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The Bisland Dance Centre

Dance classes for Children ages 11 and older!

Visit our online registration at www.reallydanceregister.com/shop/ or call 905.493.3550/email kathryn@reallydance.com today to register and start *really dancing!*
All classes begin Monday September 11th 2017!

Ballet 11+ years

Wednesdays 8:45-9:30pm

Based on the Vaganova ballet syllabus, this program teaches students how to focus on their body and how each muscle works first individually and then as a whole to support movement. Ballet is the foundation of all dance disciplines and not only is a beautiful discipline on its own, but also helps students to reach full potential in all other styles of dance. Ballet forms a solid understanding in how to utilize muscles in the legs, arms, back and centre in order to create clean fluid technique. Ballet fosters the creation of strong yet graceful dancers who understand how their body works together to support the application of proper technique through traditional ballet exercises and innovated yoga ball/theraband training! BDC uses the Society of Russian Ballet Syllabus for ballet classes.



Jazz/Tap 11+ years

Mondays 7:00-8:00pm

This class is two for the price of one! Jazz blends travelling and centre combinations to age appropriate contemporary, upbeat music, to develop body awareness and movement confidence, as well as to increase flexibility and build core strength! Designed to develop co-ordination, musicality, strength, and rhythm, Tap teaches students how to create tones, accents and eventually make music using their feet! A performance piece in both jazz and tap will be taught and performed at the annual recital. The Bisland Dance Centre uses the ADAPT Syllabus for all Jazz classes.



Hip Hop 11+ years

Mondays 6:15-7:00pm, 11+

Hip Hop is an upbeat, fast-paced class based in development of strength and co-ordination between upper and lower body movement. Detail oriented choreography fosters an understanding of how to perform cleanly and sharply, promoting a strong sense of stage presence in each student. Hip Hop at The Bisland Dance Centre fuses elements of street dancing; house, break dancing, popping, and more to create confident students with swagger. Each class focuses on choreography performed to age appropriate hip hop, urban and R & B music.



Acro 11+ years

Mondays 8:45-9:30pm or Wednesdays 8:00-8:45pm

Incorporating elements similar to Cirque du Soleil balance and flexibility work, traditional gymnastic tumbling theory, and jazz dance technique, acro develops a good foundation of strength and flexibility to perform acrobatic tricks such as walkovers, ariels and more. BDC follows a blend of the Acrobatique Acro/Dance and Acrobatic Arts syllabi.



Contemporary 11+ years

Mondays 8:00-8:45pm or Wednesdays 7:15-8:00pm

Contemporary is the fusion of jazz, modern, and ballet into an exciting dance discipline that encourages an understanding of intent in movement, thus enhancing performance quality within each student. Unique movement phrases based in jazz, modern and ballet fundamentals form the foundation of this class with unique choreographic twists to inspire the mind and the dancer. Barre, improvisation and partnering exercises are all incorporated into the contemporary classroom experience.



Musical Theatre 11+ years

Mondays 8:45-9:30pm or Wednesdays 8:45-9:30pm

Musical Theatre blends dance with performance enhancing skills to help students become self-aware and promote self-esteem and stage presence. Based in jazz and drama, musical theatre utilizes drama games and music from Broadway musicals to help develop inspiration within its students. It combines the physical interpretation of lyrics with facial expression, emotional intent and movement to create strong confident performers.

