

# Programs

## Dance Programs

### Dance Classes - Spring Session

We are offering a spring session of popular recreation classes. Enroll your child in this terrific program geared for children ages 3 - 18. Recreational classes are available to everyone, no matter your experience. Join us to get active and have fun this term! For more information please see our handbook or contact Krista at [kpearson@northernrockies.ca](mailto:kpearson@northernrockies.ca) or 250-774-2541, ext 2082. Registration only.

April - June Dance Class Schedule			
Monday	Tuesday	Thursday	Saturday
Jazz 3:45-4:45 Born 2009-2012 3:45-4:45	Hip Hop Born 2011-2012 3:45-4:45	Jazz 3:45-4:45 Born 2000-2008 3:45-4:45	Creative Dance Born 2013-2014 11:00-11:45
	Hip Hop Born 2009-2010 5:00-6:00		Tumbling Level 1 Born 2000-2010 12:00-1:00
	Hip Hop Born 2000-2008 6:15-7:15		Tumbling Level 2 Born 2000-2010 1:15-2:15
			<b>NEW!</b> Tumbling Beginner Born 2011-2012 2:30-3:30
Monday	Tuesday	Thursday	Saturday
April 9-June 11	April 10-June 12	April 12-June 14	April 14-June 16
8 classes = \$40	10 classes = \$50	10 classes = \$50	9 classes = \$45
No classes May 7 & 21			No classes May 19

\* Class schedule is subject to change, based on registration.

**Creative Dance** (classes for those born in 2013-14) *Instructor: Karmen.* These classes are for our younger students to self-discover the joys of dancing and the feel of musicality. Participants will learn the basics of dance in a fun and creative environment where they can express themselves through movement. Creativity and imagination is encouraged while students learn new movements, stretches, dance related games and more.

**Hip Hop** (classes for those born in 2000-2012) *Instructor: McKenna.* These classes will be filled with funky and upbeat movements where dancers will be popping, locking, and learning to dance music video style. Classes will start with a high energy warm up and stretch followed by learning new movements and combos/choreography.

**Jazz** (classes for those born in 2000-2012) *Instructors: McKenna.* These classes are high energy and upbeat classes where students will learn the techniques and the art of jazz. Classes will start with a cardio and muscle building warm up followed by stretching, across the floor progressions, center work, and combos/choreography.

**Tumbling Beginner** (classes for those born in 2011-2012) *Instructor: Abigail.* Learn the tumbling basics of acro dance. This class will include the strengthening, stretching, and balance practice while learning new skills.

**Tumbling Level 1** (classes for those born in 2000-2010) *Instructor: Abigail.* Learn the tumbling basics of acro dance. This class will include the strengthening, stretching, and balance practice while learning new skills.

**Tumbling Level 2** (classes for those born in 2000-2010) *Instructor: Abigail.* Requirements: To enter level 2, the dancer must be able to comfortably do a proper handstand, cartwheel, somersault, and hold a bridge. In this class dancers will take their tumbling skills to a higher level by strengthening their bodies and learning new acrobatic skills.