



# Teen Classes

## Teen Contemporary

Ages 12+

This style of dance includes techniques from ballet, jazz, lyrical and modern dance.

**Sun. 4:00 pm-5:00 pm**  
(\$42/month)



## Teen Jazz

Ages 12+

Flexibility, strength and coordination are all benefits you gain from Jazz, learning technique such as kicks, leaps and turns but most of all, Jazz is simply great fun.

**Sun. 5:00 pm-6:00 pm**  
(\$42/month)



## Teen Ballet

Ages 12+

Teen Ballet is designed to develop the dancer's technique. The focus of this class will be to correct posture, increase flexibility, gain strength and learn the vocabulary of ballet. This environment allows young dancers to gain confidence and build self-esteem.  
All levels welcome.

**Sun. 6:00 pm-7:00 pm**  
(\$42/month)



## Important Dates:

There will be **NO** classes:

**March 19 & 23: March Break**

**April 19: Good Friday**



**May 26: Picture Day**



**Recital June 9th**

Bella Rose Arts Centre

## Closure & Cancellations

Cancellation/closure due to weather will be communicated through email and SMC's Facebook page.

Classes will only be made up if more than one class is cancelled.

## Communication

Our main form of communication is through email and SMC's Facebook page; if you are not receiving regular emails please contact our Recreation Director Helen Clark. Please make sure you read your emails. If you have any questions please contact [recreation@stmargaretscentre.ca](mailto:recreation@stmargaretscentre.ca) or the front desk 902-826-2100 ext.10



**St. Margaret's  
CENTRE**

Revised Feb 8, 2019

# St.Margaret's Centre

## Recreation Dance Program



**2018-2019**

**Helen Clark**

**902-826-2100 ext.27**

**[recreation@stmargaretscentre.ca](mailto:recreation@stmargaretscentre.ca)**

# Preschool Classes

## Tumble Tots

Ages 2-5

Students will explore a greater range of movement while developing their gross motor skills.

Through imaginative play and exciting tumbling equipment, boys and girls will gain strength and balance.

Fri. 10:00 am-10:30 am  
(\$34/month)



## Preschool

Ages 3-4

This class introduces children ages 3 & 4 to ballet, tap & jazz. The primary goal is to foster a love of movement. This class is meant to be fun and build self-confidence. The Preschool class is also set up to prepare students for Returning Preschool Dance.

Sat. 9:00 am-9:45 am  
(\$38/month)



## Returning Preschool

Ages 4-5

A one hour combination class for 4 and 5 year olds. Returning Preschool students will continue to dance tap, ballet and jazz. The Returning Preschool class will foster creativity, freedom and expression in movement, and a love for dance. This class is also set up to prepare students for the Preliminary level.

Sat. 9:45 am-10:45 am  
(\$42/month)

# Petite Classes

## Preliminary

Ages 5-7

A one hour and fifteen minute combination class for 5 and 6 year olds who will have already completed the Returning Preschool level.

Students will continue to dance tap, jazz and ballet each week while working to improve their skills and technique.

Sat. 12:00 pm-1:15 pm  
(\$50/month)



## Petite Hip Hop

Ages 4-7

Boys and girls will be introduced to various styles of hip hop dance. Petite Hip Hop is designed to teach coordination,

It's energetic & fun.

Sat. 1:15 pm-2:00 pm  
(\$38/month)



## Petite Acro

Ages 4-7

Petite Acro is an exciting class for dancers who wish to improve their flexibility and agility.

Students will learn the basics of acrobatics and gymnastics while learning the safe way to achieve their tricks and tumbling. No experience necessary.

Sat. 3:00 pm-4:00 pm  
(\$42/month)

# Preteen Classes

## Preteen Hip Hop

Ages 8-12

Boys and girls will be introduced to various styles of hip hop dance. Hip Hop is designed to teach coordination, It's energetic & fun.

Sat. 10:45 am-11:45 am  
(\$42/month)

## Preteen Ballet

 level 1-3

Ages 8+

Dancers who have completed Preschool and preliminary levels.

Sat. 10:45 am-11:45 am  
(\$42/month)

## Preteen Acro

Ages 8-12

Acro is a blend of acrobatics/tumbling and jazz technique. Dancers will increase flexibility, strength, balance, coordination, endurance, timing, body awareness, self-discipline, and confidence.

Tues. 5:00 pm-6:00 pm  
(\$42/month)

## Preteen Contemporary

Ages 8-12

This style of dance includes techniques from ballet, jazz, lyrical and modern dance.

Tues. 6:00 pm-7:00 pm  
(\$42/month)

## Preteen Jazz

Ages 8-12

Flexibility, strength and coordination are all benefits you gain from Jazz, learning technique such as kicks, leaps and turns but most of all, Jazz is simply great fun.

Tues. 7:00 pm-8:00 pm  
(\$42/month)