

AVAILABLE CLASSES

BALLET

Standard 1	Wednesday	4:45-5:45 p.m.
Standard 3	Saturday	12:00-1:00 p.m.
Standard 3 + Pre-Pointe **	Tuesday	5:15-6:30 p.m.
Standard 6	Saturday	9:45-10:45 a.m.
Standard 6,+ Pointe**	Thursday	5:30-6:45 p.m.
Teen	Thursday	7:15-8:15 p.m.
Advanced 2	Tuesday	6:30-7:45 p.m.
Advanced Pointe**	Thursday	6:45-7:15 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.

*** Ballet exam candidates will require extra rehearsals in the Spring.

JAZZ

Junior 1 Jazz/Tap	Tuesday	6:30-7:30 p.m.
Junior 2	Tuesday	5:30-6:30 p.m.
Junior 3	Wednesday	7:45-8:45 p.m.
Elementary 4	Wednesday	6:45-7:45 p.m.
Intermediate 1	Wednesday	7:45-9:00 p.m.
Advanced 1	Monday	4:45-5:45 p.m.
Advanced 5	Wednesday	5:45-6:45 p.m.
Advanced 9	Tuesday	7:45-9:00 p.m.
Advanced 20	Monday	5:45-7:00 p.m.
Advanced 22	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	8:10-9:10 p.m.

TAP

Junior	Tuesday	7:00-7:30 p.m.
Elementary	Tuesday	6:30-7:00 p.m.
Intermediate	Tuesday	7:30-8:30 p.m.
Senior	Tuesday	5:30-6:30 p.m.

STRETCH AND STRENGTH

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

Musical Theatre (8-11)	Tuesday	7:00-7:45 p.m.
Musical Theatre (12 & up)	Thursday	4:45-5:30 p.m.

LYRICAL

Elementary	Saturday	10:45-11:45 a.m.
Intermediate	Saturday	11:45-1:00 p.m.
Advanced	Monday	7:00-8:10 p.m.

(by permission from instructor)
(**Must take Ballet)

MODERN

Advanced	Tuesday	4:30-5:30 p.m.
Advanced 2	Saturday	1:00-2:00 p.m.

(by invitation only)
(**Must take Ballet)

CONTEMPORARY

Contemporary	Wednesday	4:45-5:45 p.m.
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(**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)		
Jazz/Tap (Combo class)	Tuesday	6:30-7:30 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	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	6:15-7:15 p.m.
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First Session Begins September 24, 2018- \$120 for 10 weeks

Free trial class September 17, 2018. Bring your mat!

- 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
- Students are encouraged to make up missed classes in consultation with their teacher

MARK YOUR CALENDAR!

Studio One's 27th Anniversary Recital-Saturday, June 8, 2019 at the Royal Manitoba Theatre Centre
The studio will be closed on the following days:
Monday, October 8, 2018 (Thanksgiving)
Sunday, November 11, 2018 (Remembrance Day)
Saturday, December 21-Sunday, January 6, 2019 (Winter Break)
Monday, February 18, 2019 (Louis Riel Day)
Monday, March 25 - Sunday, March 31, 2019 (Spring Break)
Monday, May 20, 2019 (Victoria Day)

CLASSES BEGIN SEPTEMBER 10!

THE STUDIO WILL BE OPEN FOR REGISTRATION:

August 22-23	2-6:00 p.m.
August 27-30	2-6:00 p.m.
September 4-6	2-6:00 p.m.
September 10-13	4-7:00 p.m.
September 15	10-2:00 p.m.

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 bare feet

TAP: Same as jazz, tap shoes. More advanced students - Teletone taps preferred

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

(For male students: T-shirt and sweat pants or shorts)

NOTE: It is important that students have their hair tied back. Ballet students must secure hair in a bun.

For safety reasons, please do not chew gum or wear jewelry during classes.

**WE WELCOME PARENTS TAKING PHOTOS & VIDEO OF THEIR CHILDREN IN CLASS AND AT RECITAL BUT PLEASE DO NOT POST ON SOCIAL MEDIA WITHOUT PERMISSION.

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