

CLASS DETAILS

Each class at HYPE DANZ begins with a warmup to prepare the body for movement and help prevent injuries. Various stretching and strengthening exercises are then performed during the warmup to increase flexibility, strength and control.

All classes include learning of basic steps and progressive skills specific to each dance form.

Dancers will then practice and perform dance combinations specific to their type of dance and ability level.

Overall, HYPE aims to provide quality dance instruction in a positive, nurturing and fun environment.

YEAR END SHOW

HYPE DANZ students will have the opportunity to showcase their talents in a year end showcase at Bowmanville High School. Parents, family and friends are welcome to observe (price to be confirmed).

POSITIVE BENEFITS OF DANCE

Helps develop and encourage self confidence, discipline, responsibility, respect, strength, poise, positive body image and commitment.

It's a creative and physical activity for the mind and body.

It's FUN!!

Dream...Believe...Dance!!

Join us for our 7th exciting year of dance and fun!!

**Recreational and Competitive
dance classes for all ages and
levels**

**We have something for everyone!
Offering Ballet, Jazz, Tap, Hip Hop,
Acro, Highland, Ballroom and Latin**

**Full year classes, Adult Drop-In
Classes, Birthday Parties, Summer
Camps, Examination Classes and
Glee Club**

\$30 off

when you register before July!!

\$20 off

**when you register before
September 26, 2011**

**Refer a friend and you both
get \$20 off!!**

***maximum 1 discount/ referral per person
applies to recreational dancers only

***See insert for levels and schedule**

www.hypedanz.ca



**RECREATIONAL DANCE
INFORMATION BOOKLET
2011/2012 DANCE SEASON**

IMPORTANT DATES

Registration: Sept. 20 & 22, 2011 from 7-9pm
Classes Begin: Week of Sept. 26, 2011
Classes End: Week of June 11, 2012
Dress Rehearsal: June 15, 2012
Recital: June 16, 2012

NO CLASSES

October 7-10, 2011 (Thanksgiving)
Dec. 19, 2011-Jan. 2, 2012 (Christmas Break)
February 17-20, 2012 (Family Day)
March 12-18, 2012 (March Break)
April 6-9, 2012 (Easter)
May 18-21, 2012 (Victoria Day)

HYPE DANZ

**32 Prince Rupert Drive
Courtice, ON L1E 1Z5
Back of Film Studio
(Taunton and Trulls Road)**

P: 905.571.1617

**www.hypedanz.ca
hypedanz@yahoo.ca**

CLASS DESCRIPTIONS

PRE-DANCE

Introductory Ballet and Jazz fundamentals for kids ages 3 and 4 that helps develop rhythm, balance and coordination.

BALLET

A classical and fundamental dance form that helps develop poise, posture and grace.

JAZZ

A dance form that incorporates technique, coordination and movement while promoting muscle tone, stretch and rhythm.

TAP

A dance form that interprets music through sound while promoting rhythm and timing awareness.

HIP HOP

A high energy freestyle dance form as seen in today's popular music videos.

HIGHLAND

Traditional solo dancing from Scotland. One of the oldest forms of Folklore dancing.

ACRO

A combination of dance and gymnastics that emphasizes balances, tumbling and aerial tricks while developing strength and flexibility.

BALLROOM/LATIN

Formal social dancing in couples. Includes such dance styles as Waltz, Foxtrot, Tango, Quickstep, Rumba, ChaCha, Salsa, Mambo, etc.

GLEE CLUB***

Song and dance club for gleeks who want to combine vocal and dance training. Only 13 lessons in the year.

REC PRICES (13% HST INCLUDED)

Half a class consists of a 30 minute lesson
Full class consists of a 45 minute, 1 hour or 1 1/4 hour lesson
Dance season is run for 30 weeks

1/2 class: \$180 per year

1 class: \$360 per year

2 classes: \$690 per year (\$30 savings)

3 classes: \$990 per year (\$90 savings)

4 classes: \$1260 per year (\$180 savings)

*Each additional class is .50 cents lower per class

**Discount applies for parents with more than one dancer or for dancers who take more than one lesson

***Glee Club - \$360/year
(no discounts-not included in competitive price)

Estimated additional costs

Costumes: \$75-\$95 per class

Pictures: \$25 and up per class

Shoes: \$25-\$100 per class

Recital Tickets: \$10-\$15 per ticket

PAYMENT PLANS

PAYMENT PLAN 1 - FULL YEAR

Cheque or cash payment for entire year
(Dated October 1, 2011)

PAYMENT PLAN 2 - 2 INSTALLMENTS

2 cheques or cash payments for entire year
(Dated October 1, 2011 and February 1, 2012)

PAYMENT PLAN 3 - MONTHLY

9 cheques or cash payments dated 1st of each month
(Dated October 1, 2011 to June 1, 2012)

*Please note all cheques must be submitted for entire dance season upon registration.

*Cheques can be made out to Hpe Danz

DRESS CODE

Moveable dance wear that clearly shows body lines (dance pants/shorts, tank top/t-shirt, bodysuit, unitard, etc.).

Ballet dancers are encouraged to wear a bodysuit, tights and skirt.

Acro students should wear gymnastics suit with our without shorts on top.

No color preference. No jeans or baggy clothing.

SHOES

PRE-DANCE Pink leather ballet shoes

JAZZ/ GLEE CLUB Black jazz shoes

TAP Black tap shoes (with screws instead of nails)

HIP-HOP Black jazz shoes or black indoor running shoes

HIGHLAND Black highland shoes or black jazz shoes

ACRO Bare feet or capezio foot undeez

HAIR AND ACCESSORIES

Please keep hair neatly tied back.
Please refrain from wearing distracting jewelery and accessories.

ADULT CLASSES

Adult drop in classes offered 4 days per week

Styles of dance include Ballroom/Latin, Burlesque, Hip Hop, Jazz and Ballet

5 class punch card - \$40

10 class punch card - \$70

Minimum 3 people per class to run