

Recreational and Exam Classes (Ages 5+)

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 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 Open Hip Hop (ages 6-11): Tues

5:45-6:15

Teen Open Hip Hop (ages 12+): Tues

8:30-9:15

MUSICAL THEATRE

Full year | Age 7+

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 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: \$46/month | 45 mins: \$58/month | 60 mins: \$71/month.

For multiple class fees, please visit our website: 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

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.*