


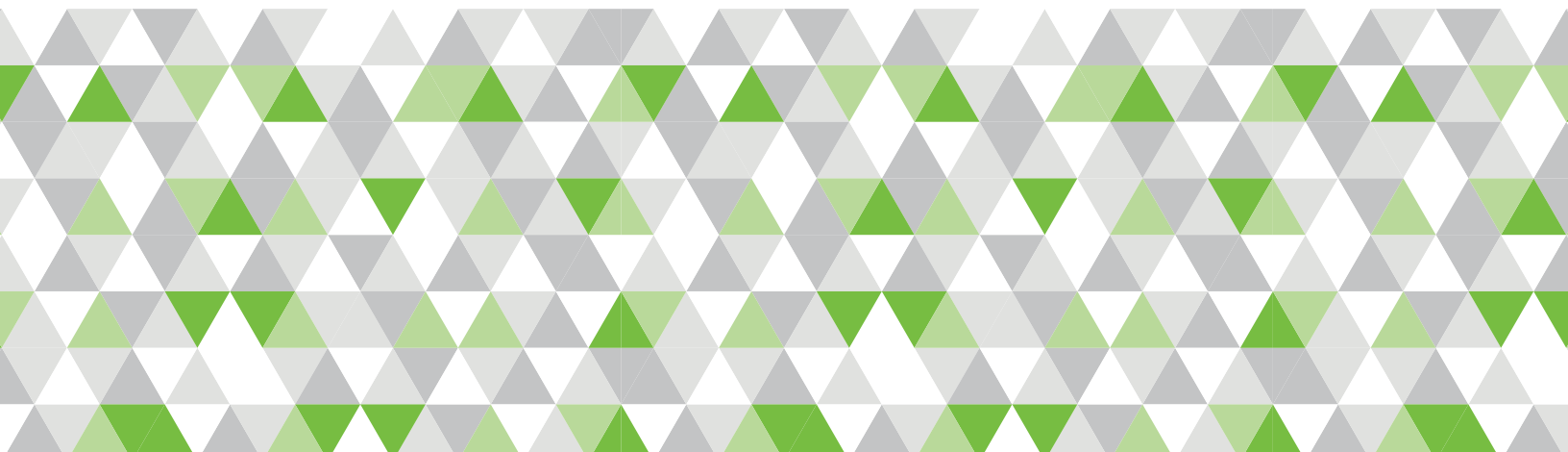


# AGES 2-5

## Class Schedule






	 <b>CENTRAL</b> 6 St. Clare Ave, St. John's	 <b>WEST</b> 1 Olympic Dr, Mount Pearl	 <b>EAST</b> 34 New Cove Rd, St. John's
	<b>Saturday</b>		<b>Sunday</b>
<b>10:00am</b>	<b>Tiny Dancers</b> 10:00 - 10:45 ..... <b>DFYC 3</b> 10:00 - 10:45 ..... <b>DFYC 5</b> 10:45 - 11:30	<b>Tiny Dancers</b> 10:00 - 10:45 ..... <b>DFYC 3</b> 10:45 - 11:30 ..... <b>DFYC 5</b> 10:45 - 11:30	<b>Groovy Dancers (2 and 3)</b> 10 - 10:45 ..... <b>Groovy Dancers (4 and 5)</b> 11:00 - 11:45
<b>11:00am</b>	<b>DFYC 4</b> 11:00 - 11:45	<b>DFYC 4</b> 11:30 - 12:15	
<b>12:00pm</b>	<b>Boys Dance (5 and 6)</b> 12:00 - 12:45		

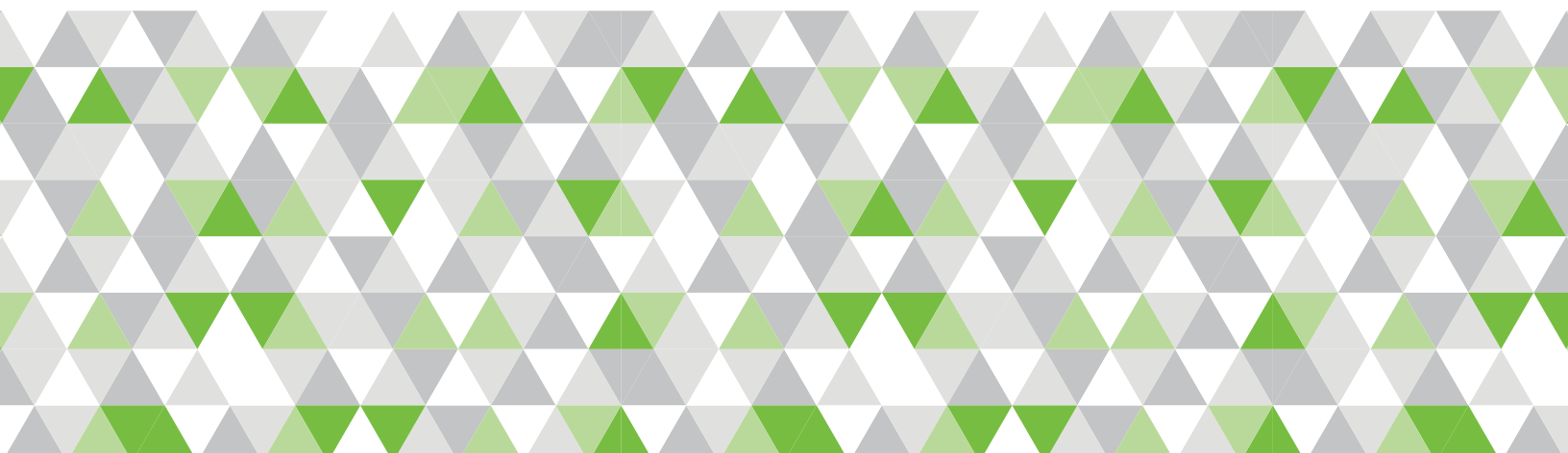


# AGES 6-9

## Class Schedule



	 <b>CENTRAL</b> 6 St. Clare Ave, St. John's	 <b>WEST</b> 1 Olympic Dr, Mount Pearl	 <b>EAST</b> 34 New Cove Rd, St. John's
	Saturday		Sunday
10:00am	<b>Hip Hop</b> 10:00 - 10:45 ..... <b>Ballet</b> 10:45 - 11:30	<b>Acro Jazz</b> 10:00 - 10:45 ..... <b>Hip Hop</b> 10:45 - 11:30	
11:00am	<b>Jazz / Tap</b> 11:45 - 12:45	<b>Ballet</b> 11:45 - 12:30	
12:00pm	<b>Boys Dance (5 and 6)</b> 12:00 - 12:45	<b>Jazz / Tap</b> 12:30 - 1:30	<b>Hip Hop</b> 12:00 - 12:45 ..... <b>Jazz / Modern</b> 12:45 - 1:30
1:00pm	<b>Acro Jazz</b> 1:00 - 2:00		



# AGES 10-13

## Class Schedule



	<b>1</b> <b>CENTRAL</b> 6 St. Clare Ave, St. John's	<b>2</b> <b>WEST</b> 1 Olympic Dr, Mount Pearl
	<b>Saturday</b>	
<b>10:00am</b>	<b>Modern</b> 10:00 - 11:00	
<b>11:00am</b>	<b>Latin Jazz</b> 11:00 - 12:00	<b>Hip Hop</b> 11:30 - 12:30
<b>12:00pm</b>	<b>Acro Jazz</b> 12:00 - 1:00	<b>Acro Jazz</b> 12:30 - 1:30
<b>1:00pm</b>	<b>Hip Hop</b> 1:00 - 2:00	<b>Modern</b> 1:45 - 2:45
<b>2:00pm</b>	<b>Jazz / Tap (Broadway)</b> 2:00 - 3:00	<b>Tap</b> 2:45 - 3:45
<b>3:00pm</b>	<b>Ballet</b> 3:00 - 4:00	

# TEEN

## Class Schedule



**CENTRAL**


6 St. Clare Ave, St. John's

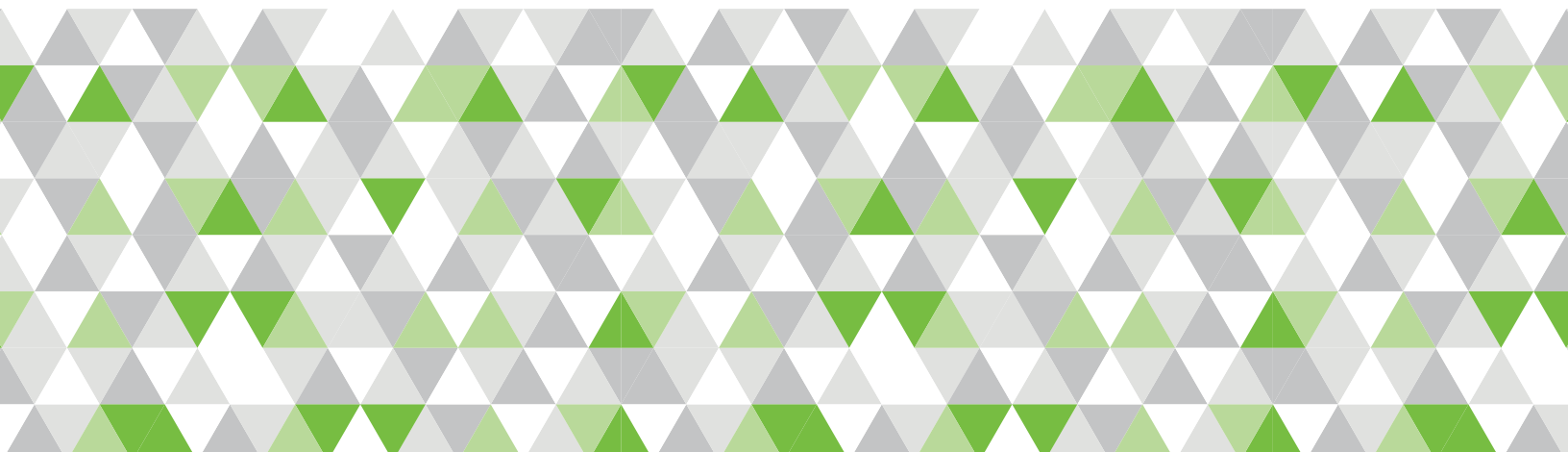
	Monday	Wednesday	Thursday	Friday	Saturday
<b>11:00am</b>					<b>Jazz</b> 11:45 - 12:45
<b>12:00pm</b>					<b>Cecchetti Ballet Exam Grade 5</b> 12:45 - 1:45
<b>1:00pm</b>					<b>Modern</b> 1:00 - 2:00 ..... <b>Cecchetti Ballet Exam Intermediate</b> 1:45 - 3:00
<b>2:00pm</b>					<b>Hip Hop</b> 2:00 - 3:00
<b>3:00pm</b>					
<b>4:00pm</b>					<b>Cecchetti Ballet Advanced 1</b> 4:00 - 5:15
<b>5:00pm</b>			<b>Tap</b> 5:00 - 6:00	<b>Cecchetti Ballet Exam Intermediate</b> 5:15 - 6:15	
<b>6:00pm</b>	<b>Modern</b> 6:00 - 7:00		<b>Latin Jazz</b> 6:00 - 7:00	<b>Cecchetti Ballet Advanced 1</b> 6:15 - 7:15	
<b>7:00pm</b>	<b>Hip Hop</b> 7:00 - 8:00	<b>Pointe</b> 7:00 - 8:00	<b>Ballet</b> 7:00 - 8:00		

# ADULT

## Class Schedule



	 <b>CENTRAL</b> 6 St. Clare Ave, St. John's		
	<b>Wednesday</b>	<b>Thursday</b>	<b>Saturday</b>
<b>5:00pm</b>			<b>Ballet Masterclass</b> 5:15 - 6:30
<b>6:00pm</b>			
<b>7:00pm</b>	<b>Modern</b> 7:00 - 8:00	<b>Ballet</b> 7:00 - 8:00 ..... <b>Modern Masterclass</b> 7:15 - 8:15	



# RECREATIONAL

## Class Descriptions



**TINY DANCERS** Tiny Dancers functions as the introduction for both parent and child into the world of dance. Students participate in creative movement, ballet and fun exercises to keep them energetic and happy. For children ages 2-3 (2 year old dancers will be joined by a parent).

**GROOVY DANCERS** Students participate in a fun play-based hip hop/jazz alternative to Tiny Dancers that will keep them entertained and engaged. For children ages 2-5 (2 year old dancers will be joined by a parent).

**DFYC** Dance For Young Children turns the focus to a more disciplined classroom where students will start to learn basic ballet and jazz techniques, with a fun class once a month where they get to experiment in Latin jazz and hip hop based movements. DFYC classes are available to children ages 3-5.

**HIP HOP** Joyful, fun, hard hitting, humorous and at times touching, MAX Dance hip hop classes are high-energy classes that use the latest, age appropriate, electronic, rap, R&B and pop music together with movements influenced by some of today's hottest music video, street dance and television choreographers. Hip hop encompasses a variety of movement styles: elements of poppin' and locking, tutting, dance hall, house, top rock, foot work and breaking, as well as freestyle movement is explored to give students the opportunity to develop their own sense of style. Hip hop is urban, it's street, and it's diverse and forever changing. Hip hop classes are available for students aged 6 to adult in a variety of levels.

**JAZZ** An exciting and ever evolving dance form, jazz is full of rhythm, syncopation, passion and life. Classes explore body isolations of the head, shoulders, ribcage, feet and arms and encourage individual expression and the development of personal style. Jazz can be powerful and percussive or expressive and lyrical. Ever evolving, jazz dance is taught with the music of today together with the classical jazz of yesterday. Classes teach basic jazz dance technique, terminology and movement quality with an emphasis on proper execution of jazz isolations, rhythms and style. Classes are available starting at age 6 to adult.

**LATIN JAZZ** Latin jazz dance class is based on Latin American dances such as cha-cha-cha, salsa, merengue, rumba and samba, to name a few. Much focus is placed on the correct posture unique to this style, as well as a distinctive use of feet, knees, arms and hands and in particular, hip movement and attitude. As in regular jazz classes, the class will consist of warm-up, short combinations and a routine all done to traditional or Latin pop music that will include standard jazz movements such as turns, kicks, jumps and splits. Some teachers may choose to introduce a small amount of partnering work as well. Once a student has completed an introductory level and

has been individually approved by the instructor, dancers will wear Latin heels to class. MAX starts Latin jazz at a 10-13 level and is open to both male and female students.

**ACRO JAZZ** Acro jazz is a more modern genre of dance combining the strength and tumbling skills from gymnastics, flexibility/contortion work and limbering skills from acrobats as well as jazz and ballet steps. All combined into choreography that displays a mixture of elements. Acro dance emerged in north America in the early 1900s as a type of performance in Vaudeville.

**TAP** Tap classes emphasize the development and strengthening of basic tap technique and terminology highlighting the importance of rhythm and sound. Tap focuses on rhythms and intricate footwork, creating a percussion instrument out of the dancer's feet. Just like jazz vocalists who add rhythms to music by scatting, tappers add their voice by "scatting" with their feet. Tap classes are available to students aged 6 to adult.

**BALLET** Beauty, flow and elegance are inherent in the elements of ballet. Ballet is the classical dance form that can be mastered by itself or used as a technical base or supplement to other dance forms. Classes focus on overall body alignment and awareness with emphasis on proper usage of feet and legs and execution of turnout. Carriage and usage of upper torso and arms are also stressed. Traditional barre work, centre work and combinations are included in all classes. For the serious technician, MAX Dance also offers Cecchetti Syllabus Ballet Exam classes. Ballet classes are available for students aged 6 to adult.

**MODERN** Modern dance is a contemporary dance form that has its roots in ballet. Building popularity through the 1940s to present day, Modern dance emphasizes the use of the floor for centering and grounding oneself in movement. Musicality and rhythm are explored throughout the class. Modern dance has seen mainstream popularity recently, in part due to the TV show "So You Think You Can Dance." Teachers incorporate an eclectic blend of contemporary and post-modern movement into their classes. Modern class is available to student aged 10 to adult.

**MASTERCLASS** For the experienced dancer, we have developed a special set of classes called Masterclass classes. These advanced classes are designed for advanced dancers in our community looking to keep up their skills and further their dance education. These classes are attended by members of the community, graduates of the Academy program, dance teachers, and our own staff. We offer a drop in fee for Masterclass classes.