



## Bright Studios 2023-2024 Schedule

Monday		Tuesday		Wednesday		Thursday		Saturday	
Room 1	Room 2	Room 1	Room 2	Room 1	Room 2	Room 1	Room 2	Room 1	Room 2
<b>Shooting Stars Ballet/Tap/Acro</b> 5:30-6:15 (2.5-3) (45min)	<b>Circus Performance Arts</b> 5:30-6:30 (6-9) (1hr)	<b>Move and Groove</b> 5:30-6:15 (3-5) (45min)	<b>Rising Stars Ballet/Acro/Tap</b> 5:30-6:15 (4-6) (45min)	<b>Beginner Acro/Gymnastics</b> 5:30-6:15 (4-5) (45min)	<b>Creative Dance</b> 5:30-6:15 (4-6) (45min)				
<b>Adaptive Dance</b> 6:15-7:00 (5+) (45min)	<b>Circus Performance Arts</b> 6:30-7:45 (10-17) (1hr)	<b>Junior Hip Hop</b> 6:15-7:15 (5-7) (1hr)		<b>Jr Acro/Gymnastics</b> 6:15-7:00 (6-8) (45min)	<b>Jr 1 Ballet</b> 6:15-7:00 (6+) (45min)	<b>Junior/Inter Jazz</b> 6:00-6:45 (7+) (1hr)	<b>Junior/Inter Karate</b> 6:00-7:00 (1hr) (White & Yellow & Orange Green Belts)	<b>Rising Stars Ballet/Acro/Tap</b> 10:15- 11:00 (5-6) (45min)	
<b>Pre-Inter Ballet</b> 7:00-8:30 (12+) (1.5hr)		<b>Inter Hip Hop</b> 7:15 – 8:15 (8+) 1hr		<b>Inter Acro/Gymnastics</b> 7:00-8:00 (9+) (1hr)	<b>Ukrainian Folk Dance</b> 7:00-8:00 (7-10yrs) (1hr)	<b>Junior/Inter Tap</b> 6:45-7:30 (7+) (1hr)	<b>Advance Karate</b> 7:00-8:00 (1hr) (Blue, Purple, Brown Black)	<b>Advanced Karate</b> 11:00-12:00 (1hr)	

**Shooting/Rising/Bright Stars (Ballet/Tap/Acro)** - Why have one when you could have three? A fun variety class to expose your dancer to a range of popular dance styles. With different age groups, your dancer can start as a Shooting Star and grow into a Bright Star! These combo classes will bring excitement to dancers while building their strength, coordination, flexibility, musicality, and endurance.

**Adaptive Dance** – An inclusive, and accessible dance class focusing on creative movement, physical expression, and building a social environment for dancers with trisomy 21, autism spectrum disorder, and other developmental and/or physical differences. This class is sensory friendly and can be adapted to children's needs. Please contact the studio with a description of your child's needs so we can ensure we are providing the best environment for your child!

**Circus Arts** – Everyone loves the circus. In this class Students learn how to use and perform with a variety of classic circus props- juggling, hula hooping, stilt walking and more! Alongside developing stage presence and presentation. By the end of this class, students will know the basics of prop manipulation, partner acro yoga and the ability to specialize in their FAVOURITE skill, which they can integrate to dance form.

**Move and Groove/Hip Hop** – Focusing on funky footwork, floorwork, musicality and isolations, this upbeat class will be the ultimate experience for your child. Children will be given the opportunity to learn choreography and grow comfortable with freestyling their favourite moves while also gaining building their strength and endurance.

**Jazz-** Following the A.D.A.P.T. jazz syllabus, Jazz is an upbeat, energetic dance class that will teach your child the fundamentals of the jazz style. This class reviews space awareness, flexibility, body positions, and dancers will learn and perform choreography.

**Jazz Technique-** This class is an enrichment opportunity for dancers who are looking to improve their jazz turns, kicks, and jumps through additional strengthening and conditioning. It is a class that offers individualized support to help dancers reach their full potential.

**Choreography Class-** Explore the diversity of movement through learning and developing combinations in a variety of dance styles. Students will learn to pick up and create choreography, and develop their artistry. Styles include, contemporary, lyrical, jazz, and ballet. Students must be enrolled in a jazz or ballet class.

**Ballet-** Following the Royal Academy of Dance (R.A.D) syllabus, ballet is the foundation for all other dance styles. Introduction to basic ballet movements. Balance, coordination, stretching, rhythm and counting are all aspects of the class. Dancers will learn and perform choreography.

**Parent and Tot-** Students and parents will engage in exciting and entertaining methods of learning dance steps through imagination and creative movement. Dancers will be introduced to foundational movements and ballet steps. Tumbling will also be included.

**Musical Theatre-** The perfect opportunity for your child to learn how to mix theatrics with dance. The biggest Broadway Classics will be showcased in this class, giving dancers the ability to interpret and express accordingly!

**Acro/Gymnastics-** Acro dance is a style of dance that combines classical dance technique with precision acrobatic elements. It is defined by its athletic character, its unique choreography, which seamlessly blends dance and acrobatics, and its use of acrobatics in a dance context.

**Karate-** Karate, is a Japanese martial art that develops the use of both body and mind and builds on a philosophy of perseverance and discipline. We offer several different karate programs to suit a variety of ages and skill levels. Participants work with our qualified instructors in a non-competitive, fun and save the environment while gaining strength, confidence, health and fitness.

**Little 1 Ballet:** Explore movement activities, exercises and games with the intent of preparing the young dancers for creative and classical ballet dance. Children will gain body awareness, social and physical literacy skills, knowledge of basic ballet concepts, as well as music appreciation

**Tap-** It's like drumming with your feet! Children will learn a strong sense of rhythm through observing and echoing the instructor's tap sounds. Tap choreography will be taught and then performed by dancers.

**Bass Burn Dance Fit:** Fire up your mind, body and spirit. Be led by one of our excellent trained instructors in curated routines that will increase strength, coordination, muscle tone, cardiovascular fitness and raise the good vibes that will spill into regular daily activities, all in a bliss of pop, hip hop and electronic music.  
Fire it UP.