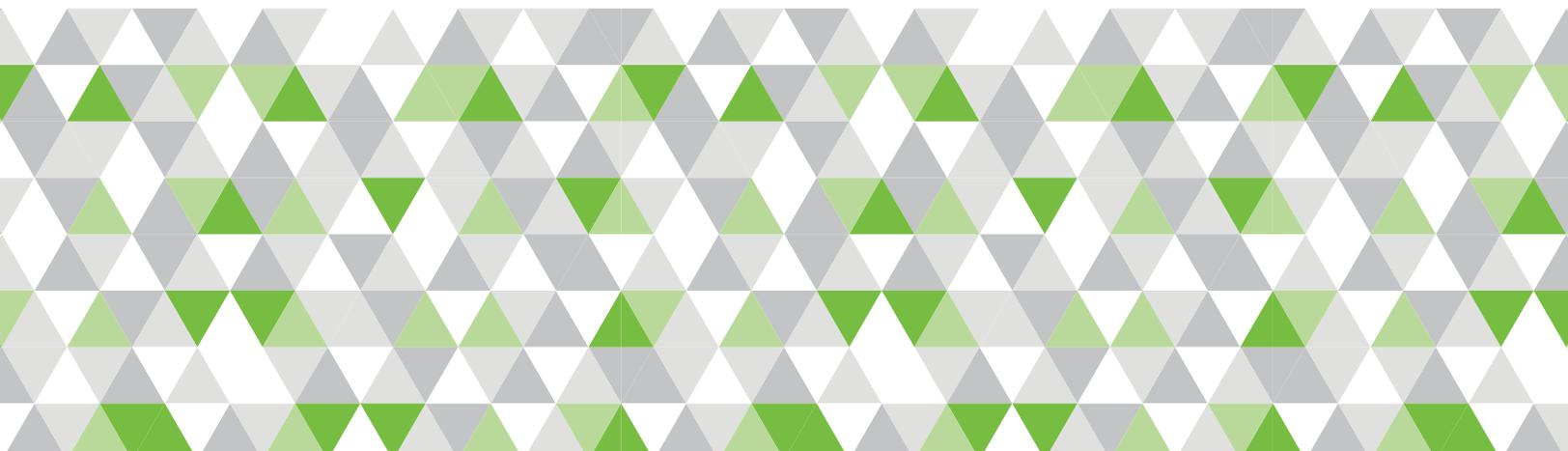


# AGES 2-5

## 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	

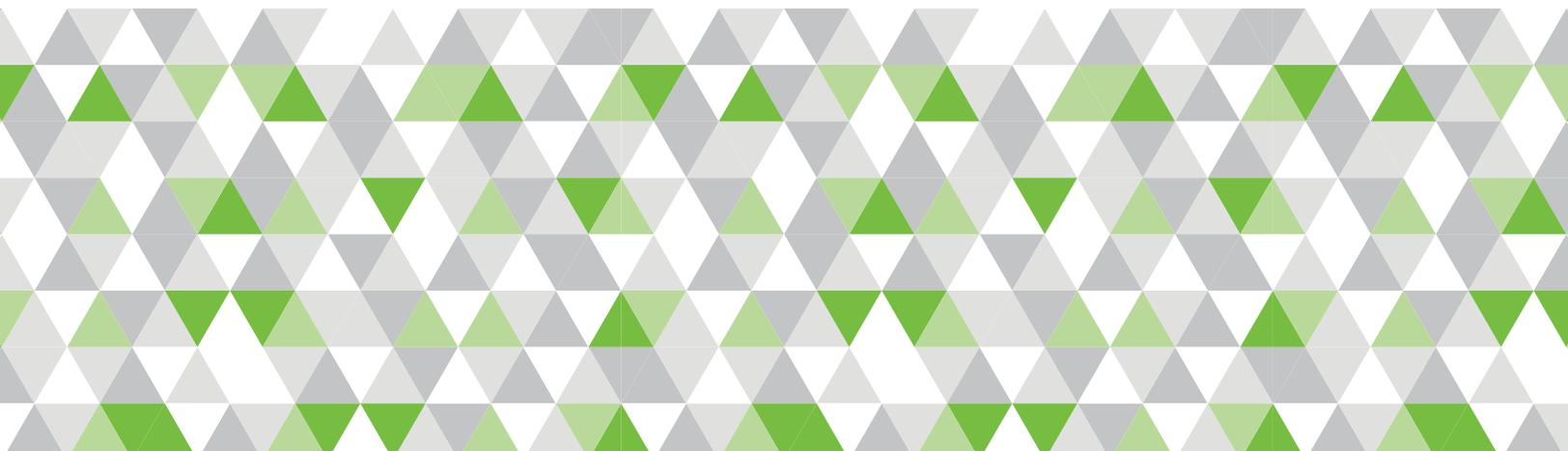


# AGES 6-9

## 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
	<b>Saturday</b>		<b>Sunday</b>
<b>10:00am</b>	<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	
<b>11:00am</b>	<b>Jazz / Tap</b> 11:45 - 12:45	<b>Ballet</b> 11:45 - 12:30	
<b>12:00pm</b>		<b>Jazz / Tap</b> 12:30 - 1:30	<b>Hip Hop</b> 12:00 - 12:45 ..... <b>Jazz / Modern</b> 12:45 - 1:30

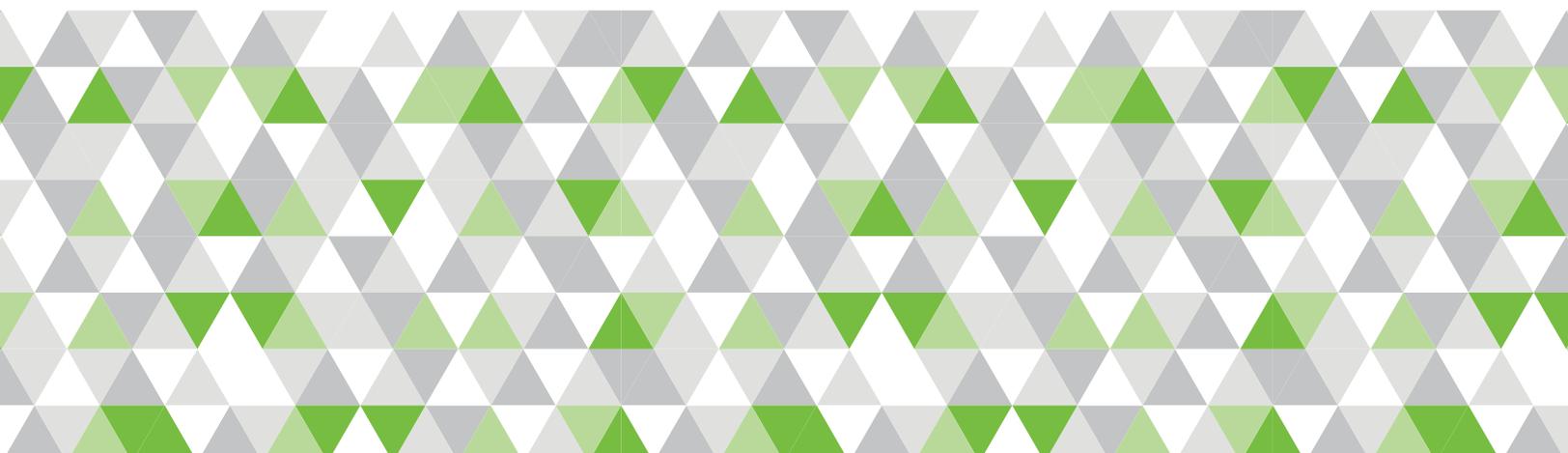


# AGES 10-13

## 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>1:00pm</b>	<b>Hip Hop</b> 1:00 - 2:00	<b>Tap</b> 1:45 - 2:45
<b>2:00pm</b>	<b>Jazz / Tap (Broadway)</b> 2:00 - 3:00	



# TEEN

## Class Schedule



### CENTRAL

6 St. Clare Ave, St. John's

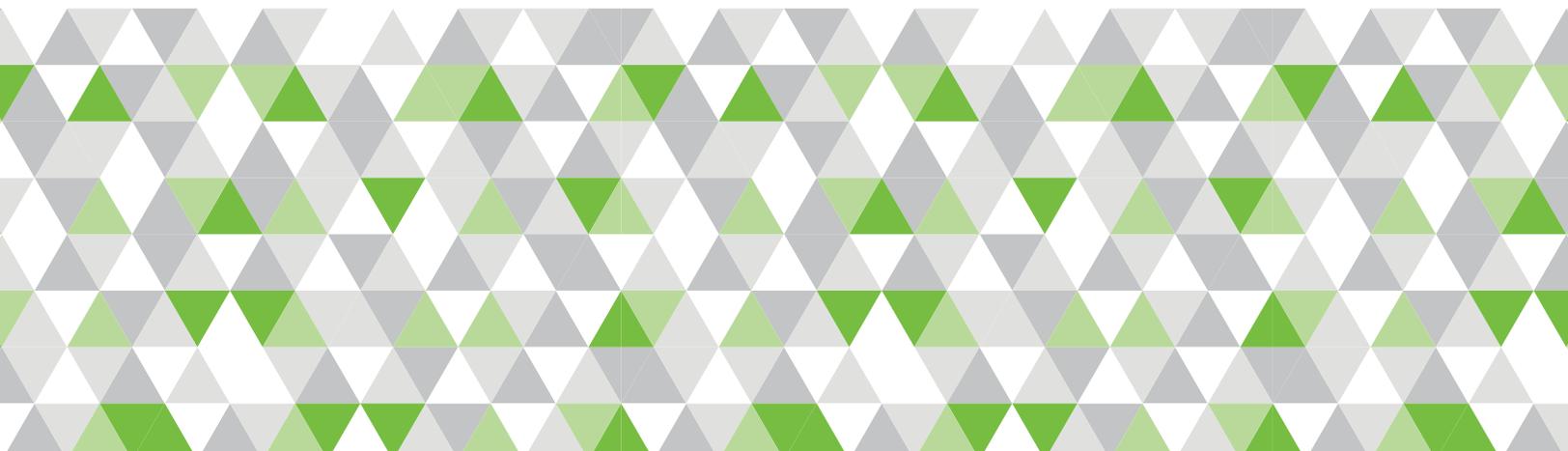
	Monday	Thursday	Saturday
11:00am			<b>Jazz</b> 11:45 - 12:45
12:00pm			<b>Cecchetti Ballet Exam Grade 5</b> 12:45 - 1:45
1:00pm			<b>Modern</b> 1:00 - 2:00
2:00pm			<b>Hip Hop</b> 2:00 - 3:00
3:00pm			
4:00pm			
5:00pm		<b>Tap</b> 5:00 - 6:00	
6:00pm	<b>Modern</b> 6:00 - 7:00	<b>Latin Jazz</b> 6:00 -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

# ADULT

## Class Schedule



	<div style="display: flex; justify-content: center; align-items: center;"> <div style="background-color: black; color: white; border-radius: 50%; width: 40px; height: 40px; display: flex; align-items: center; justify-content: center; margin-right: 10px;">1</div> <div> <p><b>CENTRAL</b></p> <p>6 St. Clare Ave, St. John's</p> </div> </div>		
	<b>Wednesday</b>	<b>Thursday</b>	<b>Saturday</b>
<b>4:00pm</b>			<b>Ballet Masterclass</b> 4:45 - 6:00
<b>5:00pm</b>			
<b>6:00pm</b>			
<b>7:00pm</b>		<b>Ballet</b> 7:00 - 8:00	



# 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).

**Dance for Young Children** DFYC turns the focus to a more disciplined classroom where students will start to learn basic ballet and jazz techniques independantly, through imaginative play and exercises. DFYC classes are available to children ages 3-5.

**Hip Hop** Hip hop classes are high-energy classes that pair 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 classes are available for students aged 6 to adult.

**Jazz** Jazz can be powerful and percussive or expressive and lyrical. Classes teach basic jazz dance technique 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. Focus is placed on the correct posture unique to this style, in particular, hip movement and attitude. Some teachers may choose to introduce a small amount of partnering work in class. Teachers will invite dancers will wear Latin heels to class at their discretion. MAX starts Latin jazz at a 10-13 level and is open to both male and female students.

**Acro Jazz** Acro Jazz is a combination of dance technique, acrobatics skills and flexibly. Acro jazz involves strengthening muscle, working on tumbling skills, expanding flexibility and contortion, and working these tools into dance choreography. Acro classes are offered for ages 6-13.

**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. Tap classes are available to students aged 6 to 13.

**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. Ballet classes are available for students aged 6 to adult.

**Modern** Modern dance is a contemporary dance form emphasizing 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.

**Adaptive Dance** This program is created for children with physical, cognitive or other disabilities and is open to children of any and all levels of ability. The class explores a wide range of music and dance styles and is an opportunity for children to explore creative movement in a supportive and engaging environment. This class is offered for children aged 4-10.