

AVAILABLE CLASSES

BALLET

Primary	Wednesday	4:30-5:15 p.m.
Standard 2	Tuesday	5:30-6:30 p.m.
Standard 4	Wednesday	6:30-7:45 p.m.
Standard 4 + pre-pointe	Monday	6:45-8:15 p.m.
Teen 13-15 yrs	Tuesday	4:30-5:30 p.m.
Teen 16 + yrs	Tuesday	7:45-9:00 p.m.
Level 9	Wednesday	5:15-6:30 p.m.
Advanced 1	Monday	4:30-6:00 p.m.
Advanced 2	Tuesday	6:30-7:45 p.m.
Intermediate/ Advanced Pointe	Monday	6:00-6:45 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	Thursday	6:30-7:30 p.m.
Junior 2	Thursday	7:30-8:30 p.m.
Elementary 2	Wednesday	5:30-6:30 p.m.
Elementary 3	Wednesday	7:45-8:45 p.m.
Intermediate 4	Wednesday	4:30-5:30 p.m.
Advanced 3	Wednesday	6:45-7:45 p.m.
Advanced 6	Tuesday	5:30-6:30 p.m.
Advanced 7	Tuesday	7:45-9:00 p.m.
Advanced 17	Saturday	2:00-3:15 p.m.
Advanced 18	Monday	5:45-6:45 p.m.
Advanced 20!	Thursday	6:45-8:00 p.m.

HIP HOP

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	8:00-9:00 p.m.

TAP

Junior Tap/Musical Theatre	Tuesday	6:30-7:30 p.m.
Intermediate	Tuesday	7:45-8:45 p.m.
Senior	Tuesday	6:00-7:00 p.m.

STRETCH AND STRENGTH

Stretch and Strength	Monday	8:00-9:00 p.m.
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MUSICAL THEATRE

Musical Theatre (10 & up)	Tuesday	7:00-7:45 p.m.
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LYRICAL

Junior	Saturday	10:30-11:30 a.m.
Elementary	Thursday	8:00-9:00 p.m.
Intermediate	Saturday	11:30-12:45 p.m.
Advanced	Monday	6:45-8:00 p.m.

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

MODERN

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

(by permission from instructor)
(**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.) (Ballet, Tap, Jazz & Musical Theatre)	Saturday	11:00-12:00 p.m.
This 'N' That 2 (7-8 yr.) (Ballet, Tap, Jazz & Musical Theatre)	Saturday	12:00-1:00 p.m.
Combo Jazz	Thursday	5:30-6:30 p.m.
Tap/Musical Theatre	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.
Stretch & Strength	Monday	8:00-9:00 p.m.

PILATES

Essential Pilates	Monday	6:30-7:30 p.m.
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First Session Begins October 17, 2016- \$90 for 9 weeks

- 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 25th Anniversary Recital-Saturday, June 3, 2017 at the Royal Manitoba Theatre Centre
The studio will be closed on the following days:
Monday, October 10, 2016 (Thanksgiving)
Friday, November 11, 2016 (Remembrance Day)
Saturday, December 24-Sunday, January 8, 2017 (Winter Break)
Monday, February 20, 2017 (Louis Riel Day)
Monday, March 27 - Sunday, April 2, 2017 (Spring Break)
Monday, May 22, 2017 (Victoria Day)

CLASSES BEGIN SEPTEMBER 12!

THE STUDIO WILL BE OPEN FOR REGISTRATION:

August 23, 24, 25	2-6:00 p.m.
August 29-Sept. 1	2-6:00 p.m.
September 6-8	2-6:00 p.m.
September 12-15	4-7:00 p.m.
September 17	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

HIP HOP: Track pants and T-shirt or tank top and indoor runners

••• no outside runners on the dance surface please •••

MODERN: 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. THANK YOU!**

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**.