

# AVAILABLE CLASSES

## BALLET

Standard 1/2	Thursday	6:15-7:15 p.m.
Standard 5	Tuesday	5:30-6:30 p.m.
Senior Certificate + Pointe**	Tuesday	7:45-9:00 p.m.
Teen	Monday	4:45-5:45 p.m.
Intermediate 2	Thursday	4:45-5:45 p.m.
Intermediate 2	Saturday	12:00-1:00 p.m.
Intermediate Pointe**	Thursday	5:45-6:15 p.m.
Advanced 2	Thursday	7:15-8:15 p.m.
Advanced 3	Tuesday	6:30-7:45 p.m.
Advanced 3	Thursday	5:45-6:45 p.m.
Advanced 2 Pointe**	Thursday	8:15-8:45 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.

## JAZZ

Junior 1	Monday	4:45-5:45 p.m.
Junior 3	Saturday	11:00-12:00 p.m.
Junior 4	Wednesday	6:45-7:45 p.m.
Elementary 1	Saturday	10:00-11:00 a.m.
Elementary 3	Thursday	5:45-6:45 p.m.
Intermediate 5	Wednesday	7:45-8:45 p.m.
Advanced 7	Wednesday	5:30-6:45 p.m.
Advanced 15	Tuesday	7:45-9:00 p.m.
Advanced 26	Monday	5:45-7:00 p.m.
Advanced 28	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)	Wednesday	4:45-5:45 p.m.
Advanced Hip Hop (15 +)	Monday	8:15-9:15 p.m.

## TAP

Junior	Monday	5:45-6:15 p.m.
Intermediate	Monday	7:15-8:15 p.m.
Senior	Monday	6:15-7:15 p.m.

## STRETCH AND STRENGTH

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

Musical Theatre (12 -14)	Thursday	4:45-5:45 p.m.
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## LYRICAL

Junior**	Tuesday	4:30-5:30 p.m.
Advanced 1**	Saturday	11:00-12:00 p.m.
Advanced 2**	Saturday	12:00-1:00 p.m.
Advanced 3**	Monday	7:00-8:10 p.m.

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

## MODERN

Intermediate **	Tuesday	4:30-5:30 p.m.
Advanced 1**	Tuesday	5:30-6:30 p.m.
Advanced 2**	Saturday	1:00-2:15 p.m.

(by invitation only)

## CONTEMPORARY

Contemporary	Wednesday	4:30-5:30 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)		

## PROGRAMS FOR ADULTS

Adult Ballet Experienced/Int.	Wednesday	5:45-6:45 p.m.
Adult Jazz Experienced/Adv.	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 9, 2024*

*\$150 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

## MARK YOUR CALENDAR!

Studio One's 33rd Anniversary Recital-Saturday, May 31, 2025 at the Royal Manitoba Theatre Centre

The studio will be closed on the following days:

Monday, September 30, 2024 (National Day for Truth and Reconciliation)

Monday, October 14, 2024 (Thanksgiving)

Monday, November 11, 2024 (Remembrance Day)

Saturday, December 21-Friday, January 10, 2025 (Winter Break)

Monday, February 17, 2025 (Louis Riel Day)

Monday, March 31 - Sunday, April 6, 2025 (Spring Break)

Monday, May 19, 2025 (Victoria Day)

## CLASSES BEGIN SEPTEMBER 9!

Registration Opens on Monday, July 15 for returning students and Tuesday, July 16 for new students and will take place online!

Registration link:

<https://app.thestudiodirector.com/studiooneschoolofperf/portal.sd>

## 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 dance socks.

**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

**MALE STUDENTS:** T-shirt and sweat pants or shorts and appropriate footwear. (black ballet slippers or jazz oxfords)

**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 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.