

THRIVE DANCE STUDIO'S

SUMMER SEASON

THRIVE THROUGH THE SUMMER

REGISTER NOW ONLINE

8 Week Programs in a variety
of ages and dance styles.

thrivedance.ca



thrive

verb

to grow, develop, succeed. it is to prosper; to flourish.
to be your best self



THRIVE THROUGH SUMMER 2022

Thrive's 8 WEEK SUMMER SEMESTER
July 5th - August 25th.

Nothing extra, nothing less- Simply
classes week after week for your child
to connect, grow, flourish and THRIVE!

Can't wait to see you there!

COMPETITIVE AUDITIONS FOR 21/22 SEASON

Sunday, June 5th

ONLINE REGISTRATION LIVE 22/23 SEASON

MONDAY, JUNE 27th

*If you wish to book an in-person
appointment please email the
office

Registration Days (in person):
June 27th, 28th & 29th

CLASS SCHEDULE

	TUESDAY					WEDNESDAY				
	Studio A	Studio B	Studio C	Studio D	Studio E	Studio A	Studio B	Studio C	Studio D	Studio E
2:30										
2:45										
3:00										
3:15										
3:30										
3:45	Mini Hip Hop (3:45-4:45)									
4:00		Silks Session (4:00-4:30)		Intermediate / Lower Div. Tap (4:00-5:00)						
4:15										
4:30		Silks Session (4:30-5:00)								
4:45	Primary Hip Hop (4:45-5:15)									
5:00		Silks Session (5:00-5:30)	Radar 1 (5:00-6:00)							
5:15			Junior / Intermediate (5:30-6:00)	Primary/Mini Tap (5:15-6:00)						
5:30	Preschool Hip Hop (5:30-6:00)									
5:45		Silks Session (5:30-6:00)								
6:00	Junior Hip Hop (6:00-7:00)	Adult Silks (6:00-7:00)	Adult Tap (6:00-7:00)	Radar 2 (6:00-7:00)						
6:15				Lower Div / Upper Div. (6:00-7:00)						
6:30										
6:45										
7:00		Silks Session (7:00-7:30)	Adult Dancefit (7:30-8:00)	Radar 3 (7:00-8:00)	Lower Div. / Upper Div. (7:00-8:00)					
7:15				Company 1 +2 (7:00-8:00)						
7:30		Silks Session (7:30-8:00)								
7:45										
8:00					Company 1+2 (8:00-9:00)					
8:15										
8:30										
8:45										
9:00										
9:15										

	THURSDAY				
	Studio A	Studio B	Studio C	Studio D	Studio E
2:30	Tot ballet (2:30-3:00)	Primary Ballet (2:30-3:15)	Preschool Ballet (2:30-3:15)	Junior / Intermediate (2:45-3:15)	Lower Div. / Upper Div. Jazz (2:30-3:30)
2:45					
3:00	Tot Dance (3:00-3:30)	Primary Dance (2:30-3:15)	Preschool Dance (2:30-3:15)	Ballet (2:45-3:15)	
3:15					
3:30	Mini / Junior (3:30-4:00)	Adventures (3:15-4:00)	Adventures (3:15-4:00)	Pre-pointe (3:15-4:00)	Company 1+2 Jazz (3:30-4:30)
3:45	Musical Th (3:30-4:00)				
4:00	Intermediate (4:00-4:30)	Mini Ballet (4:00-4:45)			
4:15	Musical Th (4:00-4:30)				
4:30	Lower Div / Upper Div. (4:30-5:00)		Tot Ballet (4:30-5:00)		Junior / Intermediate Jazz (4:30-5:15)
4:45	Musical Theatre (4:30-5:30)	Mini Dance (4:45-5:30)	Tot Adventures (5:00-5:30)	Pointe Level 1 (5:00-5:30)	
5:00					
5:15					
5:30				Lower Div. / Upper Div. Ballet (5:30-6:30)	Company 1 + 2 Musical Theatre (5:30-6:30)
5:45					
6:00					
6:15				Pointe level 2 (6:30-7:00)	
6:30					
6:45					
7:00				Company Ballet (7:00-8:00)	
7:15					
7:30					
7:45					
8:00				Pointe Level 3 (8:00-8:30)	
8:15					
8:30					
8:45					

TOT	*Combined classes are color coded to the highest level
PRESCHOOL	Example Mini / Junior level class is highlighted dark purple
PRIMARY	
MINI	
JUNIOR	
INTER	
LOWER	
UPPER	
COMPANY 1+ 2	



LEVELS:

*All leveling is approximate and does not take into consideration previous training. If you are new to Thrive please contact the office for placement clarification before registration

Tot - 2-3yrs

Preschool- 3/4 yrs

Primary 5/6 yrs

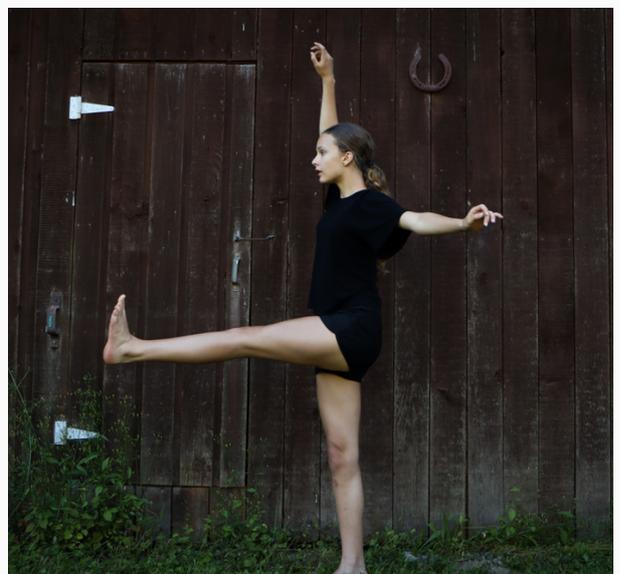
Mini - 6-8 yrs

Junior - 7-9 yrs

Intermediate - 9-11yrs

Lower Division / Upper Division - 11-14 yrs

Company 1/2 - 13+ (and director approval)



Tuition & Payments

TUITION:

- *Payments are accepted via credit card, connect with us for alternate payment options
- *Monthly Tuition charges will be completed on July 2nd & August 2nd.
- *NO registration fees for summer programs
- *Any registration changes must be made prior to June 30th to avoid incorrect charges on account.
- *NO refunds or make ups for any missed classes.
- *NO tuition refunds after first week of each month



TOTAL LENGTH OF CLASSES PER WEEK	SUBTOTAL	TOTAL COST (including GST) PER MONTH
30 minutes	\$35.00	\$36.75
45 minutes	\$45.00	\$47.25
1 hour	\$55.00	\$57.75
1.25 hours	\$65.00	\$68.25
1.5 hours	\$75.00	\$78.75
1.75 hours	\$85.00	\$89.25
2 hours	\$95.00	\$99.75
2.25 hours	\$105.00	\$110.25
2.5 hours	\$115.00	\$120.75
2.75 hours	\$125.00	\$131.25
3 hours (2% DISCOUNT)	\$132.30	\$138.92
3.25 hours	\$142.10	\$149.21
3.5 hours	\$151.90	\$159.50
3.75 hours	\$161.70	\$169.79
4 hours	\$171.50	\$180.08
4.25 hours	\$181.30	\$190.37
4.5 hours	\$191.10	\$200.66
4.75 hours	\$200.90	\$210.95
5 hours (5% DISCOUNT)	\$204.25	\$214.46
5.25 hours	\$213.75	\$224.44
5.5 hours	\$223.25	\$234.41
5.75 hours	\$232.75	\$244.39
6 hours	\$242.25	\$254.36
6.5 hours	\$261.25	\$274.31
7 hours	\$280.25	\$294.26
7.5 hours	\$299.75	\$314.74
8 hours	\$318.25	\$334.16
8.5 hours	\$337.25	\$354.11
9 hours	\$356.25	\$374.06
9.5 hours	\$375.25	\$394.01
10+ hours (8% DISCOUNT) (UNLIMITED CLASSES)	\$381.80	\$400.89

Class Requirements for 22/23 Season Competitive Students

Any student (with the exception of adults, primary and mini levels-although strongly encouraged) intending on competing as soloist, duo partner, trio, or group in our 2022/23 season is required to participate in Thrive's summer programs to a certain degree. See below.

- Anyone competing must take the according dance style that they are competing in ie: dancer wants to compete in lyrical must take lyrical class in Summer Semester.
- 'Radar' class is required for all competitive dancers other than acro and hip hop if they are to take only these forms of dance.
- Competitive Acro students must take an acro class in Summer Semester.
- Competitive Hip hop Students must take a Hip hop class in Summer Semester.

Other Notes:

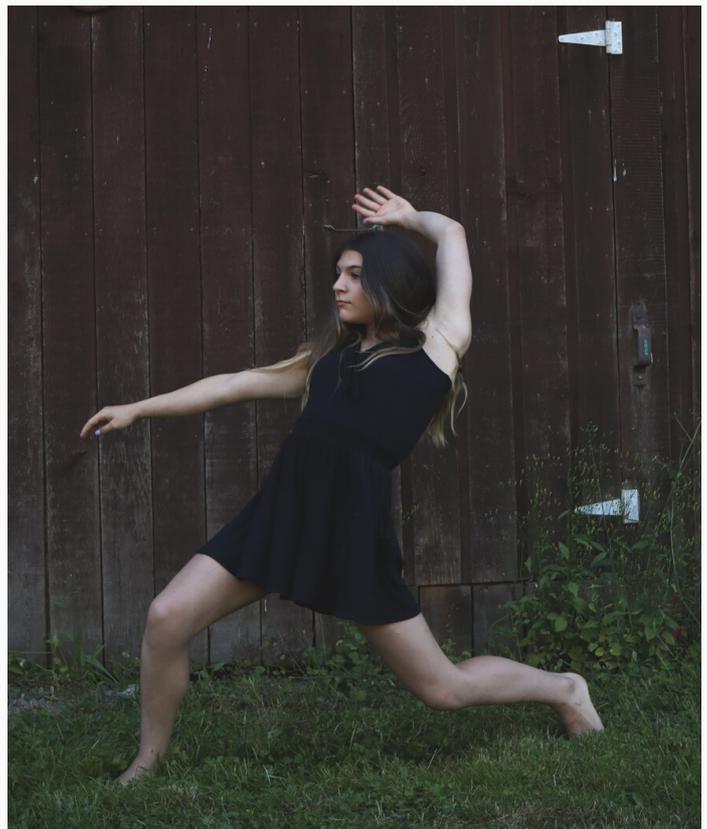
If a child cannot attend due to illness or other reasons, they are more than welcome to zoom their classes.

All competitive students must have previously received permission and/or auditioned in order to be a competitive student.

If you are interested in learning more about our competitive program please don't hesitate to contact us!

“Dancing is creating a sculpture that is visible only for a moment.”

-Erol Ozan



What to Bring & Wear

GENERAL- Our preference is that everyone wears Thrive gear for their classes. If you do not own Thrive gear and would like to wait until closer to fall to make the investment, black athletic clothing is preferable.

- Hair must be pulled back out of face
- Water bottle
- If multiple hours bring nut free, no spill snack

BALLET- Black body suit, ballet tights, ballet shoes, hair in bun

POINTE/PRE POINTE - Ballet attire, pointe shoes, pre-pointe book (can purchase from office \$5), theraband (can purchase from office \$4), golf ball or lacrosse ball (can purchase from office \$2 golf, \$6 lacrosse)

CONTEMPORARY - Thrive gear, toe undies/bare feet/socks, optional knee pads

HIP HOP - Thrive gear (loose t-shirt, sweats/shorts), INDOOR shoes that will not be worn to or from the studio.

ACRO - Form fitting Thrive gear, yoga block, theraband (can purchase from office \$4), book if not purchased (can purchase from office \$5)

SILKS - Form fitting Thrive gear that covers body (leggings, long sleeves).



**“Every day brings a chance
for you to draw in a breath,
kick off your shoes, and
dance”**

-Oprah Winfrey

Class Descriptions

BALLET - Ballet is a beautiful, codified form of dance and a strong foundation for other styles of movement. Ballet technique takes strong commitment to learn and master, and much practice to retain proficiency. Pointe students must enrol in at least one ballet class at their level to register in pointe.

PRE-POINTE - A class for the aspiring pointe dancer. Pre-pointe training ensures that every dancer safely achieves appropriate strength, flexibility, and commitment to getting their shoes. Students must also enrol in at least one ballet class at their level to register.

CONTEMPORARY - Contemporary is an interdisciplinary, expressive form of dance that combines elements of other styles such as (but not limited to) ballet, jazz, and lyrical. Typically contemporary classes deal with the abstract in both form and content. At Thrive, dancers will explore floor work, partner work, and improvisation within each teacher's repertoire. Contemporary is a fresh, innovative, explorative form of dance that builds self-confidence.

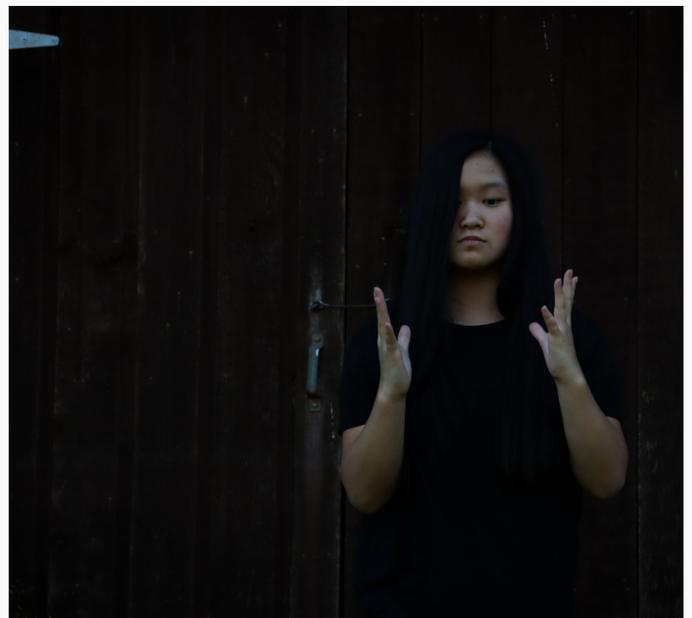
HIP HOP/ HIP HOP FUNDAMENTALS - The form of dance created under the umbrella of Street Dance. Street Dance has many styles including: house, breaking, tutting, hip hop and many more. This class will focus on learning the history of hip hop dance. Where it came from, why it was made, and what styles of dance influenced it. Just like any other forms of dance, Hip Hop has many techniques to learn and perfect. The goal of the class is to constantly learn new movements and to appreciate this exciting dance.

JAZZ - Jazz dance was developed in the United States by African-Americans in the early part of the 20th century. It drew on African rhythms and techniques that isolated various parts of the body in movement. Jazz has now become popular for its 'flashy tricks' and regular appearances in Broadway. Thrive appreciates what the Jazz technique has to offer to our students as they become properly educated in jazz history.

Thrive prides itself in creating **age-appropriate**, challenging routines and teaching our students the true foundational skills of jazz.

TAP - Tap classes are designed to develop rhythm, style and sound. Students will learn a variety of tap styles from Broadway to Rhythm tap. Exercises focus on building flexibility of the knee and ankles, coordination, and speed of movement. The class emphasis is on developing proper tap technique, producing clear tap sounds, and having fun. As students progress through each level curriculum will become increasingly more complex and intricate.

DANCE ADVENTURES CLASSES - Student have the opportunity to explore different forms of dance each week! Varying from acro, lyrical, ballet to hip hop, this class will be one not to miss!



Class Descriptions continued..

LYRICAL - Lyrical is a fusion of ballet and Jazz. Not only do dancers often move to the highlighted lyrics of a song, as the name implies, but also with an expressive, poetic, and musical quality. Lyrical dance is a subtle yet dynamic form of dance challenging technicality and individualism. Thrive's Lyrical classes encourage dancers to access deep personal emotions in order to holistically and honestly portray a given theme. We have seen that lyrical can often be healing to both student and teacher as themes such as "over-coming obstacles", "letting go", and "dreaming big" are explored.

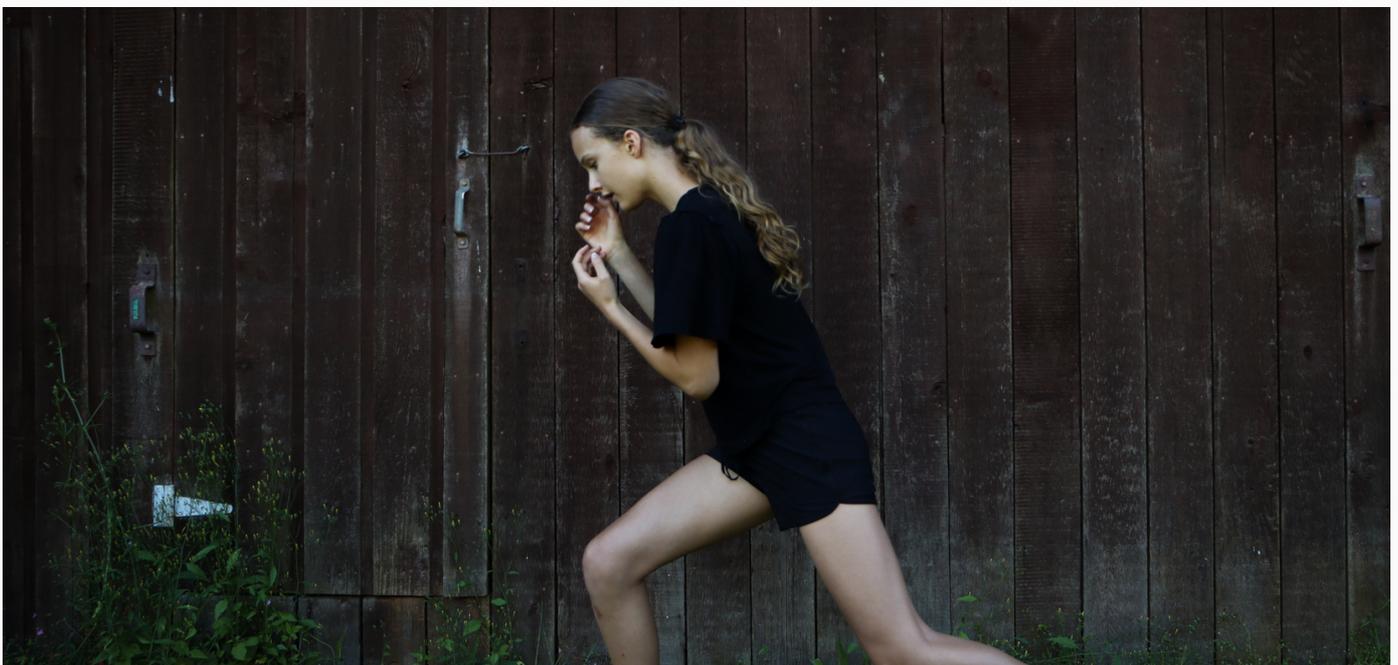
ACRO - This style of dance combines classical dance technique with precision acrobatic elements. It is defined by its athletic character, its unique choreography, which seamlessly blends dance and acrobatics, and its use of acrobatics in a dance context. Thrive prides itself in teaching our students Acro using the prestigious Acrobatic Arts syllabus. The program is based on safe and effective progressions with proven results in five divisions of AcroDance: Flexibility, Strength, Balancing, Limbering and Tumbling.

SILKS - Aerial Silks is a type of performance which one or more artists perform aerial acrobatics while hanging from long pieces of stretch fabric. The acrobats wrap, climb, suspend, fall and spiral into and out of various positions at various heights. Its great for full body toning, as well as being a fun and creative way to improve strength and flexibility, while pushing your limits and challenging yourself at the same time.

ADULT DANCEFIT - A fitness-based class where the music won't stop and neither will you! Have fun exploring different forms of dance through exercise.

RADAR TECHNIQUE - Learn how to safely build your dance technique and skills catalogue! Troubleshooting and analysis, games and drills for all levels, pirouettes, kick turns, rhythmic gymnastic skills, jumps and leaps, and conditioning!

PRIVATE SESSIONS - Book a private session with one of our awesome teachers to brush up on certain skills or if you are a competitive student working on a solo, duo or trio!



HOW TO REGISTER

REGISTRATION FOR SUMMER PROGRAMS OPENS **MONDAY, JUNE 6th**

We will have online registration available through Parent Portals

If you are **new to Thrive please email us with the following information included:

Parent/Guardian full name:

Parent/Guardian phone number:

Parent/Guardian email:

Parent/Guardian address:

Student full name:

Student birthdate:

THRIVE THROUGH THE SUMMER

