



Beaumont School of Highland Dance

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Welcome to Highland Dance! Attached is the information for the 2019-2020 dance season. Please feel free to call Carmen at 780-929-9201 or text 780-934-9201 with any questions.

Registration

Registration forms may be mailed to the address above or submitted via the online registration (access through the website). Please get your registration in as early as possible.

Tentative Class Schedule

Classes start the week of **September 9, 2019**. Please see BSHD Dance Calendar for all class dates.

	Monday	Tuesday	Wednesday	Thursday
5:00	Beg B	Beg A	Boys	Primary A
5:15				Primary B
5:30	Junior	Beg C	Tech A	Primary C
5:45				PP 1
6:00	Senior	PP2	Power UP	PP 1
6:15				PP3
6:30	Senior	Adults	Tech B	Junior
6:45				Senior
7:00				
7:15				
7:30				
7:45				
8:00				
8:15				
8:30				

Class day and time is tentative and subject to change with registration numbers.

Please call or email for your dancer's class placement.

As members of our dance family, all dancers and their families are expected to be aware of and adhere to the studio policies. *We will adhere to the above schedule as closely as possible. 3 year olds must be **completely** toilet trained. No pull-ups.*

Primary Classes

These classes focus on developing musicality and movement patterns along with correct body alignment and posture. Dancers will learn the basic positions of the feet, head and arms along with basic dance movements. As the classes progress, dancers will put the movements to music. The goal is to be able to dance technically correct pas de basque, high cuts, sheds and toe heels to music. The dances that may be taught are: pas de basque, pas de basque & high cuts, fling and sword.

Primary A – New 3 & 4 year olds. This class will focus on basic movement & musical ability. These dancers will learn to count time & clap to music, they will learn the 4 basic positions of the feet, 3 basic positions of the arms and beginning dance movements. The goal of this class is to instill a love of dance and movement along with proper body position and movement patterns. Dancers will learn the first two primary highland dances: pas de basque (16) and Pas de Basque & High Cuts.

Primary B – 4 & 5 year old dancers. A slightly more advanced version of the Primary A class.

Primary C – 4-6 year old dancers. This class will focus on learning dance movements & all four primary dances to be put to music.

Beginner Classes

These classes focus on improving muscle movement patterns while maintaining correct body alignment and posture. The classes will focus on the first five highland dances – Fling, Sword, Seann Triubhas, Lilt & Flora.

Beginner A, B & C – These classes will be focusing on the five basic dances for competition & exam technique. The difference in the class groups is based on age and ability.

Beginner Technique – A class focused on the dances and technique required for competition. This class is intended to be an additional class for any student registered in Beginner A, B or C or Boys class. Some primary dancers may also join this class based on individual evaluation. Please ask if you would like an assessment.

Boys – A class for our male dancers. This class will be focusing on the five basic dances for competition & exam technique. Male dancers younger than 6 years will be placed in a regular primary class as this class will move too quickly for that age level.

Pre-Premier 1 – experienced beginner & novice dancers will continue to work on the first five highland dances for exam and competition technique. Work will begin on learning some of the more advanced movements and dances.

Adults – beginner & experienced adult dancers. Focus on fun & learning highland dance movement, technique & full dances.

Advanced Classes

These classes are for dancers with highland experience. Focus is on building strength, technical ability and knowledge with the application to music. New dances and steps are taught as warranted by exams and competitive levels. Students are grouped as per teacher recommendations.

Pre-Premier 2 & 3 – Juniors – Seniors

Technique A & B Class

These classes have been added this year to allow the dancers and the teachers to focus on the technical aspect of dance. The focus in these classes is to improve motor movement with application to the basic & advanced dance movements. These classes will be fundamental in improving position work and control in a dancer and will require discipline and focus from the dancers in the class.

Power Up

This class will improve a dancer's strength, power and core control. Wear your running shoes.