



Avenue Road Music
& Performance Academy

Dance Programme Guide
2023-2024

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Dance Programme

DESCRIPTION

Alongside the music programme, the Avenue Road Music and Performance Academy offers a unique dance programme to those of all ages and backgrounds. We specialize in classical dance forms and techniques including ballet, contemporary dance, and jazz. The Academy provides three dance streams to ensure quality instruction and learning including Classical Stream I, Classical Stream II, and the Adult Stream. A one-of-a-kind collaborative approach between music and dance classes provides the opportunity to learn artistic processes and live performance skills essential to artistic creation. All classes within the programme use a real-life skills approach for artistic practices at a professional level. Special workshops including an abundance of dance genres offers a wide range of world dance forms essential to a well-rounded artist. Classes focus on technique, artistry, repertoire, choreography, and personal creation. Additional academic learning within studio classes includes dance history, teaching, nutrition, anatomy, kinesiology and more. Hybrid virtual lessons are available, as well as private coaching lessons for enhanced learning.

STREAMS

Classical Stream 1

The Classical Stream 1 is geared towards students aged 4 through 18 who wish to experience the joy of dance in a relaxed but professional and structured class form.

Emphasis is placed on technique and personal expression through music and movement.

Classes include ballet, and jazz. One hour a week per dance form. Students will have a chance to learn choreography and take part in the Academy's seasonal showcase.

Classical Stream 2

The Classical Stream 2 is geared towards the serious dancer aged 10 through 18 who wish to achieve an advanced knowledge and a strong education through the art of dance. Emphasis is placed highly on technique, artistry, and the ability to build on performance qualities. Mandatory classes include ballet, pointe, contemporary dance, and conditioning. Minimum of four hours per week. Private classes are recommended. Students will receive mid year reports. Students will learn choreography and take part in the Academy's seasonal showcase and other performance opportunities.

Adult Stream

The Adult Stream is for anyone age 18+ who wish to re-introduce their love of dance through group classes or learn dance for the very first time. Ballet, contemporary, and conditioning classes available in two levels.

Special Workshops

Special workshops are available in all Streams and offered to the music students as well to compliment the student's movement awareness and to aid them in gaining insight in other dance forms including Bollywood, Brazilian Samba, Chinese Dance, Hip Hop, Acro, Music for Dancers, Dance History, Dance Anatomy and more.

Collaborative Music and Dance Classes

Collaboration through a variety of arts genres is imperative for a strong arts education. The chance for music students to learn the skills to accompany dancers in a live class/performance setting and the chance for dancers to learn to perform to live music is beneficial. Students taking the upper-level music classes may be selected by their music instructors to attend and play for the Classical Stream 2 dance classes. Hours vary.

LEVELS

Levels are formed based on age, development, and coordination. Levels will be consistent in both Streams. Classical Stream 2 begins at the Elementary level and dancers must be

assessed prior to being placed in Classical Stream 2. In both streams, lower-level students will be introduced to technique, alignment, musicality, coordination, imagery, dance vocabulary and the importance of strength and flexibility. Upper levels will build upon the latter plus learn stage direction, stage presence, improvisation, and spatial awareness. Students will gain knowledge of frequently used anatomical terms in dance. All levels focus and build upon movement vocabulary. Additionally, dancers will gain important life skills such as patience, problem solving, health awareness, social skills and lasting friendships, dedication, perseverance, self discipline, confidence, attention to detail and more.

Level	Age
<i>Preparatory</i>	4-6
<i>Junior</i>	7-9
<i>Elementary</i>	10-12
<i>Intermediate</i>	13-15
<i>Advanced</i>	16-18
<i>Adult</i>	18 and up

Level Description

Preparatory

The Preparatory programme ranges in age from 4-6 years old. Children develop motor, and musical skills that will prepare them for the Junior level. Listening, confidence, coordination, creativity, and the joy of movement will be enhanced through movement, music, stories, props and dance exercises and games. Students will begin to learn basic technique and vocabulary through these practices.

Junior

The Junior programme builds upon the student's previous foundation from the Preparatory level. At this level, additional attention to technique is being applied as students develop movement ability. The use of images through dance introduces spatial recognition. Mime and character work introduces the students understanding of performance. Students learn basic dance theory. Students will begin to perform short, in-class presentations.

Elementary

At this stage, dance students are understanding how technique and artistry come together to build strong performance qualities. The Elementary level is a crucial in the dancer's development as they work towards how movement is built upon, begin a stronger understanding of artistic development, additional body awareness and understand the role of technique. Elementary students will further their knowledge of dance terms and will be able to describe movement in a sense through words. They will begin to learn proper anatomical terms and the importance of anatomy and dance.

Intermediate

Higher level of technique is of importance; coming into one's own movement style and presentational quality is further encouraged and understood. Students are encouraged to take initiative with their practice outside of class and to develop a strong relationship with their instructors regarding personal development. Students will gain a strong knowledge of vocabulary and be able to relate the relationship between dance and other aspects of life and art. Watching live dance and theatre outside of the studio is encouraged.

Senior

The Senior level is when students begin to become aware of what it takes to be a dancer and artist and are now pre-professional. Students will learn to practice a professional dance routine and be encouraged to research dance on their own time, watch live dance and theatre and become an all-rounded artist. In class, technique and artistry is always in practice. The students will be able to pick up complicated movement combinations and learn the basics on how to teach. Students should be able to speak dance fluently by this level.

Adult

Adult dance classes stress the same dance elements as the children's levels yet with a slightly varied focus with the adult body in mind. Modifications are always given and encouraged.

All Levels

Overall, in all levels, classes are never rushed. If something is not understood, there will be a focus on it before moving on. The levels are designed to gradually build upon one another, so the student is able to gain full understanding of the art of dance and to receive a well-rounded dance education.

Dance Genre Description

Ballet

Ballet is the epitome of the classical dance forms. Ballet is theatrical and many times tells a story or concept to its audience. It was coined in 15th century Europe and rose to popularity in 19th century continuing to today. It is characterized by soft, graceful movements and contains formalized and precise gestures, steps, and formations. Ballet is highly technical, and aesthetic, and is a strong foundation for most other dance genres.

Pointe

Pointe is a form of ballet where dancers use pointe shoes to dance on their toes. Only more advanced levels and dancers should attempt pointe work as only at the discretion and permission from their teachers.

Jazz

Jazz dance is a dance form stemming from both African and American roots during the jazz age in North America using primarily jazz, pop, and musical theatre music. Jazz dance movements can be is upbeat, strong, and lively. Movements may be syncopated or smooth. Jazz dance has been greatly influenced by social dances of the times and contains its own specific form of dance technique.

Contemporary

Developed in the 20th century, contemporary and modern dance broke away from the upright aesthetics of ballet into a freer movement style that contains techniques such the use of the spine, fall and recovery, contraction and release, and the use of floor work. Contemporary dance fuses and combines several dance forms together and emphasizes one's creative concepts and abilities through expression and movement.

Acro Dance

Acro dance combines various forms of dance styles such as ballet, jazz and contemporary with gymnastic tricks. The main components of acro dance comprises of flexibility, dance technique, stage presence and performance qualities. Dancers will learn inverted poses, stands and tumbling.

Hip Hop

Hip Hop is comprised of various urban dance genres originating from the streets of major urban dance centres which uses urban dance music and beats. Various forms of hip hop genres and can include contemporary hip hop, krump, pop and lock, house and breaking. Hip hop can fuse several form together or one's own creative style.

STUDENT UNIFORM/WHAT TO BRING

All dancewear can be purchased from local dancewear stores (please ask for a list if required)

Ballet and Pointe

- *Hair in proper ballet bun or French twist, hair-sprayed with no fly-aways, bangs pinned up*
- *Appropriate coloured ballet leotard for level (see chart below)*
- *Black ballet wrap skirt (if desired- Intermediate and up)*
- *Ballet pink tights*

- *Black body-forming long sleeve warm up or wrap/ zip up sweater if appropriate in colder months, leg warmers if desired for warm up*
- *Ballet pink split sole canvas ballet shoes*
- *Pointe shoes if appropriate upon request from head teacher (Intermediate and Advanced)*
- *Boys: boys convertible black ballet tights, dance belt, white fitted ballet t shirt, black split sole canvas ballet shoes, black leg warmers and warm up sweater for colder weather*

Jazz and Contemporary, Conditioning

- *Hair in proper ballet bun, French twist, or tight ponytail, hair-sprayed with no fly-aways, bangs pinned up*
- *Appropriate coloured ballet leotard (see chart below)*
- *Black or beige convertible dance tights and/or black leggings or mid thigh length black dance shorts (no short shorts)*
- *Black body-forming long sleeve warm up or wrap/ zip up sweater if appropriate in colder months*
- *Black jazz shoes (jazz), black contemporary dance socks (contemporary and conditioning)*
- *Boys: same as ballet except may use black t shirt, black jazz*
- *shoes (jazz), black contemporary dance socks (contemporary and conditioning)*

All Classes Must Bring Their Own:

- *water bottle*
- *extra hair pins and tights*
- *notebook dedicated to dance, and writing utensils (Classical Stream 2)*

Level	Ballet and Contemporary Leotard Colours (Female)
<i>Preparatory</i>	Pale Pink
<i>Junior</i>	White
<i>Elementary</i>	Forest Green
<i>Intermediate</i>	Burgundy
<i>Senior</i>	Black
<i>Adult</i>	Open/Optional

IMPORTANT DATES

Full dance courses for students aged 4-18 coincide with the school year running from September to June. Our academy runs on terms with payment due in advance of the first class of the term: **Fall Sept 5-Dec 22, Winter Jan 8-March 29, Spring April 2-June 28, Summer July-August 2023.**

However, some of our adult courses run on an 8 class /2-month basis that continue from September to June. Summer classes and Intensives run in the summer term. No classes are held on long weekends (including Saturdays of long weekends), statutory, or Ontario calendar/school holidays.

Specific class schedules to be received upon registration.

Important Dates 2023-2024:

Sept 2nd-4th- Closed Labour Day weekend

September 5th: First day of classes for the Fall 2023 term

September 16th, 1pm: Academy Dance Auditions

September 18th-22nd: Bring a Friend Week (optional but encouraged)

October 7th-9th: Closed Thanksgiving weekend- no classes

October 23rd-30th: Halloween Costume Week (optional)

October 31st: Halloween- no classes after 4:15pm, afternoon adult class and Brown JPS class will run until 4:05pm

December 11th-15th: In Class Showings

December 18th-22nd: Academy Student Holiday Party Week

Dec 23rd-Jan 7th: Winter Break, no classes

January 8th: First day of classes for Winter 2023 term

February 5th-9th: Mid-Year Reports

February 17th-19th: closed for Family Day weekend- no classes

March 10th-17th: March Break- no classes; private coaching available upon request

March 29th-April 1st: closed for Easter weekend- no classes

April 2nd: First Day of Spring 2023 Term classes

May 18th-20th: closed for Victoria Day/May Long Weekend - no classes

June 14th, 6pm: End of Year Dance Showcase (tentative-to be confirmed)

June 29th-July 1st: closed for Canada Day weekend

July 2nd: First Day of Summer 2023 Term classes

Aug 30th: Last day of Summer 2023 Term classes (if applicable)

Dates to be determined include additional workshops, dance festivals, special class/school field trips, informal class showings etc.

TUITION

Tuition packages and payment options based on the Fall, Winter, Spring, and Summer terms will be sent upon registration. Summer Term registration fees are separate. Additional payments excluded from regular tuition include special workshops, Spring Recital costume fees, Spring Recital tickets, and special event/class/level specific field trip fees. Please ask about additional private coaching options.

- \$50 Annual Student Registration Fee charged in September or when a student first registers and carries over for the 2023/2024 academic year (Term 1, 2, 3)
- When you first register, you will be issued an invoice from our office for the upcoming term tuition + registration fee if applicable. Payment can be sent via e-transfer to enrolment@avenueroadmusic.com or via cheque. Payment must be received before attending your first class, 3 business days in advance if possible.

Season 2023-2024 Prices:

Private Dance Lessons:

- \$75/30 minutes
- \$112.50/45 minute
- \$150/60 minutes

Semi-Private Dance Classes:

- \$60/hr

Group Dance Classes:

- \$22.50/30 minutes (kids)
- \$26.50/45 minutes (kids)
- \$33/60 minutes (kids)
- \$35/60 minutes (adults)

STUDENT RESPONSIBILITIES

By enrolling in Avenue Road Music and Performance Academy I am hereby responsible for the following:

- *Arriving to the Academy ten minutes in advance*
- *Stepping into the studio on time, prepared and ready to go*
- *Attending all classes with enthusiasm and drive*
- *Having the willingness to learn and be creative*
- *Respecting my peers, teachers and other classes happening around me*
- *Paying attention to Academy etiquette*

- *Practicing my craft at home*
- *Not missing more than 3 classes per season and notifying the Academy office and cc'ing my teacher in advance if away or when ill. There are no make-ups for semi-private or group classes. Contact: info@avenueroadmusic.com dance@avenueroadmusic.com (416) 922-0855*
- *Dancing with passion and having fun*

DANCE ACADEMY ETIQUETTE

By enrolling in Avenue Road Music and Performance Academy I am hereby responsible for respecting the rules and etiquette of the dance studio which include:

- *No street shoes inside the dance studio*
- *Cell phones turned off or on silent mode and tucked away with belongings*
- *Always attending with proper dance wear and hair*
- *Always bringing my dance items including shoes, extra hair pins, elastics, water bottle, notebooks etc.*
- *Water allowed during designated breaks*
- *Using the washroom before class and not during when possible*
- *Maintaining my inside voice within the Academy and studio*
- *Always raising hands for questions/comments*
- *Confronting my teacher with any concerns I may have*

DIRECTOR/INSTRUCTOR BIOGRAPHY

Annie Cassar is a Toronto-based dance artist who has worked with companies such as Divine Heritage Artistry, Cadence Ballet, The Parahumans, The Little Pear Garden Dance Company, Xing Dance Theatre, BNF Entertainment Dubai, Tropicana Queens and more. She enjoys performing on concert stages, and dancing for special events and projects. She has danced with Cirque du Soleil and worked with their choreographers and artists at the 2015 Pan Am Games Opening Ceremony, LuminaTO, Nuit Blanche, the 6th Annual Hum Awards, plus numerous other



performances at venues such as The Princess of Wales, The Roger's Centre, Toronto Centre for the Arts, The Enwave Theatre, Fleck Dance Theatre, Winchester Street Theatre, The Betty Oliphant Theatre and The Burlington Performing Arts Centre. Another career highlight for Annie was dancing in the piece Kiss by Berlin-based performance artist Tino Sehgal commissioned for and performed at the Art Gallery of Ontario. She has worked with renowned artists such as Emily Cheung, Jeff Dimitrou, Laurence Lemieux and Veronica Tennant to name a few.

Annie frequently works in film and television and other related mediums. She has danced in movies and tv shows such as A Nutcracker Christmas, Reign, Tiny Pretty Things, Titans, Umbrella Academy, Warehouse 13 and frequently acted in shows such as Suits.

Additionally, Annie pursues her passion for dance education by conducting classes and workshops throughout Ontario studios, schools and events including Prologue for the Performing Arts which facilitates access to the performing arts for those who may otherwise not have the opportunity. Recently, Annie has founded Cassar Studios: The Art of Dance where she conducts virtual dance classes to those unable to attend in person classes due to the pandemic or otherwise.

Annie enjoys taking inspiration from music, nature, history, abstract thoughts and world issues in her choreography and has choreographed for a multitude of projects such as music videos, stage productions and dance competitions.

Annie is an ACTRA member, holds Associate Teaching diplomas in Ballet, Jazz, Modern and Tap through the British Association of Teachers of Dancing, is certified in Progressing Ballet Technique, children's yoga, and holds a Bachelor of Fine Arts (Specialized Honours) in Dance from York University.