

AVAILABLE CLASSES

BALLET

Standard 1	Wednesday	4:45-5:45 p.m.
Standard 2	Wednesday	6:00-7:15 p.m.
Standard 5	Saturday	12:00-1:00 p.m.
Standard 5+ Pre-Pointe **	Thursday	7:45-9:00 p.m.
Intermediate 2	Tuesday	5:30-6:30 p.m.
Intermediate 2 + Pointe**	Thursday	5:45-7:15 p.m.
Advanced 2	Tuesday	6:30-7:45 p.m.
Advanced Pointe**	Thursday	7:15-7:45 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 2 Jazz/Tap	Saturday	11:00-12:00 p.m.
Junior 3	Tuesday	6:30-7:15 p.m.
Junior 4	Tuesday	5:30-6:30 p.m.
Junior 5	Tuesday	4:30-5:30 p.m.
Intermediate 1	Wednesday	6:45-7:45 p.m.
Advanced 3	Wednesday	7:45-9:00 p.m.
Advanced 7	Wednesday	5:45-6:45 p.m.
Advanced 11	Tuesday	8:00-9:15 p.m.
Advanced 22	Monday	5:45-7:00 p.m.
Advanced 24	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	7:15-7:45 p.m.
Elementary	Tuesday	5:30-6:15 p.m.
Intermediate	Tuesday	6:15-7:15 p.m.
Senior	Tuesday	4:30-5:30 p.m.

STRETCH AND STRENGTH

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

Musical Theatre (9-12)	Tuesday	7:15-8:00 p.m.
Musical Theatre (12 & up)	Thursday	4:45-5:45 p.m.

LYRICAL

Junior	Wednesday	7:45-8:45 p.m.
Intermediate	Saturday	10:45-11:45 a.m.
Advanced 1	Saturday	11:45-1:00 p.m.
Advanced 2	Monday	7:00-8:10 p.m.

(by permission from instructor)

(**Must take Ballet)

MODERN

Advanced	Monday	4:45-5:45 p.m.
Advanced 2	Saturday	1:00-2:15 p.m.

(by invitation only)

(**Must take Ballet)

CONTEMPORARY

Contemporary	Wednesday	4:45-5:45 p.m.
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(**Must have Ballet Training)

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 2 Combination	Saturday	11:00-12:00 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	6:15-7:00 p.m.
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First Session Begins September 14 2020- \$120 for 10 weeks

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 29th Anniversary Recital-Saturday, June 12, 2021 at the Royal Manitoba Theatre Centre

Modern Show is Sunday, May 2, 2021 at the Gas Station Arts Centre

The studio will be closed on the following days:

- Monday, October 12, 2020 (Thanksgiving)
- Wednesday, November 11, 2020 (Remembrance Day)
- Saturday, December 19-Sunday, January 3, 2021 (Winter Break)
- Monday, February 15, 2021 (Louis Riel Day)
- Monday, March 29 - Sunday, April 4, 2021 (Spring Break)
- Monday, May 24, 2021 (Victoria Day)

CLASSES BEGIN SEPTEMBER 14!

The studio will be moving to an online registration system. Please fill out the class request form for each dancer in your household. Once we have confirmed your class placements, fill out the registration form for each dancer and email it to katherine@studioonedance.com. A statement will then be sent to you with payment options listed.

Please note that class sizes will be limited for safety reasons, so early registration is recommended to avoid disappointment.*

DRESS CODE:

*****ALL STUDENTS REQUIRE A YOGA MAT**

FOR FLOOR WORK***

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.

***No bare feet due to COVID-19 please.**

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, 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

NOTE: Ballet students must secure hair in a bun.

For safety reasons, please do not chew gum or wear 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 have previously offered a used shoe exchange.

***However, due to COVID-19 we cannot have used shoes for sale at the studio. As an alternative, we propose a Studio One Facebook Group for both buying and selling used shoes. This will facilitate buyers to connect with sellers. Only Studio One students and families can participate, but it will up to the parties involved to ensure a safe and sanitary transaction. We are sorry for this inconvenience as we know that this service has been vital to families over the years.

This service is only for current Studio One students and is cash only.