6:45 pm
COST: \$135.00/season

Get jazzed about this new addition to the dance schedule! Ballet has all the basics that dancers need to learn, while jazz is energetic and fun! This class will take the most important parts of ballet and the most fun part of jazz, creating an upbeat class. Working on musicality, flexibility, strength, control and confidence and grooving our to your favourite tunes.

**ATTIRE: MOVEABLE CLOTHING, BALLETT LEOTARD &
LEGGINGS. JAZZ SHOES OR BARE FEET. NO JEANS.**

HIP HOP

AGES: 8 - 13
DATE: Thursdays
TIME: 6:45 - 7:30 pm
COST: \$135.00/season

Get your groove on ! Learn to pop and lock, bounce, wave and body roll while dancing to the current pop hits. We'll also be learning things like the "coffee grinder" and other breakdancing moves.

**ATTIRE: MOVEABLE CLOTHING. HIP HOP IS ALL
CREATIVE STYLE. CLEAN INDOOR RUNNERS REQUIRED**

WHY FOLLOWING A DRESSCODE IS IMPORTANT FOR DANCE CLASS

1. IT HELPS YOUR DANCER UNDERSTAND THEY ARE GOING INTO A STRUCTURED CLASS
2. ENSURES THE CLOTHING IS NOT A DISTRACTION DURING CLASS.
3. ENSURES THE DANCER IS PARTICIPATING SAFELY.
4. HELPS FOSTER A POSITIVE ENVIRONMENT.
5. IT IS IMPORTANT FOR THE INSTRUCTOR TO SEE THE FORM OF THE DANCER TO ENSURE PROPER TECHNIQUE IS BEING USED TO PREVENT INJURY.
6. PROMOTES DISCIPLINE.

*IF THERE ARE ANY CONCERNS ABOUT THE DRESS CODE, PLEASE CONTACT MISS SARAH.

FOR MORE INFORMATION:

Phone: 780-827-2446
Website: www.mdgreenview.ab.ca
Facebook: Grande Cache Recreation Centre
Dance Instructor: Sarah.Fitzgerald@mdgreenview.ab.ca

WAYS TO REGISTER:

1. **Online:**
<https://app.booking.ca/grandecacherecencentrepub/index.asp>
2. **In Person:** at Grande Cache Recreation Centre