

### Music and Motion

The Music and Motion program is for 2 year olds to assist them in independent activities and learn to follow directions. Children will experience dance through movement and music that is appropriate for their age. Part of our program is the use of rhythm instruments, scarves, balancing apparatus and other props to enhance their dancing skills.

### Creative Dance

This fun program is designed to enhance children's imagination and creativity through dance and music. The preschoolers will learn to follow directions and interact with other children their own age. Children will learn co-ordination, movement and basic ballet and jazz steps.

### Ballet Pre Primary to Grade 8 Royal Academy of Dance (RAD) Syllabus

Ballet is the foundation of the dance world. It teaches dancers grace, poise, balance, flexibility and discipline. Dancers learn technique through participating in ballet exercises to classical music. They will follow the Royal Academy of Dance (RAD) syllabus however we do not perform exams at WCDS.

### Ballet

Dancers participating in these classes will learn ballet technique through exercise. They learn unique features and techniques concentrating on graceful flow and precise movements. Modern music as well as some classical may be used in this discipline.

### Musical Theatre

This high energy dance class is acting through dance. Musical Theatre is based off of Jazz technique. Dancers will learn different emotions and how to express them through games and routines.

### Hip Hop

Hip Hop is a funky dance discipline where dancers are learning moves based off of popular music video. Hip Hoppers will be popping, locking and breaking. At WCDS we make sure the dance moves and music is age appropriate.

### Jazz

Jazz is a technical discipline where dancers develop flexibility and strength. Dancers will be learning combinations across the floor which will include: jumps, turns and leaps. This popular dance style is fun and very energetic.

### Boys Only

We now offer Hip Hop for only boys. The boys will gain strength to learn break dancing moves and will use up their energy popping around the studio.

### Acrobatics

Acro is the new hottest dance style. Unique choreography seamlessly blends dance and acrobatics, and its use of acrobatics in a dance context. Students will be tumbling, balancing and working on their flexibility and setting these moves to music.

### Tap

Tap is a wonderful discipline if you are looking to develop your sense of rhythm and musicality. The sounds made by the metal "tap" on the heel and toe of the shoe are characterized as a percussive instrument moving with the beat of the music.

### Pre Lyrical

This class will focus on movement, walks, runs, coordination and emotion that is needed for lyrical dancing. This will prepare students for the regular lyrical classes next season. It's a good introduction to lyrical and building block for the moves in lyrical dance.

### Lyrical

Lyrical dance is a fusion of the grace of ballet and jazz dance techniques. It is a dance discipline which is a mix of ballet and modern but tells a story of the music.

### Contemporary

Contemporary is an interpretative and creative form of dance, developing the communication of emotions through movement. Students will learn to initiate movement from their centre. Students in the contemporary program will try a variety of dance techniques while developing their own sense of creativity.

### Jumps and Turns

Jumps and Turns offers dancers the opportunity to focus on improving the height and flexibility of their jumps and also achieving additional rotations and technical skill in various types of turns

### Stretch and Strengthening

This class focuses on improving flexibility for dance. It will focus on proper and safe stretch techniques while strengthening and developing muscle tone.

### The Importance of Strength and Flexibility in Dance

#### **Strength**

Supplemental strength training improves dancing while preventing injury. Core muscle strength stabilizes the spine, trunk and pelvis preventing back injury and allowing for powerful rotational movement. Strength is foundational to all dynamic movement. Elaborate lifts, acrobatics and amazing balance are all integral to a winning dance performance. Dancers who fail to recognize the importance of strength in dance may never reach their full potential.

#### **Flexibility**

Dancing requires a large amount of flexibility in the major muscle groups to create a broader range of motion. Flexibility is important to be able to attempt certain techniques or moves. Dancers must work to achieve flexibility in the torso, back, neck, shoulders, legs and feet. Having a broad range of motion allows dancers to jump high into the air and lift the legs effortlessly as if they were moving in water.

### Advanced (Lyrical, Hip Hop, Tap)

These classes were once called "Focused" classes and were by invitation only. They have been renamed and the specifications for enrollment have changed. Please consider these classes carefully as we request a strong commitment for enrollment in these classes.

- Previous enrollment in a focused class of the same discipline
- Strong recommendation from your instructor
- Minimum of 2 years of experience in the specific discipline
- Strong attendance record with proper uniform and attitude