

SAKATCHEWAN EXPRESS MUSICAL THEATRE STUDIO 2016-2017 Class Information

Class Levels:

Level 1	3 and 4 years old
Level 2	5 to 7 years
Level 3	8 to 10 years
Level 4	10 to 12 years
Level 5	13 and up
Junior Competition	Placement (based on training and technical level)
Intermediate Competition	Placement (based on training and technical level)
Senior Competition	Placement (based on training and technical level)
Mini Express	Ages 8 + (Auditioned)
The Expressions	Ages 13+ (Auditioned)

Musical Theatre Classes

Level 1, Level 2, Level 3, Level 4, Level 5 and Competition

All classes are once a week, the Level 1 class is 45 minutes in length, all remaining classes are 1 hour in length, combining instruction in basic dance and vocal technique. From September to December classes work on Open House material to be presented to parents at the studio theatre in December. January to June class time is spent working on recital material to be performed at the year-end recital.

These classes are involved in the annual recording session, pictures and the year-end recital. Competitive classes will attend three competitions in the spring session.

Shoes: Suntan Jazz Oxford

Attire: Dance pants or sweat pants and close-fitted t-shirt. No jeans or skirts.

With hair and bangs neatly pulled off the face

The Mini Express & The Expressions

These two groups are made up of students from the studio. The 2016 - 2017 cast auditions in August to be a part of the groups. All members sing and dance, but can audition to be featured in specific areas. These groups perform in and around Regina during their Christmas Tour, School Tour and their annual fundraiser. Please note all interested families will need to go through a meeting with the Studio Director prior to placement in these groups.

For more information and an audition package please contact amy@saskatchewanexpress.com

Shoes: Girls - Suntan Jazz shoes for girls (slip on required); Boys - Black Jazz Shoes (slip on required)

Attire: Dance pants or sweat pants, close-fitted t-shirt. No jeans or skirts.

Hair and bangs neatly pulled off the face

Dance Classes

Jazz/Tap Combo

Level 1 and Level 2

All classes are once a week and 45 minutes in length, combining instruction in basic jazz and tap. From September to December classes work on Open House material to be presented to parents at the studio theatre in December. January to May class time is spent working on recital material to be performed at the year-end recital. These classes are involved in pictures and the year-end recital.

Shoes: Suntan Jazz Oxfords (slip on style preferred), Black Tap shoes.

Attire: Pink Dance tights, Black Dance bodysuit (girls), black dance pants/shorts & black t-shirt (boys),

With hair and bangs neatly pulled off the face

Jazz

Level 3, Level 4, Level 5 and Competition

All classes are once a week. Level 1, 2, 3, 4 and 5 are 45 minutes in length; Competitive classes are one hour in length. These classes focus on basic Jazz technique and terminology. From September to December classes work on Open House material to be presented to parents at the Studio theatre in December. January to May class time is spent working on recital material to be performed at the year-end recital. These classes are involved in pictures and the year-end recital.

You must be registered in Jazz Technique to be placed in the Competitive classes. Competitive Classes will attend three competitions in the spring season. Dancers must be available for all dates.

Shoes: Suntan Jazz Oxfords (slip on style preferred)

Attire: Tights (Suntan, Classic pink or Black), and bodysuit or close fitted top, with dance pants or shorts (girls), black dance pants/shorts and black t-shirt (boys)

With hair and bangs neatly pulled off the face

Tap

Level 3, Level 4, Level 5 and Competition

All classes are once a week. Level 2, 3, 4 and 5 are 45 minutes in length and Competitive are 45 minutes - one hour in length. These classes focus on basic Tap technique and terminology. From September to December classes work on Open House material to be presented to parents at the Studio theatre in December. January to May class time is spent working on recital material to be performed at the year-end recital. These classes take part in pictures and the year-end recital.

You must be registered in Tap Technique to be placed in the Competitive classes. Competitive classes will attend three competitions in the spring season. Dancers must be available for all dates.

Shoes:
Level 3 – Black tap shoes
Level 4 and 5 – Suntan tap shoes, Cuban heel (girls), Black tap shoes (boys)
Competition – Suntan tap shoes, Cuban heel (girls), Black tap shoes (boys)
Intermediate and Senior Competition Tap – slip on Black tap shoes

Attire: Tights (Suntan, Classic pink or Black), and bodysuit or close fitted top with dance pants or shorts (girls), Black dance pants/shorts and black t-shirt (boys)

With hair and bangs neatly pulled off the face

Ballet

Level 2, Level 3, Level 4/5, Junior, Intermediate, Senior and Pointe

*****Intermediate and Senior classes have the option to join a Pointe class, they MUST be registered in the Ballet class to be considered.***

All classes are once a week. Level 2, 3, 4, 5 are 45 minutes in length. Junior, Intermediate, Senior and Pointe are one hour in length. Level 2-5 focus on basic Ballet technique and terminology. From September to December classes work on Open House material to be presented to parents at the Studio theatre in December. January to May class time is spent working on recital material to be performed at the year-end recital. These classes are involved in pictures and the year-end recital.

Shoes:
Level 2 and 3 – leather ballet shoes
Level 4 and 5– Canvas or leather, split soled ballet shoes

Attire: Classic Pink Ballet Tights, Bodysuit (black preferred) (girls), Black men's legging and close-fitted t-shirt (boys)

With hair and bangs neatly pulled off the face into a bun for every lesson

Lyrical

Intermediate and Senior Competition

All classes are once a week and 1 hour in length. These classes focus on a lyrical quality with an emphasis on basic Ballet technique and performance. From September to December recital classes work on Open House material to be presented to parents at the Studio theatre in December. These classes are involved in pictures and the year-end recital. In November competitive classes will start to prepare competition material. These classes take part in pictures and the year-end recital.

You **must** have at least one year of ballet and be registered in a ballet class to be placed in this class. Competitive Classes will attend three competitions during the spring season. Dancers must be available for all dates.

Shoes: Students may wear foot thongs, but must have proper shoes if needed.

Attire: Tights (Suntan, Classic pink or Black), and bodysuit or close fitted top with dance pants or shorts (girls) Black men's leggings or tights and black dance shirt (boys)

With hair and bangs neatly pulled off the face.

Modern/Contemporary Intermediate and Senior

All classes are once a week. Contemporary dance is a style of expressive dance. It emerged in the 1950's as a dance form that combines modern dance elements with those of classical ballet. Often, contemporary utilizes floor work and is performed in bare foot. Contemporary dance strives to connect the mind and body through fluid dance movement. These classes are involved in pictures and the year-end recital. In November competitive classes will start to prepare competition material. These classes take part in pictures and the year-end recital. You **must** have at least one year of ballet and be registered in a ballet and lyrical class to be placed in this class. Competitive Classes will attend three competitions during the spring season. Dancers must be available for all dates.

Shoes: Bare feet

Attire: Tights (suntan), and bodysuit or close fitted top with dance pants or shorts (girls). Black men's jazz pants and fitted top (boys).

Hair and bangs neatly pulled off the face.

Hip Hop

Level 2, Level 3, Level 4, Level 5 and Competition

All classes are once a week. All levels are 45 minutes in length. These classes focus on basic Hip Hop technique and terminology with introduction to break dancing, popping and locking. From September to December classes work on Open House material to be presented to parents in the Studio theatre in December. January to May class time is spent working on recital material to be performed at the year-end recital. These classes take part in pictures and the year-end recital.

Shoes: White, indoor runners

Attire: Dance pants or sweat pants. No jeans or skirts.

With hair and bangs neatly pulled off the face

Jazz Technique/Exam

Junior, Intermediate and Senior

These classes are split into Junior, Intermediate and Senior levels based on experience and ability. Instructors and the Studio Director can help with placements. All classes are once a week and 45 minutes in length. These classes focus on basic Jazz technique and terminology and follow the CDTA syllabus. These classes run from September to the end of May and take part in the Open House but not the recital. **These classes are a requirement for the corresponding competitive classes.**

Shoes: Black Jazz Oxfords (slip on style preferred)

Attire: Tights (Suntan, Classic pink or Black), and bodysuit or close fitted top with dance pants or shorts (girls), Black men's leggings/tights/shorts and close-fitted black t-shirt (boys).

With hair and bangs neatly pulled off the face.

Tap Technique/Exam

Junior, Intermediate and Senior

These classes are split into Junior, Intermediate and Senior levels based on experience and ability. Instructors and the Studio Director can help with placements. All classes are once a week and 45 minutes in length. These classes focus on basic Tap technique and terminology. These classes run from September to the end of May and are involved in the Open House but not the recital. **These classes are a requirement for the corresponding competitive classes.**

Shoes: Suntan tap shoes, Cuban heel (girls) black tap shoes (boys)

Attire: Tights (Suntan, Classic pink or Black), and bodysuit or close fitted top with dance pants or shorts (girls). Black men's leggings/shorts and close-fitted black t-shirt (boys).

With hair and bangs neatly pulled off the face.

Competition Classes

Competition Classes are offered in Jazz, Tap, Musical Theatre, Hip Hop, Contemporary and Lyrical. Please see descriptions above.

All competitive students MUST register in a mandatory ballet class in order to take a competitive class.

Opportunity to be a part of extra competition pieces such as Solos, Duets, Trios and Production are available, however students MUST be registered in the corresponding group class and have regular attendance in all classes in order to be considered.

Competition students attend three competitions during the dance year, are a part of the year-end recital.

Exam Classes

We offer CDTA (Canadian Dance Teachers Association) graded dance exams in Jazz, Tap and Ballet. If you are interested in taking exams please contact our exam coordinator, Lisa Vindevoghel, directly for more information, lisa@saskatchewanexpress.com.

Important Studio Information

Meet the Teacher

Will be held early in the studio year. This is an opportunity for parents to meet their child's teacher and gain an understanding of what they will be learning throughout the year.

Open House

Open Houses are held in December. These are opportunities for the parents to come and see what their children have been learning in class.

Recital

The studio Recital is held at the beginning of June each year at the Conexus Arts Center. Year-end dates are available in September of each dance season. All classes (excluding Exam and Technique classes) are involved. There is a recording session for all musical theatre classes for the recital pieces and all classes are involved in pictures. Please see the studio calendar for important dates. Measurements will be taken the last week of October for recital costumes and orders are placed at the end of November.

Updated Information

All studio schedules and information will be available on our website, all social media channels and will be posted at the studio. When needed, notes will go home with the students or e-mailed to the parents. Please make sure the office has an up to date e-mail address for your family.

Studio Calendar

A final Studio calendar will be available at the beginning of classes. Please keep these schedules in a handy place and refer to them for Studio holidays, picture times, Musical Theatre Class Recording times, Competition Dates, Recital rehearsals and other important studio events. We will also make this calendar available on our website.