

# Recreational and Exam Classes (Ages 6+)

create. elevate. achieve.

## Ballet

Full year | Age 6+

Based on the Royal Academy of Dance syllabus. A full description can be found on our website.

**Primary:** Tues 5:00-5:45 or Sat 12:15-1:00

**Ballet 1:** Wed 5:00-6:00

**Ballet 2:** Tues 6:00-7:00 & Thurs 4:15-5:15

**Ballet 3:** Mon 6:00-7:00 & Tues 6:45-7:45

**Ballet 4:** Tues 5:45-6:45 & Thurs 4:15-5:15

**Ballet 5:** Wed 4:00-5:00 & Thurs 8:30-9:30

**Inter Found & Pre pointe :**

Mon 8:00-9:15 & Wed 6:00-7:00

**Ballet 8:** Mon 7:00-8:00 & Thurs 6:45-7:45

**Pointe:** Wed 8:30-9:00

**Teen Open Ballet:** Tues 8:00-8:45

## JAZZ

Full year | Age 6+

Based on the ADAPT syllabus. A full description can be found on our website.

**Primary jazz:** Wed 5:00-5:45

**Junior 1 Jazz:** Wed 6:00-7:00

**Junior 2 Jazz:** Tues 7:00-8:00

**Junior 3 Jazz:** Wed 4:15-5:15

**Jr Open Jazz/Lyrical (ages 7-11):**

Thurs 7:45-8:30

**Pre Inter 1 Jazz:** Mon 5:00-6:00

**Pre Inter 2/3 Jazz:** Wed 8:30-9:30

**Inter 1 Jazz:** Wed 6:45-7:45

**Teen Open Jazz /Lyrical (ages 12+):**

Weds 7:45-8:30

## TAP

Full year | Age 6+

Based on the ADAPT syllabus. A full description can be found on our website.

**Primary/Junior 1 Tap:** Thurs 6:30-7:15

**Junior 2 Tap:** Thurs 6:00-7:00

**Pre Inter 1/2 Tap:** Thurs 7:00-8:00

**Pre Inter 3 Tap:** Thurs 8:00-9:00

## ACRO

Full year | Age 6+

Based on the Acrobatic Arts syllabus. A full description can be found on our website.

**Primary/Acro 1** Tues 4:15-5:00

**Acro 2-3:** Mon 4:15-5:15

**Acro 3-5:** Saturday 1:45-2:45

**Acro 4-6:** Mon 6:00-7:00

**Acro 7+:** Mon 8:00-9:00

## HIP HOP

Full year | Age 6+

Hip Hop is an upbeat class using popular music and is one of the fastest growing forms of dance!

**Junior Open Hip Hop (ages 6-8):**

Mon 5:30-6:15

**Inter Open Hip Hop (ages 9-11):**

Wed 7:00-7:45

**Boys Junior Open Hip Hop (ages 6-8):**

Tues 5:45-6:15

**Boys Inter Open Hip Hop (ages 9-12):**

Tues 6:15-7:00

**Teen Open Hip Hop (ages 12+):** Tues

8:30-9:15

## MUSICAL THEATRE

Full year | Age 6+

In this class dancers will learn to combine song, dialogue, acting and dance to tell a story. It is recommended that dancers are also enrolled in ballet or jazz.

**Open Musical Theatre:** Mon 4:00-4:45

OR 7:00-7:45

## CONTEMPORARY

Full year | Age 11+

In contemporary class, dancers will learn a variety of modern dance techniques while focusing on improvisation and expression.

**Inter 1/2 Contemporary:**

Tues 7:45-8:30

**Senior Contemporary:**

Tues 8:30-9:15

## Sessional

8 week sessions

A great way to try a new dance form! each session culminates with a viewing class.

**Beginner Acro (Age 6-10):**

Sat 10:00-11:00

**Beginner Hip Hop (Age 6-10):**

Mon 7:45-8:30

**Beginner Jazz (Age 6-10):**

Sat 11:00-12:00

### What are the tuition/fees?

**Sessional classes (+gst)** 30 mins: \$120/session | 45 mins: \$140/session | 60 mins: \$160/session

**Full year sessions (+gst)** 30 mins: \$48/month | 45 mins: \$60/month | 60 mins: \$73/month.

For multiple class fees, please visit our website: [elementsdance.ca](http://elementsdance.ca)

Not sure which class is right for your dancer?  
Give us a call at 403-744-4141 or email us at [info@elementsdance.ca](mailto:info@elementsdance.ca)

Want to know what to wear? Flip over. 

# Class Attire - What to Wear

## Ballet

**Ballet 1 & 2:** Motionwear bodysuit #2565 (navy), Sansha T99CH or T90CH tights (pink), Bloch 205/Sansha 14L leather full sole ballet shoes (pink), Canvas character shoes (3/4" heel), Character skirt with ribbons (see bottom right).

**Ballet 3:** Motionwear bodysuit #2565 (maroon), Sansha T99CH or T90CH tights (pink), Bloch 205/Sansha 14L leather full sole ballet shoes (pink), Canvas character shoes (1 1/2" heel) - if you have 3/4" from previous year that is acceptable, Character skirt with ribbons (see bottom right).

**Ballet 4:** Motionwear bodysuit #01635 (maroon), Sansha T99CH or T90CH tights (pink), Bloch 205/Sansha 14L leather full sole ballet shoes (pink), Character skirt with ribbons (see bottom right). \*character shoes not needed after Ballet 3 exam in the fall

**Ballet 5:** Mondor bodysuit # 03523 (black), Sansha T99CH or T90CH tights (pink), Bloch 205/Sansha 14L leather full sole ballet shoes (pink), Character shoes (1 1/2" heel), Character skirt with ribbons (see bottom right).

**Intermediate Foundation Ballet:** Mondor bodysuit # 03523 (black), Sansha T99CH or T90CH tights (pink), Sansha Stretch One canvas ballet shoes

**Ballet 8:** Any bodysuit colour/style in class (Mondor bodysuit # 03523 (aubergine) for exam), Sansha T99CH or T90CH tights (pink), Sansha Stretch One canvas ballet shoes.

**Teen Open Ballet:** Any style black bodysuit, Sansha T99CH or T90CH tights (pink), Bloch 205/Sansha 14L leather full sole ballet shoes (pink).

**Boys:** Black shorts, white t-shirt, Bloch 205/Sansha Star 14L leather full sole ballet shoes (black).

## HIP HOP

Comfortable clothes the dancer can move in i.e.) sweatpants and a tank top (NO jeans), CLEAN indoor, non marking running shoes

Competitive hip hop classes require all black converse high top sneakers for performances

## ACRO

Bodysuit (any style and colour), Sansha T90CH or T96CH (camel), booty shorts (any colour), bare feet.

**Boys:** black shorts, white tshirt and bare feet.

## Sessional

**Acro-** see above **Hip Hop-** see above

**Jazz-** any style bodysuit, booty shorts optional, Sansha T99CH or T90CH tights, Bloch slip on booties (tan)

## JAZZ

**Junior 1, 2 & 3 Jazz:** Motionwear bodysuit #2565 (black), Sansha T99CH or T90CH tights (camel), booty shorts optional (any colour), Bloch slip on booties (tan).

**Junior Open Jazz/Lyrical & Teen Open Jazz/Lyrical:** Any style black bodysuit, Sansha T99CH or T90CH tights, camel, booty shorts optional (any colour), Bloch slip on Booties (tan).

**Pre Inter 1 Jazz:** Motionwear bodysuit # 03523 (black), Sansha T90 tights (camel), Bloch slip on booties (tan).

**Pre Inter 3 and Inter 1 Jazz:** Mondor bodysuit # 03523 (black), Sansha T90 tights (camel), Bloch slip on booties (tan).

**Boys:** black shorts, white t shirt and Bloch slip on booties (black).

## TAP

**Primary/Junior 1 & Junior 2 Tap:** Motionwear bodysuit #2565 (black), Sansha T99CH or T90CH tights (camel), booty shorts optional (any colour), black lace up tap shoes (any style)

**Pre Inter 1/2 Tap:** Motionwear bodysuit #2565 (black), Sansha T90 tights (camel), booty shorts optional (any colour), black lace up tap shoes (any style)

**Pre Inter 3 Tap:** Mondor bodysuit #03523 (black), Sansha T90 tights (camel), booty shorts optional (any colour), black lace up tap shoes (any style)

**Boys:** black shorts, white t shirt and black lace up tap shoes

## MUSICAL THEATRE

Bodysuit (any style and colour), Sansha T99CH or T90CH tights (camel), booty shorts optional (any colour), Bloch slip on booties (tan).

**Boys:** black shorts, white t shirt and Bloch slip on booties (black).

## CONTEMPORARY

Bodysuit (any style and colour), Sansha T99CH or T90CH tights (camel), booty shorts optional (any colour), bare feet.

**Boys:** black shorts, white t shirt and bare feet

*\*Character skirts can be purchased at the dance stores or or made by our seamstress in September.*