

2021 HANDBOOK



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Our Ethos

At Dance Elements we pride ourselves on promoting a nurturing environment, fostering growth in performance of dance arts and musicality of individual students. Our studio atmosphere is fun, supportive, inclusive and encompasses the passion for dance in both the Competitive and Aspiring streams. Our vision is to promote dance, musicality, voice, acting, teamwork, personal goals and physical literacy through certified instruction, standardized testing and of course, a positive, safe studio space for all our pupils, at any stage in their dance education. We, at Dance Elements, believe the more exposure to different styles and educators of dance, the more refined your technique and broader your abilities will become. Dance Elements insists on a family focused studio, a home away from home, so that all our dancers make memories, friends, focus on the whole picture NOT just dance and learn skills that stay with them through life. We take a holistic approach to teaching and are always open to dialogue to best ensure your dancers' needs are being met.

Dance Elements currently offers 50+classes a week, and with our "student first" learning environment class size is limited. We will open another class if needed and space permits, or separate certain classes to accommodate our dancers, and/or offer online classes to accommodate those learning from home. We will do our best to ensure every dancer has a place in the class of their choice at Dance Elements, but we cannot guarantee.

General Information

Our 2021 season will run September 13th, 2021 to June 12th, 2022.

Please ensure you receive and read all monthly notices by form of email from the studio. Studio notices will be posted on our website and posted on the Dance Elements Bulletin Board located in parent lobby downstairs. Any other pertinent information for parents will be located there. A large calendar is located for parents by the tot/primary dancers quarters/exit fire door, this is to remind you of important dates and studio closures. The dancers bulletin board is located outside Studio B on the wall, this is where we will post documents or items for them to be reminded of. They will be made aware of board at the start of season. The calendar and all notices and pertinent info will also be available on our website.

Parking

Parking is available at the front (south) and rear (north) side of the building along with the streets around the studio. Parking tickets have been issued for cars parked in the east side alley.

Security

A keyless entry system has been installed on the north entrance door. Only registered students knowing the combination will have access. WE ASK THAT YOU DO NOT DISCLOSE THIS COMBINATION TO ANYONE! This will be sent out to you prior to the Sept 13th start date.

Contact info

All regular season questions can be directed to info@dancelements.com

Questions or concerns for the director can be sent directly to missjo@dancelements.com

Any illness or class related questions can be sent directly to the Staff@dancelements.com

Or any tap questions to Misskate@dancelements.com

if in doubt which email to use- email the director, Miss Jo

Remind App

We will not be using the remind app this year.

Google Classroom

We will be using google classroom again this year. Instructors will load their lesson plans, music, and any videos from class in here. If your dancer will be absent-but is still able to dance, please email us and we will create a meets link for them to join us, virtually. We will stream kinder class level and under for all of September and October, so you can peek in on them in class. After that, no classes will be streamed live unless a dancer is absent and requires it.

Dropbox

We will not be using drobox this year. All info can be found in google classroom so please make sure you have a non spsd or gscs email account to log in. We suggest you make a google account for your dancer if you do not have one as this alleviates most of the issues with logging in.

Annual Recital

All students enrolled in classes at Dance Elements (full year enrollment, term 2 or spring session) will have the opportunity to participate in the annual recital. Tickets are purchasable for approx. \$22 per ticket and will be on-sale in May 2022. Dance Elements will have a recital this year, we are planning for a regular recital, possibly 2 shows. The dates of the recital are tentative, but we are looking at May 26th to June 12th- hoping to get 2-3 days in there, preferably a weekend.

Personal Belongings

Dancers will be allowed to bring their dance bag along with a reusable water bottle and snack (please keep them nut free) to leave with their coat and shoes in their designated dancers quarters. Please remind your dancer to wash their hands before eating, and to keep snacks to themselves. Scents - try to avoid wearing strong scents to the studio, no perfumes in class please.

Changing clothes - we ask dancers to use the washrooms to change clothes, or do so before coming, as our dancers' quarters are a neutral space. All dancers are welcome in the space, encouraging bonding and peer support.

Dance Elements IS NOT RESPONSIBLE for lost or stolen items and belongings. Please leave important items at home.

Lost and found

Our lost and found is in the hallway in a hamper on the boot rack. Please search through if you have lost something. Items will be donated to charity at the end of each month. If you lose something – please email us and we will look for it and set it aside for you if found.

2021/2022 Dance Elements Schedule

**please note class times are subject to change*

Studio A	Studio B
<p>Monday 530-615 Primary Ballet 615-730 Advanced Ballet 730-830 Adult Ballet</p>	<p>Monday 5-530 Tot Ballet 530-615 Tiny Twirler 630-715 Primary Tap 730-830 Adult Tap</p>
<p>Tuesday 445-530 Inter/Sr Flexibility & Conditioning 530-630 Intermediate jazz 640-740 Int/Sr Turns & Progression 740-825 Int/Sr Lyrical 825-925 Senior Jazz</p>	<p>Tuesday 440-525 Kinder Ballet/Acro combo 530-6 Kinder Movement 6-645 Mini Rhythm 650-735 Kinder Jazz/Tap combo 830- 930 Intermediate Ballet</p>
<p>Wednesday 430- 530 Junior Jazz 530-615 Junior Lyrical 620-705 Pom 11 & under 815 - 930 Advanced Ballet Exam Prep - full season</p>	<p>Wednesday 5- 530 Tot Jazz 530-6 Kinder Acro 620-705 Little Leapers 715-800 Inter/Sr Tap A (+ select Juniors) 800-915 Intermediate Ballet Exam Prep - full season</p>
<p>Thursday 515-600 Junior Hip Hop 6-645 Pom 12+ 645-745 Acro ages 10+ 8-845 Inter/Sr Hip Hop 845-915 Select Comp Hip Hop Group</p>	<p>Thursday 430-5 Kinder Hip Hop 5-530 Primary Hip Hop 545-630 Primary Jazz 630-7 Primary Acro 745-830 Junior Turns & Progressions, with Flexibility training</p>
<p>Friday 4-515 Senior Ballet 545-7 Intermediate Ballet 700--745 Modern 745-845 Junior Ballet</p>	<p>Friday 5-545 Theatre 550-650 Junior Tap 800-900 Inter/Sr Tap B</p>
<p>Saturday 1030-12 Advanced Ballet Exam Prep - full season 12-115 Intermediate Ballet Exam Prep - full season</p>	<p>Saturday 930-10 Tot Ballet 10-1045 Kinder Ballet 1045-1130 Petit Danseur</p>

R.A.D Exam Classes September to March (Saturday) <i>Option to continue to June</i>	C.D.T.A. Exam Classes September to December (Saturday)
<p>9:30-10:30 RAD Grade 4 1:15-2:15 RAD Grade 3</p>	<p>12:00-12:45 Grade 3 Tap 12:45-1:30 Grade 4 Tap 1:45-2:30 Elementary Tap 2:30-3:15 Grade 2 Jazz 2:30-3:30 Intermediate Tap 3:15-4:00 Grade 4 Jazz 3:30-4:15 Grade 2 Tap 4:00-4:45 Intermediate Jazz 4:45-5:30 Grade 1 Jazz</p>

Understanding your classes and what to take: Based on year of 2021

Tiny Tots – 3 years and under (2018 and on)

Combo Classes – 3-4 years old

Kinder Classes- 5-6 years old

Primary Classes –7-9 years old

Junior Classes – 9-11 years old

Intermediate Classes – 12-14 years old

Senior Classes- 15 + years old

Modern- open to intermediate level and up, select Juniors may be asked to join.

Acro- please check the age level, may be asked to move classes based on skill level, and previous experience.

Theatre- open to primary level and up. Taking a secondary class is recommended.

Pom- 2 levels, 11 and under, 12 and up.

Class Sizes

These are the class sizes we prefer to have for optimal learning

Tot classes: maximum 6

Combo classes: maximum 8

Kinder classes: maximum 8

Primary classes: maximum 10

Junior (jr) classes: maximum 14

Intermediate (int) classes- maximum depends on the class

Senior (sr) classes- maximum depends on the class

Genre Description

All class curriculum is set by a qualified Dance Elements instructor and may follow a syllabus structure. By having lesson plans and a governing structure we ensure every dancer at Dance Elements is receiving qualified training, setting them up to achieve their best. All curriculum is overlooked and approved by our director and team leads and will be loaded into Google classroom. This will allow dancers to practice outside of the studio and in the event of an absence- can be caught up at their leisure.

Tot classes- will follow the genre/style listed. Genre is listed further down for a breakdown of what it entails.

Combo classes

Little leapers: combo class of jazz acro - recital focus will be jazz with some acro elements.

Tiny twirlers: combo class of acro and ballet- recital will be based on ballet with some acro elements.

Mini rhythms: combo of jazz and tap, recital will be tap based with some jazz movements or may do 2 performances.

Petit Danseur: combo class of ballet and jazz, recital will be ballet based with some jazz elements.

Pom

Class will focus on the basics of dance, plus strength as well as technique of leaps, turns, splits etc. Pom is a mixture of jazz, hip hop, and traditional cheer. It is strongly advised dancers enrolled in pom are also taking acro and jazz or ballet. This class may have the opportunity to perform at sporting events and participate in competitions. Some other info to be aware of - teams are judged on several criteria including form, team unison, showmanship, precision of movement, choreography, enthusiasm, and visual use of poms. The environment is different from dance competition due to the cheering section located in front of the mat, and cheering is highly encouraged. There is SCA registration fee separate from studio tuition.

Acro Dance

Dynamic and energetic classes that compliment jazz, contemporary, lyrical, theatre and ballet dancers. We strongly advise dancers that take these classes are enrolled in a ballet or jazz class also. This genre builds strength, flexibility, tumbling (cartwheels, walkovers, etc.) and balances (handstands, needles, etc.). Acro Dance is often seen as just the floor work from gymnastics, but it is all the hand to foot weight transfer, different ways of moving the body across the stage using power and flexibility.

Ballet

Dance Elements is focused primarily on using the Royal Academy of Dance (RAD) syllabus. This syllabus is designed to provide your child with high caliber, standardized syllabus recognized world-wide. In non-exam based classes we also use CDTA ballet syllabus, Finis Jhung methods. All these syllabuses are dedicated to developing a strong technical ballet foundation with the understanding of artistry and breath of movement. RAD exams are offered every year but are not mandatory. Pointe- is offered to the dancers in the intermediate and higher levels. Is part of the class component – not an add on. If your child chooses to not do pointe, they will do the work on demi pointe in their soft shoe.

Tap dance is the genre which uses rhythms, music, and metal plates on shoes to produce another style of dance while enhancing musicality of students. At Dance Elements we follow the Canadian Dance Teacher Association (CDTA) syllabus as it provides a standard for the dancers and ensures the history of tap is preserved. The exams are offered yearly but not mandatory. We currently are expanding our dancer's knowledge with the introduction to Adapt syllabus- new to us. (ADAPT – Associated Dance Arts for Professional Teachers)

Jazz

Jazz dance has many influences and styles and at Dance Elements we follow the Canadian Dance Teacher Association (CDTA) to ensure the highest standard of instruction is being followed. Through jazz, the dancers will gain flexibility, stamina, power along with technique of turns and jumps.

Hip Hop

Hip Hop is an energetic style of dance that again has many roots. It has a very relaxed attire, and dancers are taught isolated body movement along with fluid rippling movements. We are very aware of the music and influences it may have and are very selective in our choices and with our choreography. Miss Nicole, our amazing hip hop teacher, is also a very skilled editor and savvy with digital media programs, making our hip hop music crowd pleasing songs.

Musical Theatre

This class incorporates live voice singing, dancing, staging, and acting. This class builds singing skills under guided tutelage of Mike Harris- highly qualified voice and music instructor, and Miss Kate while also nurturing the portrayal of characters and understanding the layouts of the stage and how to portray this to the audience.

Contemporary/Lyrical

These styles are different and are being offered in one class as we will rotate through the 2 styles and identify the differences as we go. This will allow the dancer to see if they prefer a more natural, grounded way of moving or through more traditional training. Contemporary really connects the mind and body through movement and isolation, uses lines and angles that differ from ballet. This style stresses versatility and improvisation. Lyrical combines the love of jazz and ballet to express the range of emotions and thoughts through the story of the music. We advise dancers to be enrolled in a Dance Elements jazz or ballet class to be proficient in this class.

Turns and Progressions

This class is STRONGLY advised for all our Junior and higher-level dancers to build up stronger techniques on skills that require hard work. This class will cover all the high-level turns, and the foundations that build into them. The jumps require power built through plyometrics and core strength taught in this class. This class works on power, body awareness, and understanding of skills.

Flexibility

This class focuses solely on increasing range of motion through muscle lengthening. We will use the Alixa Flexibility syllabus and Sugarfoot Method to increase the dancer's knowledge and awareness as well. As dancers grow in height their muscles shorten- to keep them supple this class is a great way for them to increase their range of motion and teach them the skills to build body awareness and increase their flexibility safely.

Modern

This class is offered for dancers in ballet. It is influenced by ballet but was adapted to lose the rigid posturing and to encourage the concept of feeling the movement. Dancers are encouraged to initiate movements from different regions of the body, feel movements through a way of contact with others and objects. To create their own story and portray it to the audience through technical steps founded through modern foundations. Dance Elements follows the Canadian Dance Teacher Association (CDTA) syllabus but also uses Graham technique, ISTD Jason Waters syllabus and will offer exams yearly to those interested.

Payment Policies

- Tuition is due before Sept 13th- you can pay the yearly fee or you can monthly (10 payments), from Sept 1st, 2021 to June 1st, 2022. Classes will run until June 12th, 2022.
- Withdrawal from class must be done in the form of email or written notice and in the director's hand. No refund for tuition after March 1st, 2022. Withdrawal must happen a week before the start of said month to receive refund for said month, once the month is started the fees for that Month are non-refundable. In case of crisis (ie: Covid) or unforeseen closure, the current month of classes will not be refunded, and classes will switch to online courses and continue that way. Tuition will then be discounted to virtual class pricing to reflect the format change in learning effective the start of next month.
- Ten (10) post-dated cheques (Sept 1st – June 1st) payable to Dance Elements must be in office by first dance lesson. There will be a \$40 NSF charge.
- Email money transfers are due on the 1st of month for 10 months from Sept 1st to June 1st. If payment has not been received by the 5th, a \$5.00 late charge will occur.
- A valid Credit Card must be left on file and charges will be processed 1st of each month for those choosing this method. A 3% credit card fee will apply. A \$40 charge may be applied for any "declined" payments. Credit card finance fee will be applied in Dec, and June to your invoice.
- All tuition can be paid online through QuickBooks and may be subject to 3 % finance fee. Credit card finance fee will be applied in Dec, and June to your invoice.
- You will be required to provide a valid credit card number upon your time of registration, in the event of unpaid fees, your credit card will be charged.
- IF PAYMENTS ARE OVER 15 DAYS LATE THE STUDENT WILL BE ASKED TO DISCONTINUE CLASS UNTIL SUCH A TIME WHEN PAYMENTS ARE CAUGHT UP.
- \$25 registration fee is due per dancer upon time of registration. This fee is non-refundable should you cancel your registration.

Costumes

- A \$75.00 costume deposit will be paid for each primary level to senior class registered for EXCEPT HIP HOP and THEATRE.
- A \$50.00 costume deposit will be paid for each combo and Kinder class registered for, along with Hip hop and Theatre dancers.
- Costume deposits are non-refundable after Nov 1st, 2021. Costume balances outstanding will be charged late fees. Costume credits will apply to your balance, if nothing owing the credit will carry forward.
- Costumes will be approx. \$50.00 - \$125.00. Once costumes have arrived, outstanding balances will be sent out, along with credits given from deposits etc.

Pricing

- Yearly tuition can be broken down in 10 payments, payable at the start of each month for the months to come
- Fees include GST
- Tuition is broken down in the chart below. Add on pricing becomes available when registered for 3 or more classes. Add on discount only applies to individual dancers, not families.
- Virtual ONLY classes – 10% discount on pricing below.

Tot Classes (3&Under)		
Fall Term: September 20 th – November 28 th	10 lessons	\$110.00
Winter Term: January 17 th – April 3 rd	10 lessons	\$110.00
Spring Term: April 25 th – June 5 th	6 lessons	\$66.00
Combo Classes (Age 3 & 4)		
Term 1: September 13 th – December 19 th	14 weeks	\$220.00
Term 2: January 10 th – June 12 th	20 weeks	\$310.00
Full Year: September 13 th – June 12 th	34 weeks	\$500.00
<i>If enrolled in 3 or more classes, a discount of 15% will be applied to the third class on</i>		

Tuition – Kinder to Senior Classes			Add on pricing applies to 3rd class and on registered for Roughly 15% savings	
Class Length	Tuition Paid Monthly	Tuition Paid Yearly	Add on Monthly	Add on Yearly
30 minutes	\$35	\$350	\$27	\$270
45 minutes	\$50	\$500	\$42	\$420
60 minutes	\$65	\$650	\$55	\$550
75 minutes	\$81	\$810	\$70	\$700
90 minutes	\$95	\$950	\$80	\$800

- By choosing to not enrol full year- you acknowledge if you withdraw and then re-register you will pay the registration fee again, along with paying for a set amount of desired classes in advance.
- We will assume all registrations are yearly unless you specify otherwise. NO add on pricing. No option for year-end performance, or competitions.
- Drop-in Class Fee or withdraw and return free

Class Length	Class Fee
30 minutes	\$16
45 minutes	\$20
60 minutes	\$25

Class Cards

- Drop in card 16+ visits \$240 GST included- (means unlimited classes per night/day at studio but each night/day attendance counts as 1 visit) for those coming inconsistently this is a good deal. This card is aimed at graduated dancers, attending intermediate or senior dancers.
- Advanced pack- please email the studio to find out pricing and information if you are eligible for an advanced pack. This pack is for dancers who are graduates of high school from 2020 and previous years.

Adult Classes

- No longer offering drop-in class cards. Due to Covid we feel we need a consistent base to run, which is hard to monitor with a drop in card. Adult classes will now be in 2 10-week sessions, and 1 6-week session (dates below). Cost will be \$150 for 10 classes. Anyone with a class card from previous- we will honour the classes remaining at \$15 a class (\$240 /16=\$15 a class) and apply that credit to your session fee. Once registered you will be marked as attending whether you attend or not. You pay for the session regardless of attendance. NO registration fee for adults.
- Fall Sept 20th to Nov 28th- 10 lessons
- Winter Jan 17th to April 3rd- 10 sessions
- Spring 6 weeks April 25th to June 5th- 6 sessions

Class Packs

These are designed to be incentives to allow dancers to take the suggested grouping to achieve the ultimate dance experience. By choosing a pack you are getting a better discount than by taking the classes individually or with add on pricing. **Packs CAN NOT be altered or shared between family members.**

Kinder to Junior Packs

Jazz Pack - includes Jazz, Acro, Lyrical and Hip Hop = \$185.00/month GST included (\$190 yearly savings)
<ul style="list-style-type: none"> Pack 2: Musical Theatre <u>or</u> Pom added on = \$35 add on making monthly \$220.00/month GST included (\$260 yearly savings) if adding both \$255 month/ GST included Pack 3: Turns & Progressions and Flexibility = \$35.00/month GST included (\$384 yearly savings based on taking both above) <i>Can be added to jazz pack or added onto pack 2 or ballet pack- pricing not available individually.</i>
Ballet Pack (JUNIOR ONLY) - includes both classes = \$115.00/month GST included (\$175 yearly savings) *RAD EXAM class included here*
JUNIOR ALL ACCESS PASS access to all eligible classes: Friday ballet, Saturday ballet, tap x2, lyrical, acro, jazz, hip hop, theatre and pom, Turns/progressions = \$450.00/month GST included (\$over 800 yearly savings) *does not include modern.

Intermediate to Senior Packs

Jazz Pack - includes Jazz, Acro, Lyrical, Flexibility and Turns & Progressions = \$235.00/month GST included (\$320 yearly savings)
<ul style="list-style-type: none"> Pack 2: Hip hop added on = \$35.00/month GST included (\$240 yearly savings) making it \$270.00 a month GST included * dancers selected for comp team will be billed \$25 a month, making it \$290.00 Pack 3: Pom add onto pack 2 is = \$35.00/month GST included (\$310 yearly savings on top of above savings), making it \$305.00 without comp team, and \$330 with the comp team Pack 4: Musical Theatre add on to any pack = \$35.00/month GST included (\$150 in savings separate from packs above)
Inter Ballet Pack - Any 2 ballet classes a week = \$110.00/month GST included (\$300 yearly savings) (1 *60 min and 1 *75 min class)
<ul style="list-style-type: none"> Pack 2: any 3 classes a week = \$190.00/month GST included (\$400 yearly savings) (1 60 min and 2 75 min classes) *mandatory for exam dancers to take 3 to 4 classes a week in order to succeed. Pack 3: all ballet classes = \$250.00/month GST included (\$ 650 yearly savings)* Advised packaged for exam dancers Pack 4: pack 2 plus modern= \$225.00/month GST included (\$240 yearly savings)
Senior Ballet Pack - Any 2 ballet classes = \$140.00/month GST included (\$ 110 yearly savings)
<ul style="list-style-type: none"> Pack 2: any 3 classes a week = \$235.00/month GST included (\$220 yearly savings) *Mandatory for exam dancers to take 3 to 4 classes a week in order to succeed. Pack 3: all ballet classes including int level= \$265.00/month GST included (\$320 yearly savings) *Advised pack for adv 1 or 2 candidates. Pack 4: all ballet classes plus modern= \$35.00 month so added pack 3=\$300.00/month GST included (additional yearly saving of \$150 on top of ballet savings) can be added to pack 2 for \$35/month also
Inter/Sr Tap pack - both tap classes = \$95.00/month GST included (\$120 yearly savings)
INTERMEDIATE & SENIOR ALL ACCESS PACK – include all classes = \$585/month GST included (\$2,950-3,200 yearly savings)

Dress Code

It is important for our instructors to be able to see the dancer's body clearly, and there for specific attire has been chosen for the dancers. Our dress codes apply to all dancers and can be purchased at Dance Street (1020 Louise Ave or 16 23rd Street E). The staff is great and will know what you need. Please be sure to check the consignment wall for gently used discounted shoes, these are a GREAT option for growing feet!!!

ALL jewelry should be left at home.

We pride ourselves on being inclusive and welcoming to all dancers. We want our dancers to feel comfortable and confident in the classroom. Please wear the appropriate attire that your dancer identifies with. If you have any questions about dress code, please send us an email!

HAIR REQUIREMENTS FOR ALL DANCERS

Any hair longer than chin length should be off face and neck in a bun or a braid. Please no more long dangling ponytail, tuck them into messy knots/buns, up and out of the face. We need to be able to invert without fear of stepping on and turning without getting whipped in the face. Hair up and off the face allows the teacher to see the lines created by the neck and shoulders, arms and back to make necessary corrections.

IM- Identifying as male

IF- identifying as female

Gender fluid, Non- Binary, + Please dress appropriately following the IM or IF dress code options. Any concerns or questions do not hesitate to reach and ask us, we want everyone to feel comfortable in class, but proper dance attire allow us to see the bodies and teach them safely.

TOT & COMBO CLASSES

TOT BALLET

IF: salmon tights, any colored bodysuit, ballet skirt (optional), pink leather ballet shoes.

IM: Comfortable plain non-descript dark coloured shorts, plain non-descript t-shirt in any colour, black leather ballet shoes, black socks.

TOT JAZZ

IF: Light tan tights, any colored bodysuit, any colored dance shorts (optional), beige jazz shoes.

IM: Comfortable plain non-descript dark coloured shorts, plain non-descript t-shirt, black leather jazz shoes, black socks.

TOT TAP

IF: Light tan tights, any colored bodysuit, any colored dance shorts (optional), any color tap shoe.

IM: Comfortable plain non-descript dark coloured shorts, plain non-descript t-shirt, black tap shoes, black socks.

MINI RHYTHMS

IF: Light tan tights, any colored bodysuit, any colored dance shorts (optional), beige jazz shoes, and beige Cuban heeled tap shoes.

IM: Comfortable plain non-descript dark coloured shorts, plain non-descript t-shirt, black tap shoes, black socks.

TINY TWIRLERS

IF: Salmon tights (convertible foot so dancers can expose feet for acro), any colored bodysuit, ballet skirt or dance shorts(optional), pink leather ballet shoes.

IM: Comfortable plain non-descript dark coloured shorts, plain non-descript t-shirt, black leather ballet shoes, and socks with grips.

PETIT DANSEUR

IF: Salmon tights, any colored bodysuit, ballet skirt (optional), pink leather ballet shoes.

IM: Comfortable plain non-descript dark coloured shorts, plain non-descript t-shirt, black leather ballet shoes, black socks.

LITTLE LEAPERS

IF: Light tan tights (convertible foot so dancers can expose feet for acro), any colored bodysuit, any colored dance shorts (optional), beige jazz shoes.

IM: Comfortable plain non-descript dark coloured shorts, plain non-descript t-shirt, black leather tap shoe, black socks.

KINDER & PRIMARY LEVEL

BALLET

IF: Salmon tights, any color bodysuit (preferably no undergarments), dance shorts or ballet skirt (optional), full sole pink leather ballet shoe

IM: Black male dance tights or black leggings or black shorts, light coloured non-descript t-shirt, black leather shoes, and black socks if not in tights.

JAZZ - THEATRE

IF: Beige tights (convertible footed style), any color bodysuit, any color dance shorts (optional), beige leather jazz shoes.

IM: Black Shorts, jazz pants, or leggings, light coloured non-descript t-shirt or tank top, and black leather jazz shoes with black socks.

TAP

IF: Beige tights (convertible footed style), any color bodysuit, any color dance shorts (optional), beige Cuban tap shoe.

IM: Black Shorts, jazz pants, or leggings, light coloured non-descript t-shirt or tank top, and black leather tap shoes with black socks.

ACRO

IF: Footless tights, any color bodysuit, unitard, and/or fitted dance/bike shorts with a sports bra and fitted tank. Footwear is to be foot undies or turn shoes for modern and bare feet for acro.

IM: Bare legs and turn shoes or foot undies for modern and bare feet for acro, dark shorts, tight or slim-fitting t-shirt or tank top.

HIP HOP

All: Comfortable, appropriate gym attire (leggings, sweatpants, t-shirt, tank top with a sports bra, shorts etc.), clean, indoor non-marking running shoes.

JUNIOR LEVEL

BALLET

IF: Salmon tights, any color bodysuit (preferably no undergarments), dance shorts or ballet skirt (optional), full sole pink leather ballet shoe

IM: Black male dance tights or black leggings, or black shorts, light coloured non-descript t-shirt, black leather shoes, and black socks if not in tights.

JAZZ - LYRICAL - MUSICAL THEATRE - CONTEMPORARY - TURNS & PROGRESSIONS – POM- FLEXIBILITY

IF: Beige tights (convertible footed style), any color bodysuit, any color dance shorts (optional), beige leather jazz shoes.

IM: Black Shorts, jazz pants, or leggings, light coloured non-descript t-shirt tank top, and black leather jazz shoes with black socks.

TAP

IF: Beige tights (convertible footed style), any color bodysuit, any color dance shorts (optional), beige tap shoe.

IM: Black Shorts, jazz pants, or leggings, light coloured non-descript t-shirt or tank top, and black leather tap shoes with black socks.

ACRO - MODERN

IF: Footless tights, any color bodysuit, unitard, and/or shorts with a sports bra and fitted tank. Footwear is to be foot undies or turn shoes for modern and bare feet for acro.

IM: Bare legs and turn shoes or foot undies for modern and bare feet for acro, black shorts, tight or slim-fitting t-shirt or tank top.

HIP HOP

All: Comfortable, appropriate gym attire (leggings, sweatpants, t-shirt, tank top with a sports bra, shorts etc.), clean, indoor non-marking running shoes.

INTERMEDIATE & SENIOR LEVEL

BALLET

IF: Salmon tights, any color bodysuit (preferably no undergarments), If layering please wear a wrap skirt or tight-fitting dance shorts, leggings will be permitted one class a week, not every class. Shoe canvas or leather, split OR full sole ballet shoe.

IM: Black male dance tights or black leggings or black shorts, light coloured non- descript t-shirt, black leather shoes, and black socks if not in tights.

JAZZ - LYRICAL - MUSICAL THEATRE - CONTEMPORARY - TURNS & PROGRESSIONS - POM - FLEXIBILITY

IF: beige tights (convertible footed style), any color bodysuit and dance shorts (optional) OR dark solid-coloured leggings. Can also wear a sports bra with a fitted tank top in lieu of the bodysuit. Beige leather jazz shoes (except lyrical needs turn shoes in nude).

IM: Black Shorts or jazz pants or leggings, light coloured non-descript t-shirt or tank top and black shoes with black socks and a male dance belt.

TAP

IF: Beige tights (convertible footed style) if wearing any color bodysuit and dance shorts (optional), OR dark solid-colored leggings, with a sports bra and fitted tank top (or the bodysuit) Black leather lace-up tap shoe, black socks if not wearing tights.

IM: Black Shorts or jazz pants or leggings, light coloured non-descript t-shirt or tank top and black leather lace-up shoes with black socks.

ACRO - MODERN

IF: Footless tights, any color bodysuit, unitard, and/or shorts with a sports bra and fitted tank. Footwear is to be turn shoes for modern and bare feet for acro.

IM: Bare legs and turn shoes for modern and bare feet for acro, shorts, tight or slim-fitting t-shirt or tank top, male dance belt.

HIP HOP

All: Comfortable, appropriate gym attire (leggings, sweatpants, t-shirt, tank top with a sports bra, shorts, etc.), clean, indoor non-marking running shoes.

Re-Opening Plans as of July 12th, 2021

- A temperature check will be required at home, the best time to take the dancer's temperature is in the morning.
- Dancers with a temperature of 99F or 38C or higher must stay home.
- Dancers with any symptoms must stay home.
- Staff and students will be required to sanitize hands upon entering the studio, as well as before and after breaks. (Sanitizer is available, or soap and water in washroom is great)
- Parents will drop off and pick up their dancer at the North door on the back of building.
- Staff and students are asked to sanitize hands upon entering the studio, as well as before and after breaks.
- The Dancer's Quarters are open. Dancers are allowed to bring their dance bag to hold their belongings. Dancers will be required to bring a reusable water bottle (labeled with their name).
- Bare feet are allowed for certain classes (acro) or they can wear grip socks.
- We are permitted to go back to full class sizes with no social distancing. We will however keep up with cleaning protocols listed below, and staff will remain masked for a while longer. This will be re-evaluated before the Sept start. Students are not required to mask but can if they choose to.
- Staff will be frequently sanitizing high-touch areas and any equipment used. Cleaning of the studio and space will take place after each class.
- Staff will follow the same screening as the dancers and will remain home if feeling unwell. In the event that a staff member enters the dancer's space, they will sanitize hands before and after interacting with the dancer.
- Extra hand sanitizer, tissues, soap and hand towels made available.
- All staff following current COVID-19 procedures and policies.
- Plan in place for if a dancer or staff member becomes ill with COVID while at the studio.
- Ongoing online program for virtual learning at home, for families not ready to return to the studio environment.

Temporary Closure

- If for any reason we are required to suspend class and close our doors, we will transition into online programming.
- This curriculum will be the same as the classes at the studio with minor alterations required to accommodate space, equipment, and safety measures.
- Courtesy of G-Suite, great technology and amazing staff, we have an excellent online curriculum available.

COVID-19 Resources

1. CDTA Guidelines available at www.dancelements.com
2. Government of Saskatchewan Guidelines <https://www.saskatchewan.ca/government/health-care-administration-and-provider-resources/treatment-procedures-and-guidelines/emerging-public-health-issues/2019-novel-coronavirus/re-open-saskatchewan-plan>
3. Government of Saskatchewan Self – Assessment Tool <https://www.saskatchewan.ca/government/health-care-administration-and-provider-resources/treatment-procedures-and-guidelines/emerging-public-health-issues/2019-novel-coronavirus/covid-19-self-assessment>