

DANCE PROGRAMS 2009-10

1. Pre-Professional Programs

The Pre-Professional programs are a commitment on behalf of Pro Arté to enable and allow for careful, constructive and professional training within a nurturing environment. Our philosophy is in "whole" education which includes the importance of academics and the continuing support offered from a stable family life. These programs are carefully designed for competitive, dedicated and serious dance and theatre students. We prepare students for a potential professional career in dance performance, teaching, choreography or related skills.

The programs incorporate:

- Intensive accelerated training with experienced, current and dedicated teachers.
- International Examinations with the I.S.T.D., R.A.D. and A.F.S.A. International.
- Preparation for local and International Festivals and Grand Prix for solo and group work.
- Preparation for auditions.
- Career guidance.
- Additional performance opportunities.
- Lecture Series/Seminars in nutrition, sports rehab, sport psychology and related issues.

Pre-Professional Auditions

Interested candidates are required to fill out and return an audition form prior to the auditions which are held in May/June of each year.

Further audition information and forms can be obtained from: registrar@proarte.ca

Programs offered:

- Ballet & Modern Major (BMM)
- Jazz & Contemporary Major (JCM)
- Stage & Theatre Major (STM)

2. General Programs

The fundamentals of dance technique are explored, while learning to appreciate movement, musicality, rhythmical awareness, co-ordination, fitness & flexibility through movement vocabulary. Dance encourages & instigates self-discipline, self confidence and the ability to work with others.

Classes include:

- *Ballet (ISTD examination & non-examination classes)*
- *ISTD Modern*
- *Contemporary*
- *Tap*
- *Flamenco*
- *Jazz*
- *Lyrical*
- *Acrobatics*
- *Hip Hop*
- *Stage*
- *Musical Theatre*
- *Acting*
- *Stage*
- *Dance Conditioning & Pilates*

Ballet & Modern Major (BMM): Pre- Professional Training

Training Focus:

These programs focus intensely in classical ballet & modern training but emphasize the need for diversity (and offer the opportunity for a simultaneous broader theatrical training). Students are carefully nurtured and developed for an aspired career in classical or neo-classical fields. Fine Arts credits are gained for High School with RAD Ballet and ISTD Ballet & Modern Major examinations.

Sports Science Support Training:

Students are required to take "Dance Conditioning" from Junior Level. Core strength & stability are developed in a dance specific manner. Flexibility and muscular-skeletal balance is emphasized. (Acrobatics is encouraged at younger levels to explore creative paths of flexibility & range of motion needed for dance.) Older students are introduced to "barre à terre," pilates, yoga, X-training, gyrotomics® and gyrokenisis®. Personal rehab programs are developed for injured students. The Centre has a resident physiotherapist on-site who works in tandem with the ballet directors in developing safer training techniques and conditioning programs. Half Day High School students are also introduced to anatomical research and studies in dance medicine & related topics.

- Pre Junior BMM (Ballet Grades 1 and 2)
- Junior BMM (Ballet Grades 3 and 4)
- Junior Advanced BMM (Ballet Grades 4 to 6)
- Pre Intermediate BMM (Ballet Grades 6 and Intermediate Foundation)
- Intermediate BMM (Intermediate Major Level)
- Advanced BMM (Advanced Major Level)

The BMM Program is offered in two formats:

1. Half Day Academic/Dance Programs (School Grades 5 and up - see www.promerita.ca)
2. After School Programs (ages 7 and up).

Half Day Academic/Dance Programs (School Grades 5 and up)

Level 1:	Junior Advanced BMM (Ballet Grades 4-6) and Pre Intermediate BMM (Ballet Grades 6 & Inter Foundation)
Level 2:	Intermediate BMM (Intermediate Major Level)
Level 3:	Advanced BMM (Advanced Major Level)

Minimum Training hours:

Elementary School: 12 Hours minimum

High School: 20 Hours minimum

(Minimum Hours are "Ministry-Dictated" for students in half day programs)

Junior Advanced BMM:

Core Required Classes:

- 5x Ballet Technique Classes
- ISTD Modern
- Contemporary
- Dance Conditioning & Flexibility or Pilates Matwork
- Pre Pointé and Foot Conditioning
- Classical Demi-Pointé Repertoire
- Junior Advanced BMM Choreography Class

Optional electives (advised):

- Additional Ballet Class
- Additional Pilates/Dance Conditioning
- Acrobatics
- Lyrical Jazz

Also offered:

- Stage
- Tap
- Jazz
- Musical Theatre

Pre Intermediate BMM:

Core Required Classes:

- 5x Ballet Technique Classes
- Pointe
- Dance Conditioning & Flexibility
Pilates Matwork
- Pointé and Foot Conditioning
- ISTD Modern
- Contemporary
- Classical Demi-Pointé Repertoire
- Pre-Inter BMM Choreography Class

Optional electives (advised):

- Additional Ballet Class
- Additional Pilates/Dance Conditioning
- Acrobatics
- Lyrical Jazz

Also offered:

- Stage
- Tap
- Jazz
- Musical Theatre

Intermediate BMM:*Core Required Classes:*

- 5x Ballet Technique Classes
- Pointe
- Pointé and Foot Conditioning
- Dance Conditioning & Flexibility
- Pilates Matwork/Gyrotonics® /Yoga/X-Training
- Sports Science/Dance Studies Module
- ISTD Modern
- Contemporary
- Classical Pointé Repertoire
- Intermediate BMM Choreography

Optional electives (advised):

- Additional Ballet Class
- Additional Pilates/Dance Conditioning
- Contemporary Technique
- Acrobatics
- Lyrical Jazz

Also offered:

- Stage
- Tap
- Jazz
- Musical Theatre

Advanced BMM:*Core Required Classes:*

- 6x Ballet Technique Classes
- Pointe
- Pointé and Foot Conditioning
- Dance Conditioning & Flexibility
- Pilates Matwork/Gyrotonics® /Yoga/X-Training
- Sports Science/Dance Studies Module
- ISTD Modern
- Contemporary
- 2x Classical Pointé Repertoire
- Advanced BMM Choreography

Optional electives (advised):

- Additional Ballet Class
- Additional Pilates/Dance Conditioning
- Contemporary Technique
- Acrobatics
- Lyrical Jazz

Also offered:

- Stage
- Tap
- Jazz
- Musical Theatre

After School Programs (ages 7 and up)

- Pre Junior BMM (Ballet Grades 1 and 2)
- Junior BMM (Ballet Grades 3 and 4)
- Junior Advanced BMM (Ballet Grades 4 to 6)
- Pre Intermediate BMM (Ballet Grades 6 and Intermediate Foundation)
- Intermediate BMM (Intermediate Major Level)
- Advanced BMM (Advanced Major Level)

Pre Junior BMM: 4 hours minimum training*Core Required Classes:*

- 2x Ballet Technique
- ISTD Modern
- Pre-Junior BMM Choreography Class

Optional electives (advised):

- Acrobatics
- Dance Conditioning & Flexibility

Also offered:

- Tap
- Jazz
- Musical Theatre

Junior BMM: 6.5hours minimum training*Core Required Classes:*

- 3x Ballet Technique
- ISTD Modern
- Dance Conditioning & Flexibility
- 1x Elective
- Junior BMM Choreography Class

Optional electives (advised):

- Additional Ballet Class
- Acrobatics
- Lyrical Jazz

Also offered:

- Stage
- Tap
- Jazz
- Musical Theatre

Junior Advanced BMM: 8.75 hours minimum training

Core Required Classes:

- 4x Ballet Technique Classes
- ISTD Modern
- Contemporary
- Dance Conditioning & Flexibility or Pilates Matwork
- Pre Pointé and Foot Conditioning
- Classical Demi-Pointé Repertoire
- Junior Advanced BMM Choreography Class

Optional electives (advised):

- Additional Ballet Class
- Additional Pilates/Dance Conditioning
- Acrobatics
- Lyrical Jazz

Also offered:

- Stage
- Tap
- Jazz
- Musical Theatre

Pre Intermediate BMM: 11.5 hours minimum training

Core Required Classes:

- 4x Ballet Technique Classes
- Pointe
- Dance Conditioning & Flexibility or Pilates Matwork
- Pointé and Foot Conditioning
- ISTD Modern
- Contemporary
- Classical Demi-Pointé Repertoire
- Pre-Inter BMM Choreography Class

Optional electives (advised):

- Additional Ballet Class
- Additional Pilates/Dance Conditioning
- Acrobatics
- Lyrical Jazz

Also offered:

- Stage
- Tap
- Jazz
- Musical Theatre

Intermediate BMM: 14 hours minimum training

Core Required Classes:

- 5x Ballet Technique Classes
- Pointe
- Pointé and Foot Conditioning
- Dance Conditioning & Flexibility or Pilates Matwork
- Classical Repertoire
- ISTD Modern
- Contemporary
- Intermediate BMM Choreography
- Classical Pointé Repertoire

Optional electives (advised):

- Additional Ballet Class
- Additional Pilates/Dance Conditioning
- Contemporary Technique
- Acrobatics
- Lyrical Jazz

Also offered:

- Stage
- Tap
- Jazz
- Musical Theatre

Advanced BMM: 16 hours minimum training

Core Required Classes:

- 6x Ballet Technique/Syllabus Classes
- Pointe
- Pointé and Foot Conditioning
- Dance Conditioning & Flexibility and/or Pilates Matwork
- Classical Pointe Repertoire x2
- ISTD Modern
- Contemporary
- Intermediate BMM Choreography

Optional electives (advised):

- Additional Ballet Class
- Additional Pilates/Dance Conditioning
- Contemporary Technique
- Acrobatics
- Lyrical Jazz

Also offered:

- Stage
- Tap
- Jazz
- Musical Theatre

Jazz & Modern Major (JCM): Pre- Professional Training

Training Focus:

These programs focus intensely in jazz, ballet & modern training but emphasize the need for diversity (and offer the opportunity for a simultaneous broader theatrical training). Student are carefully nurtured and developed for an aspired career in Jazz, contemporary/modern or neo-classical fields. Fine Arts credits are gained for High School with RAD Ballet and ISTD Ballet & Modern Major examinations.

Sports Science Support Training:

Students are required to take "Dance Conditioning" from Junior Level. Core strength & stability are developed in a dance specific manner. Flexibility and muscular-skeletal balance is emphasized. (Acrobatics is encouraged at younger levels to explore creative paths of flexibility & range of motion needed for dance.) Older students are introduced to "barre à terre," pilates, yoga, X-training, gyrotomics® and gyrokenisis®. Personal rehab programs are developed for injured students. The Centre has a resident physiotherapist on-site who works in tandem with the ballet directors in developing safer training techniques and conditioning programs. Half Day High School students are also introduced to anatomical research and studies in dance medicine & related topics.

- Pre Junior JCM (Modern Grades 1 and 2)
- Junior JCM (Modern Grades 3 and 4)
- Junior Advanced JCM (Modern Grades 4 to 6)
- Pre Intermediate JCM (Modern Grades 5 & 6)
- Intermediate JCM (Intermediate Modern Major Level)
- Advanced JCM (Advanced Modern Major Level)

The BMM Program is offered in two formats:

1. Half Day Academic/Dance Programs (School Grades 5 and up - see www.promerita.ca)
2. After School Programs (ages 7 and up).

Half Day Academic/Dance Programs (School Grades 5 and up)

Level 1:	Junior Advanced JCM (Ballet Grades 4-6) and Pre Intermediate JCM (Ballet Grades 6 & Inter Foundation)
Level 2:	Intermediate JCM (Intermediate Major Level)
Level 3:	Advanced JCM (Advanced Major Level)

Minimum Training hours:

Elementary School: 12 Hours minimum

High School: 20 Hours minimum

(Minimum Hours are "Ministry-Dictated" for students in half day programs)

Junior Advanced JCM

Core Required Classes:

- 4 x Ballet Classes
- Dance Conditioning & Flexibility
- Afternoon Jazz Technique Class
- ISTD Modern
- Lyrical Jazz Choreography
- Junior Advanced JCM Choreography Class
- Contemporary Choreography (by invite)

Optional electives (advised):

- Stage
- Additional Jazz Technique Class 2
- Musical Theatre
- Pre Pointe

Also offered:

- Acrobatics
- Additional Ballet Class
- Tap
- Street Jazz (min 10 yrs old)
- Acting

Pre Intermediate JCM

Core Required Classes:

- 4x Ballet Classes
- Dance Conditioning & Flexibility
- Afternoon Jazz Technique class
- Afternoon Lyrical Jazz Technique class
- ISTD Modern
- Lyrical Jazz Choreography
- Pre Int Jcm Choreography Class
- Contemporary Choreography Class

Optional electives (advised):

- Additional Jazz Tech 3 and/or Lyrical Technique Class
- Tap
- Pointe
- Musical Theatre
- Stage

Also offered

- Street Jazz (min age 10)
- Additional Ballet class
- Acrobatics
- Acting

Intermediate JCM

Core Required Classes:

- 4x Ballet Technique Classes
- Dance Conditioning & Flexibility
- Foot and Pointe Conditioning
- Pilates Matwork/Gyrotonics® /Yoga/X-Training
- Sports Science/Dance Studies Module
- ISTD Modern
- Lyrical Jazz Choreography
- Intermediate JCM Choreography Class
- Contemporary Choreography
- Jazz Technique
- Lyrical or Contemporary Technique

Optional electives (advised):

- Stage
- Pointe
- Additional Technique in Jazz/Lyrical or Contemporary

Also offered:

- Acrobatics
- Tap
- Acro Props and Double Work (Gold+)
- Musical Theatre

After School Programs (ages 7 and up)

- Pre Junior JCM (Modern Grades 1 and 2)
- Junior JCM (Modern Grades 2 and 3)
- Junior Advanced JCM (Modern Grades 4 to 6)
- Pre Intermediate JCM (Modern Grades 5 and 6)
- Intermediate JCM (Modern Grades 6 Majors)
- Advanced JCM (Major Modern and Ballet)

Pre Junior JCM: 4 hours minimum training

Core Required Classes:

- 1x syllabus Ballet (2x if in Grade 1)
- Jazz Technique Class 1 (if not in Grade 1 Ballet)
- ISTD Modern
- Pre-Junior JCM Choreography Class

Optional electives (advised):

- Jazz Technique Class (if taking Grade 1 Ballet)
- Stage strongly advised

Also offered:

- Dance Conditioning & Flexibility
- Tap
- Jazz
- Musical Theatre
- Acrobatics

Advanced JCM:

Core Required Classes:

- 4x Ballet Technique Classes
- Dance Conditioning & Flexibility
- Pilates Matwork/Gyrotonics® /Yoga/X-Training
- Sports Science/Dance Studies Module
- ISTD Modern
- Contemporary Choreography
- Contemporary Technique
- Lyrical Jazz Choreography
- Lyrical Technique Class
- Afternoon Jazz Technique Class
- Advanced JCM Choreography Class

Optional electives (advised):

- Stage
- Pointe
- Additional Technique in Jazz/Lyrical or Contemporary

Also offered:

- Acrobatics
- Tap
- Acro Props and Doubles (Gold +)
- Musical Theatre

Junior JCM: 6.5hours minimum training

Core Required Classes:

- 2x Syllabus Ballet
- Jazz Technique Class 1
- Junior JCM Choreography Class
- ISTD Modern
- Dance Conditioning & Flexibility
- 1x Elective

Optional electives (advised):

- Stage
- Lyrical Jazz (if invited and in Gr 4 Modern)
- Tap

Also offered:

- Acrobatics
- Additional Ballet
- Musical Theatre
- Street Jazz (min. 10 yrs old)

Junior Advanced JCM: 8.75 hours minimum training*Core Required Classes:*

- 2x Syllabus Ballet
- Open Ballet
- Dance Conditioning & Flexibility
- Jazz Technique Class 2
- ISTD Modern
- Lyrical Jazz Choreography
- Junior Advanced JCM Choreography Class
- Contemporary Choreography (by invite)
- Pre-Pointe

Optional electives (advised):

- Stage
- Additional Jazz Technique Class
- Musical Theatre

Also offered:

- Acrobatics
- Additional Ballet Class
- Tap
- Street Jazz (min. 10 yrs old)
- Acting

Intermediate JCM: 14 hours minimum training*Core Required Classes:*

- 3x Ballet Class
- Dance Conditioning & Flexibility
- Foot & Pointe Conditioning
- Pointe
- ISTD Modern
- Lyrical Jazz Choreography
- Intermediate JCM Choreography Class
- Contemporary Choreography
- Jazz Technique 4
- Lyrical or Contemporary Technique

Optional electives (advised):

- Stage
- Additional Technique in Jazz/Lyrical or Contemporary

Also offered:

- Additional Technique in Jazz/Lyrical or Contemporary/Ballet
- Acrobatics class
- Tap
- Acro Props and Doubles (Gold+)
- Musical Theatre

Pre Intermediate JCM: 11.5 hours minimum training*Core Required Classes:*

- 2x Syllabus Ballet
- Open Ballet
- Dance Conditioning & Flexibility
- Jazz Technique Class 3
- ISTD Modern
- Lyrical Jazz Choreography
- Pre-Inter JCM Choreography Class
- Contemporary Choreography
- Pre-Pointe

Optional electives (advised):

- Additional Jazz and/or Lyrical Technique Class
- Tap
- Musical Theatre
- Stage

Also offered:

- Street Jazz (min. 10 yrs old)
- Additional Ballet Class
- Acrobatics
- Acting

Advanced JCM: 14 hours minimum training*Core Required Classes:*

- 4x Ballet Class
- Dance Conditioning & Flexibility
- Pilates Matwork
- ISTD Modern
- Contemporary Choreography
- Contemporary Technique
- Lyrical Jazz Choreography
- Lyrical Technique Class
- Jazz Technique 4
- Advanced JCM Choreography Class

Optional electives (advised):

- Stage
- Pointe
- Additional Technique in Jazz/Lyrical or Contemporary

Also offered:

- Additional Technique in Jazz/Lyrical or Contemporary/Ballet
- Acrobatics class
- Tap
- Acro Props and Doubles (Gold+)
- Musical Theatre

Stage & Theatre Major (STM): Pre- Professional Training

Ages 7 & up; afterschool program only

Junior STM (Ages 7-9)

Pre Intermediate STM (Ages 10-12)

Intermediate/Advanced STM (Ages 13+)

Training Focus:

- Stage
- Musical Theatre
- Tap
- Acrobatics

All STM students from the Pre Intermediate Level are encouraged to participate in additional acting and vocal training classes or additional acrobatics classes for theatre or cirque preparation. For further information please contact info@proarte.ca.

Participation in competitive elective classes is by "invitation only."

(Students can participate in more than one competitive class with concurrent additional three hours technical training per competitive class.)
For Musical Theatre, private voice classes are advised.

Junior & Pre-Intermediate STM: 4 hours minimum training

Core Required Classes:

- 1x technique classes
(to support competitive discipline)
- 2x additional technique classes
- 1x Competitive Choreography class

Intermediate/Advanced STM: 8 hours minimum training

Core Required Classes:

- 2x technique classes
(to support in competitive disciplines)
- 4x additional technique classes
- 2x Competitive Choreography class

Classical Ballet: General Program Training

Pro Arte offers Ballet tuition for students ages 4 and up with both examination and non examination classes.

Ballet is the basis of all dance forms. For young children it captures the magic of music and dance in a fairy-tale world of tutus, pointe shoes and elegance. For older students it is essential for posture, technique and virtuosity. Whether intended as a career or for recreation, ballet is an exquisite form of melody, grace & fitness.

Classical syllabi have been carefully developed by the International Society of Dance Teachers (ISTD) and the Royal Academy of Dance (RAD) in order to provide a fully comprehensive training that is safe, formative and inspiring.

- ISTD Grade and Major Examinations (Pre-Primary up to Advanced 2 Levels) www.istd.org/imperialballet/index.html
- RAD Major Examinations (Intermediate in 2009 & Advanced 1 in 2010) www.radcanada.org/
- Shows
- Festivals with invitation into the Pre-Professional Program

Details and Times: General School Program

NON EXAMINATION BALLET

Creative Dance (Ages 3 & 4) must be out of diapers

Saturday 9.00 – 9.45am

Once Per Week Ballet (Ages 9 – 11)

Thursday 5.45 – 6.45pm

Teen Open Ballet (Ages 12+)

Wednesday 6.30 – 7.30pm

ISTD SYLLABUS BALLET:

Pre-Primary ISTD (Ages 5 & 6)

Monday 4.00 - 4.45pm (Red Class)

Primary ISTD

Thursday 3:45 - 4:45pm (Pink Class - Ages 7 & 8)

Saturday 11.30 – 12.30pm (Red Class – Ages 6 & 7)

Grade 1 ISTD (Ages 7 – 9yrs)

Must take 2x syllabus classes

Class 1: Compulsory Class Wednesday 3.45 – 4.45pm

Class 2: 1x of either:

- Monday 4.45 – 5.45pm (Red Class)
- Saturday 12.30 – 1.30pm (Pink Class)

Grade 2 ISTD (Ages 8 - 10yrs)

Must take 2x syllabus classes

Additional Grade 2-4 Open Technique class suggested

Dance Conditioning and Flexibility compulsory (x1)

Syllabus Class 1: Compulsory Class Wednesday 5.45 – 6.45pm

Syllabus Class 2: 1x of either:

- Thursday 4.45 – 5.45pm (Red Class)
- Saturday 10.30 – 11.30am (Pink Class)

Grade 2/4 Open Technique Class Monday 4:45 – 5.45pm, Tuesday 4.45 – 5.45pm or Wed 6.45 – 7.15pm

Dance Conditioning and Flexibility Tuesday 5.45 – 6.15pm / Wednesday 6.45 – 7.15pm / Thursday 5.45 – 6.15pm

Grade 3 ISTD (Ages 9 & up)

Must take 2x syllabus classes(Class A + B)

Grade 2-4 open technique class strongly suggested

Dance Conditioning and Flexibility compulsory(x1)

Class A Tuesday 6:15 - 7:15pm / **Class B** Thursday 6:15 - 7:15pm

Grade 2-4 Open Technique Class Monday 4.45 – 5.45pm or Tuesday 4.45 – 5.45pm

Dance Conditioning and Flexibility Tuesday 5.45 – 6.15pm / Wednesday 6.45 – 7.15pm / Thursday 5.45 – 6.15pm

Grade 4 ISTD

Must take 2x syllabus classes(Class A + B)

Grade 2-4 technique open class compulsory

Dance Conditioning and Flexibility compulsory(x1)

Pre-Pointe compulsory

Class A Thursday 4.00– 5.00pm / **Class B** Friday 5.15 – 6.15pm

Grade 2-4 open technique class Monday 4.45 – 5.45pm or Tuesday 4.45 – 5.45pm

Dance Conditioning and Flexibility Tuesday 5:45 – 6.15pm / Wednesday 6.45 – 7.15pm / Thursday 5.45 – 6.15pm /

Friday 6.15 – 6.45pm

Pre-Pointe Monday 7.00 – 7.15pm / Friday 6.45 – 7.00pm

Grade 5 ISTD

Must take 2x syllabus classes(Class A + B)

Grade 4-6 technique open class compulsory

Dance Conditioning and Flexibility or Pilates compulsory(x1)

Pre-Pointe compulsory

Class A Tuesday 3.45 – 4.45pm / **Class B** Wednesday 4.45 – 5.45pm

Grade 4 - 6 open technique class Monday 5.45 – 7.00pm

Dance Conditioning and Flexibility Tuesday 5:45 – 6.15pm / Wednesday 6.45 – 7.15pm /Thursday 5.45 – 6.15pm /
Friday 6.15 – 6.45pm

or Pilates Matwork Monday 7.15 – 8.15pm / Wednesday 7.30 – 8.30pm

Pre-Pointe Monday 7.00 – 7.15pm / Friday 6.45 – 7.00pm

Grade 6 ISTD

Must take 2x syllabus classes(Class A + B)

Grade 4-6 technique open class compulsory

Dance Conditioning and Flexibility compulsory(x1)

Pre-Pointe compulsory

Syllabus Tuesday 7.15 – 8.45pm

Grade 4 - 6 open technique class Monday 5.45 - 7:00pm

Grade 6 - Inter technique & pointe class Thursday 7.15 – 8.45pm

Pilates Matwork Monday 7.15 – 8.15pm / Wednesday 7.30 – 8.30pm

Intermediate Foundation ISTD

For Pointe or Examination, must take:

3x Ballet Class

1x Pilates or Dance Conditioning

1x Pointe & Foot Conditioning

Pointe & Foot Conditioning Tuesday 6.15 – 7.00pm

Syllabus Wednesday 3.45 – 5.15pm

Open Technique & Pointe Thursday 7.15 – 8.45pm

Either Grade 6 **Syllabus** Tuesday 7.15 – 8.45pm **or** Grade 4 – 6 **Open Technique** Monday 5.45 – 7.00pm

Pilates Matwork Monday 7.15 – 8.15pm / Wednesday 7.30 – 8.30pm **or**

Dance Conditioning Saturday 11.30 – 12.30pm

Intermediate ISTD

For Pointe or Examination, must take

3x Ballet Class

1x Pilates or Dance Conditioning

1x Pointe & Foot Conditioning

Pointe & Foot Conditioning Monday 4.45 – 6.00pm

Syllabus Friday 3.45 – 5.15pm

Intermediate Technique & Pointe Thursday 7.15 – 8.45pm

Major Open Ballet Monday 6.00 – 7.15pm / Saturday 10.00 – 11.30am

Pilates Matwork Monday 7.15 – 8.15pm / Wednesday 7.30 – 8.30pm **or**

Dance Conditioning Saturday 11.30 – 12.30pm

Advanced 1 ISTD

For Pointe or Examination, must take:

4x Ballet Class

1x Pilates or Dance Conditioning

1x Pointe & Foot Conditioning

Pointe & Foot Conditioning Monday 3.45 – 5.15pm

Syllabus Friday 3.45 – 5.15pm

Major Open Ballet Technique Monday 6.00 – 7.15pm and Saturday 10.00 – 11.30am

Pilates Matwork Monday 7.15 – 8.15pm / Wednesday 7.30 – 8.30pm **or**

Dance Conditioning Saturday 11.30 – 12.30pm

Advanced 2 ISTD

For Pointe or Examination, must take:

4x Ballet Class

1x Pilates or Dance Conditioning

1x Pointe & Foot Conditioning

Pointe & Foot Conditioning Monday 3.45 – 5.15pm

Syllabus Thursday 2.00 – 3.30pm

Major Open Ballet Technique Monday 6.00 – 7.15pm and Saturday 10.00 – 11.30am

Pilates Matwork Monday 7.15 – 8.15pm / Wednesday 7.30 – 8.30pm **or**

Dance Conditioning Saturday 11.30 – 12.30pm

RAD MAJOR SYLLABUS Ballet:

Intermediate/Advanced 1 RAD

For Pointe or Examination, must take:

3x Ballet Class

1x Pilates or Dance Conditioning

1x Pointe & Foot Conditioning

Pointe & Foot Conditioning Monday 6.15 – 7.00pm

Syllabus Tuesday 4.45 – 6.15pm

Intermediate Technique & Pointe Thursday 7.15 – 8.45pm

Major Open Ballet Monday 6.00 – 7.15pm / Saturday 10.00 – 11.30am

Pilates Matwork Monday 7.15 – 8.15pm / Wednesday 7.30 – 8.30pm **or**

Dance Conditioning Saturday 11.30 – 12.30pm

Modern Dance: General Program Training

Pro Arte offers Modern dance tuition to students ages 5 and up

I.S.T.D. Modern is a fun and creative examination syllabus that combines the poise and grace of classical ballet whilst giving the students the fun freedom of movement felt in modern, jazz and other dance styles. It compliments both the ballet student (allowing for the development of freedom of style and musicality) and the jazz student (establishing discipline and technique).

This syllabus helps to create disciplined and versatile dancers with a professional attitude towards dance.

Please view the ISTD Modern website at: www.istd.org/moderntheatre

- Examinations from Grades to Majors
- Shows

Details and Times

*Please note that the ages are only a guideline: Placement is based on ability and development.

Primary (ages 5 - 6)

- Saturday 9.45 – 10.30pm

Grade 1 (ages 6 - 7)

- Saturday 9:45 - 10:30 am

Grade 2 (ages 8 - 10)

(* Colour is for class list differentiation only)

- Monday 5.45 – 6.45pm (Pink Class)
- Monday 5.45 – 6.45pm (Red Class)

Grade 3

- Monday 6:45 – 7.45 pm (Pink Class)
- Friday 4:00 - 5:15 pm (Red Class)

Grade 4

- Monday 7:45 – 8.45 pm (Pink Class)
- Wednesday 3:45 - 4:45 pm (Red Class)

Grade 5

- Tuesday 4.45 – 5.45pm (Pink Class)
- Tuesday 4.45 – 5.45pm (Red Class)

Grade 6

- Tuesday 3.45 – 4.45 pm (Pink Class)
- Tuesday 3.45 – 4.45pm (Red Class)

Intermediate

- Thursday 5:15 - 6:30 pm

Advanced 1

- Tuesday 6:15 - 7:30 pm

Advanced 2

- Thursday 3:45 - 5:15 pm

Contemporary Dance: General Program Training

Contemporary dance is a constantly evolving dance style which has emerged in the 20th century as an outgrowth of modern dance (e.g. Graham, Cunningham and Horton) and other 20th century dance techniques. Defining this style of dance can be difficult as contemporary dance, unlike traditions such as ballet, is not always associated with specific techniques, but sometimes with a dance philosophy.

Contemporary places a heavy emphasis on the connection between mind and body, with dancers being encouraged to explore their emotions through dances which push against traditional boundaries. In classes there is focus on breathing, posture, and emotional state to establish a mind-body connection. The technique often involves a great deal of playing with balance, floorwork, fall and recovery, and improvisation. Students may learn choreographed works, or they may be encouraged to improvise dance pieces. A contemporary composition may take the form of a personal narrative, a commentary on society, or an integration of cultures, and it can feature a wide variety of dance techniques, reflecting the melting pot nature of contemporary dance.

Thursday 6.45 – 7.45

Open Contemporary ages 12+ (Students must be concurrently registered in either Ballet or Modern)

Lyrical Jazz: General Program Training

Enjoy this fusion of ballet and jazz techniques while using motion to interpret the music and express emotion.
A true favourite of all students.

Pro Arté offers Lyrical dance tuition to students' ages 10 and up

- Shows

Please note a Modern Syllabus or Ballet technique class is co-required to give a good technical base for this style.

Junior Open Lyrical (Ages 10 - 12yrs) Friday 6.30 – 7.30pm

Senior Open Lyrical (Ages 13+) Tuesday 6.00 - 7.00pm

Jazz: General Program Training

Jazz can be a broad range of many different styles. The basic elements of jazz stem from a good understanding of classical strength and technique with a dynamic use of isolation and contraction with strong fast moving and hard hitting movements. Jazz is a fun expression of popular music through fast paced exciting choreography.

Pro Arté offers Jazz dance tuition to students ages 6 and up

Please note that placement is guided by technical ability.

- Jazz 1 is for students with two years or less dance training.
- Jazz 2 is for students with 3 or more years experience in jazz technique.

Jazz 1 – Ages 6 – 8 Thursday 3.45 – 4.45pm

Jazz 1- Ages 9 - 12 Tuesday 4.00 – 5.00 pm

Jazz 2- Ages 7 – 9 Tuesday 5:00 - 6:00 pm

Jazz 2 – Ages 10 – 12 Friday 5.30 – 6.30pm

Jazz 2 – Ages 13+ Class A Thursday 7.00 – 8.00pm

Jazz 2 – Ages 13+ Class B Friday 4.30 – 5.30pm

Acrobatics: General Program Training

Acrobatics offers a challenging, but fun, pathway to gain flexibility & strength. Classes involve mostly acrobatic skills of balance and flexibility with the inclusion of tumbling, prop-work and double-work for higher level students. If you dream of Cirque Du Soleil, this is where the training begins!

Pro Arte offers Acrobatic tuition to students ages 4 and up:

- AFSA International Examinations
- Shows
- Festivals by invitation
- Teacher accreditation through AFSA International

Details and Times

Acro 2/3 (Beginner / Orange & Silver Examinations Ages 6-10)

- Monday 3.45 – 4.45pm
- Wednesday 4.45 – 5.45pm

Acro 3/4 (Silver/Tan Examination Ages - 7 - 12)

- Monday 4.45 - 5:45pm

Acro 4/5 (Tan/Gold Examinations – must be able to do a front & back walkover)

- Monday 5.45 – 6.45pm
- Wednesday 5.45 – 6.45pm

Acro 6 (Emerald/ Red/Purple Examinations)

- Monday 7.45 – 8.45pm

Acro 7 (Purple & Associates)

- Monday 6.45 – 7.45pm

Note: Level progression is by ability and successful examination results only

Additional classes by invite only

- **Props & Double Work** Wednesday 6.45 – 7.45pm (Gold level & up)
- **Junior Competitive** Wednesday 3.45 – 4.45pm
- **Intermediate Competitive** Wednesday 7.45 – 8.45pm

Order of AFSA examination levels

1. Primary Examination
2. Bronze Shield Examination
3. Orange Shield Examination
4. Silver Shield Examination
5. Tan Shield Examination
6. Gold Shield Examination
7. Emerald Shield Examination
8. Red Shield Examination
9. Purple Shield Examination
10. Junior Student Teacher Examination (min age 13)
11. Senior Student Teacher Examination (min age 15)
12. Pre-Associate Examination (min age 16, 20 hours practical teaching experience compulsory)
13. Associate Member Teacher (min age 17, 100 hours practical teaching experience compulsory)
14. Advanced Member Teacher (min age 18, 200 hours practical teaching experience compulsory)

Optional medal tests

These are placed where candidates are too young or not yet technically proficient for the following shield examination.

1. Pre Primary Medal (before Primary)
2. Bronze Medal (before or after the Silver Shield examination)
3. Silver Medal (before or after the Gold Shield examination)
4. Gold Medal (before or after the Red Shield examination)

Stage: General Program Training

Stage a wonderful mix of acting and dance, where the performer portrays the character through movement, facial expression and characterisation. Explore the wonderful world of musical theatre, stage, and screen. Become the characters of all your favourite movie musicals.

Details and Times

- Jnr Open Stage (ages 8 - 11) Friday 3.45 – 4.30pm
- Snr Open Stage (ages 12+) Friday 5.30 – 6.30pm
- JCM/STM Stage 1 Saturday 11.30 – 12.30pm
- JCM/STM Stage 2 Friday 7.30 – 8.30pm
- JCM/STM Stage 3 Friday 6.30 – 7.30pm
- * All JCM/STM Stage by audition or invitation only

Musical Theatre: General Program Training

To be a "Triple Threat" is vital as a performer today. Enjoy learning about voice and movement while portraying characters from all your favourite musicals and movie musicals.

This class is highly recommended for the JCM/STM students.

Pro Arté offers tuition in Musical Theatre to ages 6 and up (6 year olds must be in Grade 1 at school)

- Competitions
- Shows

Details and Times

Musical Theatre 1 (ages 6 & 7) Thursday 5.00 – 5.45pm

Musical Theatre 2 (ages 8 & 9) Red Thursday 4.00 – 5.00pm

Musical Theatre 2 (ages 8 & 9) Pink Saturday 11.30 – 12.30pm

Musical Theatre 3 (ages 10 - 11) Thursday 6.45 – 7.45pm

Musical Theatre 4 (ages 12+) Thursday 5.45 – 6.45pm

JNR Competitive Musical Theatre Saturday 12:30 - 1:30 am (BY AUDITION ONLY)

SNR Competitive Musical Theatre Thursday 8.00 – 9.00pm (BY AUDITION ONLY)

Tap Dance: General Program Training

Enjoy the art of combining dance and the ability to make music and percussive rhythms with your feet. Tap develops musicality, rhythm and co-ordination in a creative and fun environment.

Pro Arté offers Tap dance tuition to students ages 5 and up

- Shows
- Examinations
- Competitions

Details and Times

Primary (ages 5 - 7) Saturday 10:30 – 11:30 pm

Level 1 (ages 7 - 10) Tuesday 3.45 – 4.30pm

Level 2 (ages 9+) Tuesday 6.00 – 7.00pm

Stage Tap (ages 12+) Tuesday 7.00 – 8:00 pm

Adult Tap Tuesday 8.00 – 9.00 pm

Jnr Competitive Tap (By invite only) Tuesday 4.30 5.15pm

Snr Competitive Tap (By invite only) Tuesday 5.15 – 6.00pm

Grade 5/6 Monday 7.45 – 8.45pm

Intermediate/Advanced Monday 6:45 – 7:45pm

Flamenco: General Program Training

Flamenco dance (baile) is a highly-expressive, Spanish dance form characterized by hand clapping, percussive footwork, and intricate hand, arm and body movements. Castanets are sometimes held in the hands for clicking, and folding fans are occasionally used for visual impact.

Flamenco is known for its emotional intensity, proud carriage, expressive use of the arms and rhythmic stomping of the feet - the footwork is lightning fast and must be executed with extraordinary precision.

Although there is no single flamenco dance, dancers must follow a strict framework of rhythmic patterns. The steps a dancer performs are dependent on the traditions of the song being played.

Professional flamenco dancers are usually older than other dancers, and have a longer career. In other dance forms, performers turn professional in their teens to take advantage of youthful strength and fitness. In traditional flamenco, young people are not considered to have the emotional maturity to adequately convey the "duende" (soul) of the genre. Many flamenco dancers hit their peak in their thirties and will continue to perform into their fifties and beyond.

Tuesday 5.45 – 6.45 Ages 12 +

Tuesday 6.45 – 7.45 Adults

September/October 2009 Pre-Professional Workshop Classes Wednesday 2.00 – 3.30pm

Dance Conditioning: General Program Training

Dance Conditioning & Flexibility: Dance Conditioning introduces an element of Cross Training that allows the ability to vary the stress placed on specific muscles. It thus aids to reduce the risk of injury from repetitive strain or overuse. Dance Conditioning will also focus on "sport specific" conditioning especially for Ballet and other dance. (e.g. turn-out strength) and flexibility for increased and safer range of motion.

- Dance Conditioning Ballet/Modern Grades 2-4: Tuesday 5.45 – 6.15pm, Wednesday 6.45 – 7.15pm or Thursday 5.45 – 6.15pm
- Dance Conditioning Ballet/Modern Grades 4-6: Friday 6.15 – 6.45pm
- Major Dance Conditioning: Saturday 11.30am – 12.30am
- Half Day Dance/Academic Program Tuesday/Thursday

Pointe & Foot Strength: Prepares feet for the demands of Pointé Work. To meet the demands of Pointé Work the foot has to be strong, supple, and as sensitive as a hand is for piano. In extreme situations this can lead to creating big disproportions between muscle groups that we use for Pointé and the opposing muscle groups. This imbalance can lead to over-use injuries, thus the foot as a whole is considered: all muscle groups' strength, flexibility and joint range of motion.

- Grades 4-6: Monday 6.45 – 7.15pm
- Grades 4-6: Friday 6.45 – 7.15pm
- Pre-Intermediate: Tuesday 6.15 – 6.30pm
- Intermediate /Advanced: Monday 4.45 – 5.15pm

Pilates Matwork: Pilates is a body conditioning method that improves strength, flexibility, mind/body connection and posture without unnecessary strain. The technique focuses on learning how to properly engage the abdominals and core musculature and corrects imbalances and weaknesses.

- Monday 7.15 – 8.15pm
- Wednesday 7.30 – 8.30pm
- Half Day Dance/Academic Program Wednesday
- Private Pilates sessions are available with Jenny Yoo and Sheryl Jacobsen

Gyrotonics®: The Gyrotonic® Expansion System emphasizes breath control, controlled resistance, and the development of flexibility and strength. The exercises encourage a complete range of circular motion and full articulation of stabilized joints.

- Private Gyrotonic® sessions available with Tracy-Lea Bloch
- Half Day Dance/Academic Program Wednesday Gyrokinesis®

"Russian Overstretch" & "Acro Cardio & Stretch": Intense stretching to meet the extreme flexibility required by dancers of today, combined with a cardio warm-up to stress and strengthen the cardio-vascular system.

- Half Day Dance/Academic Program Monday/Friday