

Season 40

ADULT BALLET PROGRAM

10 week program

\$252.26/session

Session 1: September 9 – November 18

Session 2: November 25 – February 10

Session 3: February 24 – May 5



Adult Intermediate Ballet

Monday 6:00 – 7:00 PM

*Our Adult class introduces the elements of posture, placement and alignment. Students will be introduced to barre exercises, center and travel work. This class is **suitable for students with 5 years or more of training.***

Adult Pre-Pointe

Monday 7:00 – 7:30 PM

Offered in 10-week sessions, this program is perfect for adults (ages 18+) who have experience training in ballet (soft shoes). Students must be registered in the Intermediate Ballet Program to participate in this Pre-Pointe class.

Students who are new to pointe will do this class in soft shoes until the teacher determines that they have the strength for pointe. Students who are already experienced in pointe will complete barre and centre exercises on pointe.

Adult Absolute Beginner Ballet

Monday 7:30 – 8:30 PM

*Our Adult class introduces the elements of posture, placement and alignment. Students will be introduced to barre exercises, center and travel work. This class is **suitable for students with 3 years of less training.***



@junelawrenceschoolofdance

31- 3190 Ridgeway Drive Mississauga, ON L5L 5S8

www.junelawrenceschoolofdance.com

(905) 820 – 7492

jlsdonline@outlook.com

Season 40

ADULT TAP PROGRAM

BEGINNER

10 week program

Session 1: September 11 – November 13

Session 2: November 20 – February 5

Session 3: February 12 – April 23

Adult Beginner Tap – Pre Class: Wednesday 6:00 – 6:30 PM

\$126.12/session

This class starts at the very beginning and teaches dancers the part of the tap shoe and how sounds are made. Dancers will practice shifting their weight, balancing, will learn single sounds and be introduced to double sounds. This half-hour class prepares dancers for our Beginner Adult Tap class. **It is recommended that students enroll in the Beginner Adult Tap class concurrently.**

Adult Beginner Tap: Wednesday 6:30 – 7:30 PM

\$252.26/session

*In Tap you get to make a lot of noise and dance! We focus on teaching the fundamentals in our Beginner/Level 1 class, working on single sound rhythm and introducing double and triple sounds. **Students in this class should have less than 3 years of tap experience.***

Adult Experienced Tap: Tuesday 8:00 – 9:00 PM

10 week program

\$252.26/session

Session 1: September 10 – November 12

Session 2: November 19 – February 4

Session 3: February 11 – April 22

*The complexity of the rhythms, the intricacy of the steps makes this style of dance exciting. Working both the body and the brain Tap dancing tells a story with sound. **Students at this level should have 3 + years of tap experience.***



@junelawrenceschoolofdance

31- 3190 Ridgeway Drive Mississauga, ON L5L 5S8

www.junelawrenceschoolofdance.com

(905) 820 – 7492

jlsdonline@outlook.com