



CLASS DESCRIPTIONS

604.541.9498 info@essenceofdance.ca
Studios A, B, F & G located @ #4 15578 – 24 Avenue
Studios C, D & E located @ #4, 5 & 10 - 2320 King George Blvd

Ballet (Vaganova)

The foundation of all dance forms, ballet helps to build a strong base, clean technique and proper alignment, and is accompanied by classical music. Russian technique, also known as Vaganova, is a very expressive style of ballet. Focusing on upper body work and emphasizing musicality, dancers are encouraged to emote and perform through syllabus work. *Competitive and recreational dancers in Grade 2 and higher will need to take two ballet classes per week to participate.*

Students will learn and perform a dance in the year end recital. Ages 3 & up.

Ballet (Vaganova Ballet Tech)

The Russian technique, also known as Vaganova, is taught in these exam driven classes. Syllabus and exams are under the direction of the Society of Classical Ballet in Ontario. *Competitive and recreational dancers in Vaganova Level 4 and higher will need to take two ballet classes per week to participate.*

Exams are optional & at the instructor's discretion. No choreography set in this class. Ages 9 & up.

Progressing Ballet Technique (PBT)

PBT is an innovative body-conditioning and strengthening program that has been designed to enhance students' technique by focusing on training the muscle memory required in each exercise in all forms of dance. PBT focuses on core strength, weight placement and alignment of the body with a gradual approach of carefully designed exercises and repetitions of these exercises that trigger their muscle memory.

For technique only - no choreography will be set in this class. Competitive dancers only. Ages 10 & up.

Pointe

Pointe is the study of ballet while wearing blocked satin shoes that allow the dancer to raise the body onto the tips of the toes. Dancers must be accepted into the pointe program. Pointe students must have previous as well as ongoing ballet training.

With the exception of Intro to Pointe classes, students will learn and perform a dance in the year end recital. By assessment only, ages 12 & up.

Pre Professional Half Day Ballet Program

Designed for dancers ages 12-17 who want to take their love for dance to the next level, while training with like minded students. Work at a pre professional level with a different highly qualified ballet instructor each day. This advanced half day program is for teens seriously considering a professional dance career. Students train up to three afternoons a week, totaling up to 9 hours weekly of technique classes.

By audition only, ages 13 & up.

AIDT Jazz Technique

The Association of International Dance Teachers is a South African based dance society. They have developed an extensive jazz syllabus for students and instructors alike. Students can take examinations and earn credits which can be applied towards high school graduation. These highly technical classes introduce students to jazz terminology, music theory and anatomy.

Exams are optional & at the instructor's discretion. No choreography set in this class. Ages 8 & up.

Jazz

Jazz is a fun and upbeat style of dance. Classes include warm-up exercises, stretching, core strengthening work, isolations, across the floor combinations and choreography.

Students will learn and perform a dance in the year end recital. Ages 5 & up.

Jazz/Tap Combo

This class combines jazz dance and tap dance in a one hour dance lesson. This class provides a solid foundation of these two techniques while introducing students to new styles.

Students will learn and perform a dance in the year end recital. Ages 4 & 5 years.

Spins n'Leaps

Students will focus on technique and intricate steps/tricks throughout the year. This highly beneficial class keeps dancers in top physical form, improving stamina, flexibility and control.

For technique only - no choreography will be set in this class. Competitive dancers only. Ages 7 & up.

Hip Hop

A high energy dance experience that is fun for dancers of all ages. Dancers will perform popular, age appropriate choreography to trendy hip hop music.

Students will learn and perform a dance in the year end recital. Ages 6 & up.

Lyrical

Lyrical is a fusion of ballet and jazz styles, creating a soft and often expressive quality, while interpreting the lyrics of a song. This is often a great introduction to dance as students learn necessary technique and dance skills, but at a relaxed pace. Classes include warm-up exercises, stretching, core strengthening work, isolations, across the floor combinations and choreography.

Students will learn and perform a dance in the year end recital. Ages 7 & up.

Modern/Contemporary

Very expressive and grounded, modern and contemporary are styles of dance that use ballet technique to their advantage. Emphasizing and originating movement from the torso, it is a highly individualistic and diverse form of artistic expression.

Students will learn and perform a dance in the year end recital. Ages 9 & up.

Acro

Classes work towards improving flexibility, strength, agility and control. Dancers will learn how to properly execute acro tricks, similar to the mat component of gymnastics. A combination of stunts, contortion and dance, it is like "art in motion".

Students will learn and perform a dance in the year end recital. Ages 6 & up.

Tap

This dance form incorporates rhythm, timing and coordination. Dancers will learn to produce intricate sounds and rhythms using the taps of their shoes. As they advance the tempos of the music become faster and the rhythms become more syncopated.

Students will learn and perform a dance in the year end recital. Ages 6 & up.

Musical Theatre

A dance class that combines dancing and acting. There is a strong emphasis on performance skills as dancers interpret the words in the music through facial expressions, dance steps and body movements.

Students will learn and perform a dance in the year end recital. Ages 7 & up.

Competitive Company

All students must audition annually to become a member of the company. Accepted students showcase strong technique, work ethic, skill and performance ability. Dedication to their class and willingness to partake in extra rehearsals/conventions/performances is a must. Past attendance records and commitment to other activities that could pose as a conflict will be taken into consideration. **Students are not allowed to miss more than 4 competitive classes throughout the year.** The company is divided into groups based on both age and ability, consisting of Mini, Junior, Intermediate, Senior and Elite dancers. Our competitive program competes in Ballet, Pointe, Jazz, Lyrical, Contemporary, Acro, Hip Hop, Tap and Musical Theatre categories at competitions local and abroad.

All students interested in performing as a soloist or in a duo/trio must also be a competitive group dancer in the company and take an additional technique class.

For competitive class requirements, please see "Competitive Requirement" info sheet.