

Truro Dance  
Academy



# FALL REGISTRATION FOR NEW STUDENTS:

Sunday, August 14th

Returning Students may register starting July 16th

## HOLIDAY DATES (No classes)

### THANKSGIVING

Monday, October 10

### REMEMBRANCE DAY

Friday, November 11

### CHRISTMAS BREAK

December 11-January 2  
(inclusive)

### MARCH BREAK

March 12-17 (inclusive)

### EASTER

(Good Friday, Saturday &  
Easter Monday)  
April 6,7 & April 9

### VICTORIA DAY

May 21, 2012

### STORM DAYS:

Should classes be cancelled due to storms you will be contacted by phone no later than noon on that same day. *Regular school cancellations do not apply to dance classes. Dance classes are not cancelled on school in-service days.*

## CLASS PRICES:

30 MIN . . . . .	\$225
45 MIN . . . . .	\$270
60 MIN . . . . .	\$335
75 MIN . . . . .	\$400
90 MIN . . . . .	\$455
Conditioning . . . . .	\$150

All prices are based on the academic year, includes costume fee and subject to applicable taxes.

## IMPORTANT INFORMATION

### CLASSES:

Dance Classes are held in Room 110 (the studio) Forrester Hall with the exception of the Conditioning Class on Wednesday at 7:00 which is held in the Sport & Wellness Centre Gymnasium.

### ETIQUETTE

Forrester Hall is home to both our dance classes and regular NSCC academic classes. When on Truro Campus it is imperative that parents and guardians have full control of children in their care at all times. Noise levels outside the studio (hall ways, entrances, etc) must be kept to a minimum to respect the learning environment of others. Your attention to this is appreciated.

### ATTENDANCE:

Students should arrive for class at least 15 minutes early. Parents and students will go directly to Room 106 to wait for their teacher.

Regular attendance is necessary to ensure adequate progression and mastery of the required technique. Performances are based on group choreography that requires the participation of ALL students in order to progress. Students missing more than 3 classes per term for non-medical reasons may be withdrawn from performances. Students and parents are encouraged to consider scheduling commitments and potential conflicts carefully before enrolling.

### COSTUME-SPRING PERFORMANCE/RECITAL:

Costume fee is included in yearly dance fee. There are no refunds for costumes after Feb. 1st.

### DANCE SUPPLIES:

A selection of shoes, tights and other dancewear items will be available from Performing Arts Dancewear in the front lobby of the Sport & Wellness Centre on Saturday, September 17th from 8:30 am to 4:00 pm. Mail Order Available. Call: 1-902-396-8300 or e-mail: [performing\\_arts\\_dancewear@hotmail.com](mailto:performing_arts_dancewear@hotmail.com)

### OPEN HOUSE:

Scheduled for the week of December 5-10 (inclusive). Parents are invited to observe their child's regularly scheduled dance class.

### PARKING:

After 4:30 pm and on weekends, parking permitted. "NSCC Staff Parking" (not Centennial Pool). Before 4:30 pm weekdays parking lot behind NSCC Davis Hall (residence).

## PERFORMANCES

### NUTCRACKER '11

Nutcracker Auditions will take place from 1:00 – 4:00 pm Sunday, September 11th at the studio. This ballet production is primarily aimed at students studying at the Grade 4 ballet level and above, but ALL Truro Dance Academy students are welcome to audition. Students will be provided with a detailed rehearsal schedule at the time of the audition, but must be prepared to be available for rehearsal Thursday evenings between 7 and 9 pm and Sunday afternoons between 1 and 4 pm. Please note the opportunity to audition does not guarantee a role. A strict attendance policy will be in effect. The performances are scheduled to take place December 3 & 4, 2011 at CEC, AV Room. The fee to cover the additional rehearsal hours will be \$150 (includes costume fee).

### SPRING PERFORMANCE/RECITAL:

This performance marks the end of the dance year and is scheduled for Saturday, June 2nd - Jr. Show A (afternoon) & Sr. Show (evening) and Sunday, June 3rd - Jr. Show B (afternoon) at CEC, AV Room.

**NOTE: STUDENTS MISSING MORE THAN 3 CLASSES PER TERM FOR NON-MEDICAL REASONS MAY BE WITHDRAWN FROM PERFORMANCES.**

**Ballet** is a vibrant and exciting dance form in its own right, and also provides the foundations of posture, body awareness and musicality for all other dance forms. In addition to the study of technique, ballet classes incorporate a creative component designed to encourage self-expression as well as folk dance and later pointe work.

### Creative Movement

An introduction to the world of dance and music through songs, games and simple exercises with an emphasis on creative expression and fun.

### Pre-Ballet

A continuation from Pre-School Creative Movement for 5 year olds beginning dance or 4 year olds who have already completed a year of Creative Movement.

### First Year Ballet

A progression from Pre-Ballet that explores the beginnings of classical ballet technique with an emphasis on the enjoyment of music and creative expression.

### Teen Ballet

Suitable for the older beginner, or for students returning to ballet after an extended absence. Classes will focus on introducing and strengthening basic technique. Students enrolled in Teen Ballet are highly encouraged to enroll in Conditioning.

Classes are also available at the Primary, Grades 1, 2, 4, 5, 6, Intermediate Foundation and Advanced 1 Levels.

**Jazz** dance provides an opportunity to be expressive to drum and rhythm music, traditional jazz tunes as well as contemporary pop music. Classes focus on building technique as well as learning and creating choreographed dances.

The following classes are offered. For more detailed information on each class please contact the Sport & Wellness Centre.

Jazz 6-8, Jazz 9-10, Jazz 11-12

### Elementary Jazz

For students who are progressing from Jazz 11-12, or on the recommendation of the instructor.

### Intermediate Jazz

For students who are progressing from Elementary Jazz or on the approval of the instructor.

### Advanced Jazz

Students should have a strong background in jazz and ballet, have mastered double pirouettes and are able to execute leg extensions above hip height. For advanced dancers on the approval of the instructor.

**Modern Dance** is a blending of a variety of contemporary dance styles. Classes will cover areas of Graham and Limon techniques as well as improvisation, repertoire and new choreography.

### Modern A

For students new to modern dance or on the recommendation of instructor.

### Modern B

On recommendation of instructor.

## Conditioning

Students studying at the Grade 4 Ballet level and above or aged 12 and older are **STRONGLY ENCOURAGED** to supplement their dance training with this conditioning class focused on building strength, flexibility and cardiovascular fitness. Sessions are held in the Sport & Wellness Centre gym with the benefit of various equipment (stability ball, weights, tubing, etc.) Weather permitting cardio training may be outside.

## Graduate Solos

Students completing Grade 12 in spring 2012 may be eligible to perform a solo at the year end recital providing the student is enrolled presently in a minimum of 3 hours per week and has been dancing with Truro Dance Academy for a minimum of 3 years. There is no charge for solo preparation, but students **MUST REGISTER IN ADVANCE**. Soloists will be required to select their music and submit it to the teacher prior to the Christmas break.

## Dress Codes

Dress codes are strict. Dancers may be asked not to participate in class if dress code has not been observed on numerous occasions. Dancers and parents are asked to follow the dress codes to ensure that students are properly attired for their specific class.

### BALLET

#### Creative Movement and Pre-Ballet:

**GIRLS:** Solid color leotard (preferably black), pink or white footless tights worn with bare feet. Hair must be worn in a neat bun, ponytail or braids. **BOYS:** White t-shirt, black leggings or shorts, bare feet.

#### First Year Ballet and Primary Ballet:

**GIRLS:** Solid color leotard, pink or white ballet tights (not footless), pink leather ballet slippers. Hair held off the face in a neat bun, ponytail or braids. **BOYS:** White t-shirt, black leggings or shorts, white socks and white leather ballet slippers.

#### Ballet Grades 1 and up:

**GIRLS:** Solid color leotard, pink or white ballet tights, pink ballet slippers. Character shoes or hard soled party shoes will be required for character work. Hair is to be worn in a neat ballet bun. **BOYS:** As in Primary

### JAZZ

**Jazz 6-8, 9-10, 11-12:** Solid color (preferably black or gray) shorts, leggings, tights or dance pants and solid color leotard, tank top or t-shirt (not baggy). Black leather jazz oxfords or gym pumps. Hair is to be in a neat ponytail or braids.

**Elementary Jazz and up:** Black, white, gray or brown dance pants, capris, leggings, tights or shorts, leotard, tank top or t-shirt. No graphic shirts please. Clothes must be fairly fitted. Black leather jazz oxfords. Hair must be in a neat ponytail or braids.

### MODERN AND PERFORMANCE CLASSES

**All Students:** Solid color dance pants, capris, leggings, tights or shorts. Solid color leotard, tank top or t-shirt. Socks can be worn for warm-up, bare feet for the rest of class (modern). Hair is to be in a neat ponytail or braids.

# CLASS SCHEDULE FALL 2011

FALL CLASSES START: Tuesday, September 6th

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Grade 1 3:15 – 4:15 MPW	Creative Mvmt. 9:30 – 10:00 MPW	Pre-Ballet 3:15 – 4:00 MPW	Jazz 6-8 3:15 – 4:00 MPW	Grade 4 3:30 – 4:30 MPW	Pre-Ballet 9:00 – 9:45 MPW
Grade 2+ 4:15 – 5:15 MPW	Pointe for Grades 5 & 6 4:30 – 5:15 MBG	First Year 4:00 – 4:45 MPW	First Year 4:00 – 4:45 MPW	Jazz 11-12 4:30-5:30 MPW	Creative Mvmt. 10:00 – 10:30 MPW
Grade 5 5:15 – 6:30 MPW	Grade 5 5:15 – 6:30 MBG	Primary 4:45 – 5:45 MPW	Grade 4 4:45 – 5:45 MBG	Elem. Jazz 5:30 – 6:30 MPW	First Year 10:45 – 11:30 MPW
Grade 6/Inter. Foundation 6:30 – 7:45 MPW	Intermediate Jazz 6:30 – 7:30 MBG	Grade 2 5:45 – 6:45 MPW	Grade 6/Inter F. 5:45 – 7:00 MBG	Modern A 6:30 – 7:30 MPW	Primary 11:30 – 12:30 MPW
Advanced 1 7:45 – 9:00 MPW	Advanced 1 7:30 – 9:00 MBG	Jazz 9-10 6:45 – 7:45 MPW	Nutcracker 7:00 – 9:00 MBG	Modern B 7:30 – 8:45 MPW	Jazz 9-10 12:30 – 1:30 MPW
		Conditioning (SWC Gym) 7:00 – 7:45 DM	Beginner Pointe (after X-mas) 7:00 – 7:45 MBG		Grade 1 2:15 – 3:15 MPW
		Boys Ballet 7:45 – 9:00 MPW			Jazz 11-12 3:15 – 4:15 MPW
					Advanced Jazz 4:15 – 5:30 MPW
					Teen Ballet 5:30 – 6:30 MPW

**TRURO DANCE ACADEMY TEACHERS:**

Margot Begin-Gillis MBG  
 Melissa Page-Webster MPW  
 Darcy MacCallum DM

[www.truro.nsc.ca/wellness/htm](http://www.truro.nsc.ca/wellness/htm)  
 click on Truro Dance Academy.

**FOR MORE INFORMATION:**

NSCC Sport & Wellness Centre  
 36 Arthur Street  
 Truro, NS B2N 1X5  
 Phone: (902) 893-5399  
 Fax: (902) 893-5388  
 Rose MacNeil  
[rose.macneil@nsc.ca](mailto:rose.macneil@nsc.ca)