

RHYTHM AND MOVEMENT FOR BABES, TOTS & PARTNERS 2 yrs

This class is geared towards our youngest dancers and their accompanying partner. The young child explores rhythms and movement appropriate to their physical and intellectual development while their more mature counterpart gets in on the action as well! Dancers also develop their coordination skills in this fun, creative environment. A spontaneous atmosphere is enriched by a collection of inspiring music.

- ⌘ Sat 9:15-10:00 am
- W Pale blue sleeveless leotard, pink footless tights, bare feet.
- M Plain white T-shirt, royal blue shorts, bare feet.

CREATIVE MOVEMENT 3-5 yrs

The young child experiences movement and music appropriate to their physical and intellectual development. Natural movement vocabulary is explored through the use of props, sound, music and rhythms, enhancing inner creativity and body awareness.

- ⌘ Creative Movement (3-4 yrs) Sat 9:15-10:00 am
- ⌘ Creative Movement (4-5 yrs) Sat 10:00-10:45 am
- W Pale blue cap-sleeve leotard, pink footless tights, bare feet.
- M Plain white T-shirt, royal blue shorts, bare feet.

CREATIVE JAZZ 6 yrs

Dancers are introduced to the basics of the jazz vocabulary, while experiencing the elements of creative dance. Students enjoy the popular dynamics and music of jazz, as well as receiving the benefits of nurturing their inner creativity.

- ⌘ Sat 11:00-11:45 am
- W Black sleeveless leotard, black dance pants or tights, bare feet.
- M Plain white T-shirt, shorts or dance pants, bare feet.

BALLET 6 yrs & up

Following The Royal Academy of Dance Syllabus, dancers develop strong technique. The focus is on alignment and placement of the body while encouraging freedom of the movement. Classes strengthen the body and promote grace, posture, coordination and flexibility. For more serious students, and in preparation for the Junior Professional Program, ballet exams and presentations are offered at the discretion of the teacher.

- ⌘ Pre-Primary (6 yrs) Sat 10:00-10:45 am
- ⌘ Primary (7 & 8 yrs) Sat 9:15-10:00 am
- W Pale blue cap-sleeved leotard, pink footed ballet tights, pink full-sole ballet slippers with elastics.
- M Plain white T-shirt, royal blue shorts, white socks, white ballet slippers with elastics.

- ⌘ Grade 1 RAD (must come twice a week) Mon 6:30-7:45 pm
- ⌘ Sat 10:45-11:45 pm
- ⌘ Grade 4 RAD (must come twice a week) Wed 6:30-8:30 pm
- ⌘ Sat 2:00-3:30 pm

Students wishing to enroll in RAD classes must come twice a week
Note: Students invited to participate in ballet exams or presentations will be required to purchase the uniform leotard. Students participating in Grade 1 and Grade 4 RAD classes ONLY require Character Shoes.

- ⌘ Pre-Teen Ballet (9-12 yrs) Sat 11:45-12:45 pm
- ⌘ Teen 1/2 Ballet (12-15 yrs) Sat 11:45-12:45 pm
- ⌘ Teen 3 Ballet (15 yrs and up) Sat 11:45-12:45 pm
- W Navy blue cap-sleeved leotard, pink footed ballet tights, pink full-sole Bloch leather ballet slippers with elastics.
- M Plain white T-shirt, royal blue shorts, black footless tights, dance belt, white socks, white ballet slippers with elastics.

- ⌘ Adult Intro Ballet Thurs 7:30-8:30 pm
- ⌘ Adult Elementary Ballet Thurs 6:30-7:30 pm
- W Black leotard, pink footed ballet tights, pink ballet slippers, black wrap ballet skirt (optional).
- M Plain white T-shirt, royal blue shorts, black footless tights, dance belt, white socks, white ballet slippers with elastics.

MODERN pre-teen - adult

Incorporating strong dance technique, exciting dynamics and emotional expression, dancers experience movement to live musical accompaniment. These classes promote muscle tone, coordination, body awareness and inner creativity.

- ⌘ Pre-Teen (10-13 yrs) Sat 1:45-2:45 pm
- ⌘ Teen 1/2 (13-15 yrs) Sat 12:45-1:45 pm
- ⌘ Teen 3 (15 yrs and up) Wed 8:30-9:30 pm
- ⌘ Pre-JPP Modern (by permission) Sat 3:45-4:45 pm
- ⌘ Adult Intro (bgnmr-1yr exp) Mon 8:30-9:30 pm
- ⌘ Adult Elementary (1-3 yrs exp) Tues 6:15-7:30 pm
- ⌘ Adult Advanced (over 3 yrs exp) Tues 7:30-9:00 pm
- W Youth – Black/navy leotard, black footless tights, bare feet.
- ⌘ Adult – Leotard and dance pants, bare feet.

JAZZ 7 yrs - adult

A dynamic dance form accompanied by upbeat and popular music. Classes include warm-up, technique, jazz vocabulary, along with energetic dance combinations.

- ⌘ 1/2 (7-8 yrs) Sat 10:45-11:45 am
- ⌘ 3/4 (9-10 yrs) Sat 12:45-1:45 pm
- ⌘ 5 (11-13 yrs) Sat 12:45-1:45 pm
- ⌘ 6/7 (13-15 yrs) Sat 1:45-2:45 pm
- ⌘ Teen Advanced Sat 2:45-3:45 pm
- ⌘ Adult Intro (bgnmr-1 yr exp) Thurs 8:30-9:30 pm
- ⌘ Adult Elementary (1-3 yrs exp) Thurs 7:30-8:30 pm
- ⌘ Adult Advanced Contemporary Mon 8:30-9:45 pm
- W Youth – Black sleeveless leotard, black ankle-length jazz pants, black jazz shoes.
- ⌘ Adult – Leotard, black dance pants, black jazz shoes.

HIP HOP pre-teen - adult

Basic elements of Hip Hop vocabulary, similar to what's seen in music videos and popular culture, are introduced in this current class. All the latest moves and styles are taught to the music of the industry.

- ⌘ Pre-teen (9-11 yrs) Wed 5:30-6:30 pm
- ⌘ Teen 1/2 (11-13 yrs) Thurs 5:30-6:30 pm
- ⌘ Teen Advanced (14 yrs and up) Sat 3:45-4:45 pm
- ⌘ Adult Intro (bgnmr-1 yr exp) Tues 7:30-8:30 pm
- ⌘ Adult Elementary/ Advanced (2 yrs + exp) Thurs 8:30-9:30 pm
- W Non-marking white sneakers for indoor use ONLY, dance wear.

URBAN BEAT FOR BOYS pre-teen & teen

Students will be coached in an age appropriate environment in the basics of breakdancing, street dance and hip hop. This energetic class will build strength and coordination, preparing dancers for higher levels of breakdance and hip hop.

- ⌘ Urban Beat (10-14 yrs) Mon 5:30-6:30 pm
- M Non-marking sneakers for indoor use ONLY, clothing you can move in.

TAP 7 yrs - adult

Tap is an energetic dance form emphasizing rhythm, musicality and coordination. Offered to the beginner through to the advanced dancer, these classes also promote grace and technique.

- ⌘ Tap 1/2 (7-9 yrs) Sat 10:00-10:45 am
- ⌘ Tap 3/4 (10-13 yrs) Tues 5:15-6:15 pm
- ⌘ Adult Intro (beginner-1 yr exp) Tues 6:30-7:30 pm
- ⌘ Adult Elementary (1-3 yrs exp) Wed 7:30-8:30 pm
- ⌘ Adult Advanced Mon 7:30-8:30 pm
- W Youth – Black sleeveless leotard, black ankle-length dance pants, black top shoes.
- ⌘ Adult – Leotard, dance pants, black tap shoes.

RETRO JAZZ adult

A Jazz-based class that has been stylistically influenced by the disco era. This is a high energy, fast paced class with an emphasis on combinations and routines. This class is open to those with an abundance of energy and dance experience.

- ⌘ Retro Jazz Wed 6:30-7:30pm

Brenda Gorlick's YoungStars

A triple threat Musical Theatre training program in conjunction with the School of Contemporary Dancers and The Manitoba Conservatory of Music and Arts.
(by audition only - please inquire) Thursday 6:30-9:30pm.

PROFESSIONAL & PRE-PROFESSIONAL PROGRAMS

The School of Contemporary Dancers also offers training at the Junior Professional and Senior Professional level. The Junior Professional Program (JPP) is an intensive program for students who have a special interest in modern dance performance, including students who may wish to become professional dancers. The program also gives the student the technical training for possible participation in advanced levels of other dance forms, including the Jazz and Hip Hop Troupes. In addition, the JPP prepares dancers for possible entrance into the Senior Professional Program.

NEW! CONTEMPORARY AFRICAN adult

A fusion of Contemporary Dance and Traditional African movements, this class offers the best of both! With a strong technical base in contemporary vocabulary, students will then layer the undulating movements & pulsating rhythms that characterize the spirit of African Dance.

- ⌘ Intro /Elementary Mon 6:30-7:30 pm

BELLY DANCING Taught by Shifra Soria Tobiasch

Shifra is the creator of the Balata style of belly dance. She incorporates Balata in her instructions to assist students in discovering their own way. Shifra is also a master in zills.

- ⌘ Introduction
- ⌘ Mixed styles. Basic movements, music comprehension, having fun.
- ⌘ Session #1 Sept 17-Jan 28 Thurs 5:30-6:30pm
- ⌘ Session #2 Feb 4-June 3 Thurs 5:30-6:30pm
- ⌘ Cost per session \$202/17 weeks
- ⌘ Elementary
- ⌘ Session #1 Sept 17-Jan 28 Thurs 6:30-7:30pm
- ⌘ Session #2 Feb 4-June 3 Thurs 6:30-7:30pm
- ⌘ Cost per session \$202/17 weeks
- ⌘ Advanced
- ⌘ Session #1 Sept 14-Jan 25 Mon 7:45-9:15 pm
- ⌘ Session #2 Feb 1-May 31 Mon 7:45-9:15pm
- ⌘ Cost per session \$225/17 weeks

(For those enrolling in both sessions -10% discount will be applied to the second session)

*For those enrolling in more than one class – please inquire about discount.

payment options



THE SCHOOL OF CONTEMPORARY DANCERS

general program

| HOURS | OPT A (1 PAYMENT) | OPT B (2 PAYMENTS) | OPT C (MONTHLY) |
|-------|----------------------|-----------------------|--------------------|
| 0.75 | \$ 259 | \$ 272 | \$ 272 |

| | | | |
|------|--------|--------|--------|
| 1.00 | \$ 357 | \$ 386 | \$ 386 |
| 1.25 | \$ 432 | \$ 460 | \$ 460 |
| 1.50 | \$ 509 | \$ 537 | \$ 537 |
| 1.75 | \$ 579 | \$ 610 | \$ 610 |

| | | | |
|------|--------|--------|--------|
| 2.00 | \$ 643 | \$ 678 | \$ 678 |
| 2.25 | \$ 702 | \$ 742 | \$ 742 |
| 2.50 | \$ 746 | \$ 787 | \$ 787 |
| 2.75 | \$ 788 | \$ 830 | \$ 830 |

| | | | |
|------|--------|---------|---------|
| 3.00 | \$ 830 | \$ 876 | \$ 876 |
| 3.25 | \$ 880 | \$ 928 | \$ 928 |
| 3.50 | \$ 929 | \$ 980 | \$ 980 |
| 3.75 | \$ 977 | \$ 1031 | \$ 1031 |

| | | | |
|------|---------|---------|---------|
| 4.00 | \$ 1026 | \$ 1084 | \$ 1084 |
| 4.25 | \$ 1069 | \$ 1129 | \$ 1129 |
| 4.50 | \$ 1107 | \$ 1168 | \$ 1168 |
| 4.75 | \$ 1143 | \$ 1206 | \$ 1206 |

| | | | |
|------|---------|---------|---------|
| 5.00 | \$ 1181 | \$ 1246 | \$ 1246 |
| 5.25 | \$ 1218 | \$ 1284 | \$ 1284 |
| 5.50 | \$ 1254 | \$ 1323 | \$ 1323 |
| 5.75 | \$ 1292 | \$ 1362 | \$ 1362 |

| | | | |
|--------------|---------|---------|---------|
| 6.00 or more | \$ 1328 | \$ 1401 | \$ 1401 |
|--------------|---------|---------|---------|

\$30 Registration Fee per family due at time of registration.

OPTION A

Full payment at time of registration.

OPTION B

The first installment is due at time of registration, accompanied by a second payment post-dated for Jan 2010.

Example: 1 hr \$386 = \$193 x 2 payments

OPTION C

Pay in monthly installments (9 post-dated payments) from Sept 2009 through May 2010.

Example: 1 hr \$386/\$43.00 x 9 payments

OTHER payment options

DROP IN RATES

| | |
|----------|----------|
| 1.00 Hrs | \$ 14.50 |
| 1.25 Hrs | \$ 15.50 |
| 1.50 Hrs | \$ 16.50 |

CLASS CARDS

Available for Adult Classes only 10 classes per card

| | |
|----------|-----------|
| 1.00 Hrs | \$ 130.00 |
| 1.25 Hrs | \$ 145.00 |
| 1.50 Hrs | \$ 155.00 |

CLASS CARDS EXPIRE JUNE 5, 2010

CLASS CARDS ARE NOT TRANSFERABLE TO ANY OTHER SESSION OR PERSON

Family Discount: each student will receive 10% discount if two or more immediate family members register. Please note that there will be an additional cost for costumes for year end concerts.

concert dates

| | |
|------------------------------------|------------------------|
| DANCE EXPRESSIONS (Youth Concert) | Saturday, June 5, 2010 |
| VINA (Adult Show) | Sunday, June 6, 2010 |

The School of Contemporary Dancers is located at 104-211 Bannatyne (the corner of Main Street and Bannatyne Ave.) in Winnipeg's historic Exchange District. The facility has been totally renovated and has many exciting features including three bright, spacious studios and two lounges. The School is located on the main floor of the building with easy access for pickup and drop-off. Parking is available in the parkade next to the building. This building is also home to Winnipeg's Contemporary Dancers Company, The Winnipeg Folk Festival, and The Manitoba Conservatory of Music and Arts.

GENERAL SCHOOL

faculty

| | | |
|-----------------------------|-----------------|-----------------------|
| GENERAL SCHOOL COORDINATOR: | KYLA WALLACE | ROBYN THOMSON-KACKI |
| GENERAL SCHOOL ADVISOR: | PAULA BLAIR | SHIFRA SORIA TOBIASCH |
| INSTRUCTORS: | JOLENE BAILIE | BRIAN TOMS |
| | FARRAH FERNANDO | KYLA WALLACE |
| | KATHLEEN HILEY | CARLY WEBBER |
| | NICOLE OWENS | JESSICA WEST |
| | KEREN PARKER | |
| | KENDRA PENNER | |
| | JONATHAN SURLA | |



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e-mail: general@schoolofcontemporarydancers.ca

Photo Design

FOR ALL DANCE CLASSES: DUE TO THE DELICATENESS OF OUR DANCE FLOORS, ONLY NON-MARKING SOLED SHOES WILL BE ALLOWED IN THE STUDIOS. NO JEWELRY IS TO BE WORN. HAIR TO BE SECURED BACK. ABSOLUTELY NO GUM IS ALLOWED. ONLY WATER IN PLASTIC BOTTLES MAY BE BROUGHT INTO THE STUDIO.



09/10

Photo: Rodney S. Braun