

THRIVEDANCE.CA

TDS
THRIVE DANCE
STUDIO

THRIVE DANCE STUDIO'S

*SUMMER
SEASON
GUIDE 2021*

THRIVE THROUGH THE SUMMER

8 WEEK PROGRAMS | VARIETY OF AGES AND STYLES

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thrive

verb

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



THRIVE THROUGH SUMMER 2021

Each summer we offer a diverse program of 1 day camps, 3 day camps, drop ins, workshops, intensives, you name it! This year our largest request was for consistency in your children's lives- We hear you!! This past year has been like no other! We have had to adapt as we go and our Thrivers have been unbelievable at shifting gears when necessary for the studio and for their own personal lives.

Introducing
Thrive's 8 WEEK SUMMER SEMESTER
July 6th - August 26th.

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

Monday, June 21st

*Registration for auditions opens
May 10 please call 778 366 0796

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VIRTUAL REGISTRATION DAYS FOR 21/22 SEASON

Monday, June 21st - Friday,
June 25th
3:30-7:30

*Please call the office to make a
virtual appointment on your
specified day. We will start taking
appointments May 10th.

CLASS SCHEDULE

TUESDAY

WEDNESDAY

THURSDAY

	Studio A	Studio B	Studio C	Studio D	Studio E	Studio A	Studio B	Studio C	Studio D	Studio E	Studio A	Studio B	Studio C	Studio D	Studio E
2:30	Mini Ballet		Primary 5-6 yrs Dance Adventures		Private Sessions	Private Sessions	Private Sessions		Acro fundamentals 2	Radar 1/2	Private Sessions	Private Sessions	Private Sessions		Private Sessions
2:45	w. Ms. Anika / Caylea		w. Ms. Megan/ Anika		Private Sessions	Private Sessions	Private Sessions				Private Sessions	Private Sessions	Private Sessions	Acro Open gym 1 6-8yrs	Private Sessions
3:00			Primary Ballet 5-6 yrs	Junior/ Inter Jazz tech	Private Sessions	Private Sessions	Private Sessions				Private Sessions	Private Sessions	Private Sessions	w. Ms Caylea	Private Sessions
3:15	Mini Adventures of dance		w. Ms. Megan/ Anika	w. Mrs. Loni	Private Sessions	Private Sessions	Private Sessions				Private Sessions	Private Sessions	Private Sessions		Private Sessions
3:30	w. Ms. Anika / Caylea				Private Sessions	Private Sessions	Private Sessions	Acro fundamentals 1	Radar 2 / 3	Radar 2 / 3	Private Sessions	Prim / mini Lyrical 6-8yrs	Private Sessions		Upper/company Hip Hop Fundamentals
3:45					Private Sessions	Private Sessions					Private Sessions	w. Ms Caylea	Private Sessions		w. Mr. Micheal
4:00	Tot Ballet 2-3 yrs	Primary Ballet 3-4 yrs	Pre-pointe	Pointe level 1	Advanced Tap	Private Sessions	Private Sessions				Private Sessions	Private Sessions	Private Sessions	Primary / Mini jazz 6-8yrs	
4:15	w. Ms. Megan/ Anika	w. Ms. Caylea	Mrs. Krystal / Mrs. Danielle	Mrs. Krystal / Mrs. Danielle	w. Mrs. Loni	Private Sessions					Private Sessions	Private Sessions		w. Ms. Julia	
4:30							Tot Bop w. Ms. Caylea			Company Contemporary	Private Sessions	Radar 1	Primary Hip hop (5-6yrs)		
4:45				Junior / Inter ballet	Pointe level 2/3	Mini Tap w. Mrs. Loni		Private Sessions	Private Sessions		Private Sessions	w. Ms Caylea	w. Mr. Micheal	Stretch + Strength Level 2	
5:00	Tot Dance Adventures	Primary 3-4 yrs Dance Adventures		w. Mrs. Danielle	w. Mrs. Krystal			Private Sessions	Private Sessions	w. Ms. Milaina	Private Sessions	Acro Open Gym 2		w. Ms. Julia	Mini Hip Hop
5:15	w. Ms. Megan/ Anika	w. Ms. Caylea				Primary Tap 3-4 yrs w. Mrs. Loni	Junior/ Inter Contemp w. Ms. Caylea				Private Sessions	w. Ms Caylea			w. Mr. Micheal
5:30								Upper Contemporary			Private Sessions		Upper / comp Jazz tech		
5:45		Stretch & strength Level 1		Company Ballet	Upper Ballet			Primary tap (5-6 yrs)	w. Ms. Milaina		Private Sessions	Primary Ballet 5-6 yrs		w. Ms. Julia	
6:00	Adult Tap	w. Ms. Caylea		w. Mrs. Krystal	w. Mrs. Danielle	Primary Hip hop (3-4yrs)		w. Mrs. Loni			Private Sessions	w. Ms Caylea			Junior/Inter Hip Hop Fundamentals
6:15	w. Mrs. Loni					w. Ms. Caylea	Junior/ Inter Tap							w. Mr. Micheal	
6:30							w. Mrs. Loni	Private Sessions		Upper / comp Combo Class		Acro Open Gym 3			Upper / Comp Ballet
6:45		Adult combo class						Private Sessions		w. Ms. Milaina		w. Ms Caylea			w. Ms. Julia
7:00		w. Mrs. Loni		Upper Lyrical	Company Lyrical		Private Sessions	Private Sessions							
7:15				w. Mrs. Danielle	w. Mrs. Krystal										

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 - 18months-2 yrs

Primary 3/4 years + 5/6 years

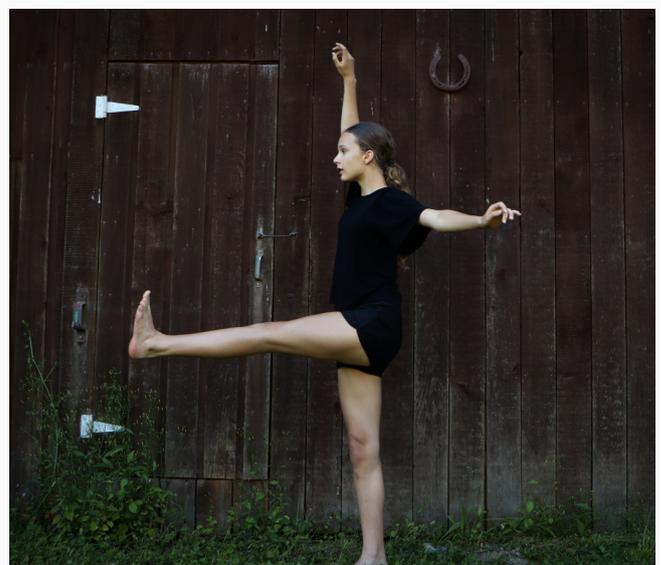
Mini - 6-8 yrs

Junior - 7-9 yrs

Intermediate - 9-11yrs

Upper Division - 12-14 yrs

Company - 13+ (and director approval)



Tuition & Payments

TUITION:

- *Payments are accepted via credit or E-Transfer
- *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.



TOTAL LENGTH OF CLASSES PER WEEK	SUBTOTAL	TOTAL COST (including GST) PER MONTH
30 minutes	\$22.50	\$23.63
45 minutes	\$33.75	\$35.44
1 hour	\$45.00	\$47.25
1.25 hours	\$56.25	\$59.06
1.5 hours	\$67.50	\$70.88
1.75 hours	\$78.75	\$82.69
2 hours (2% DISCOUNT)	\$88.20	\$92.61
2.25 hours	\$99.22	\$104.18
2.5 hours	\$110.25	\$115.76
2.75 hours	\$121.28	\$127.34
3 hours (5% DISCOUNT)	\$128.25	\$134.66
3.25 hours	\$138.94	\$145.89
3.5 hours	\$149.63	\$157.11
3.75 hours	\$160.31	\$168.33
4 hours	\$171.00	\$179.55
4.25 hours	\$181.69	\$190.77
4.5 hours	\$192.38	\$201.99
4.75 hours	\$203.06	\$213.21
5 hours (10% DISCOUNT)	\$202.50	\$212.63
5.25 hours	\$211.63	\$222.21
5.5 hours	\$222.75	\$233.89
5.75 hours	\$232.88	\$244.52
6 hours	\$243.00	\$255.15
6.5 hours	\$263.25	\$276.41
7 hours	\$283.50	\$297.68
7.5 hours	\$303.75	\$318.94
8 hours	\$324.00	\$340.2
8.5 hours	\$344.25	\$361.46
9 hours	\$364.50	\$382.73
9.5 hours	\$384.75	403.99
10+ hours (12% DISCOUNT) (UNLIMITED CLASSES)	396.00	415.80 (CAP)

Class Requirements for 21/22 Season Competitive Students

Any student (with the exception of adults) intending on competing as soloist, duo partner, trio, or group in our 2021/22 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 students ages 4-6 yrs do not need to take radar.
- Competitive Acro students must take acro fundamentals
- Competitive Hip hop Students must take Hip hop Fundamentals in Summer Semester.

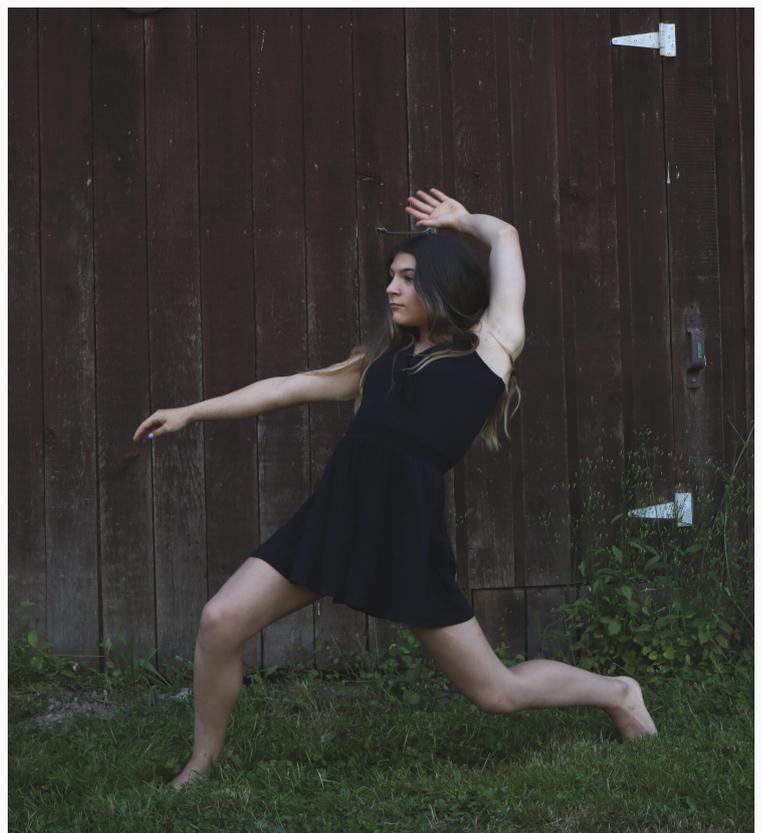
Other Notes:

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
- Waterbottle
- 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, 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)

STRETCH + STRENGTH - Form fitting Thrive gear, own yoga mat, golf ball or lacrosse ball

- Participants in Monday Tot ballet and Tot Dance Adventures bring small nut-free, spill-free snack for 15 minute break.
- Participants in Monday Primary Ballet 3/4 and Primary Dance Adventures bring small nut-free, spill-free snack for 15 minute break.



**“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.

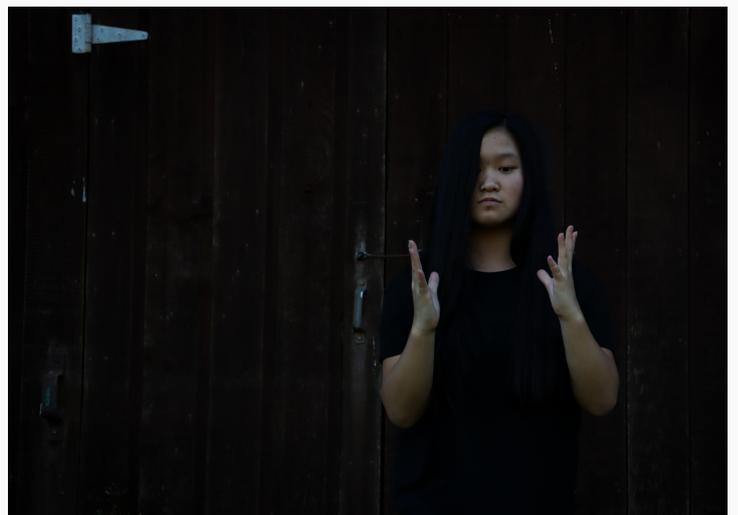
TOT BOP - Get your tots moving in this hip hop based class. They will explore the very beginning fundamental skills of hip hop through fun, imaginative activities.

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 FUNDAMENTALS - 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.

COMBO CLASS - Each week a different style combo for students to embrace and practice their skills of learning choreography!

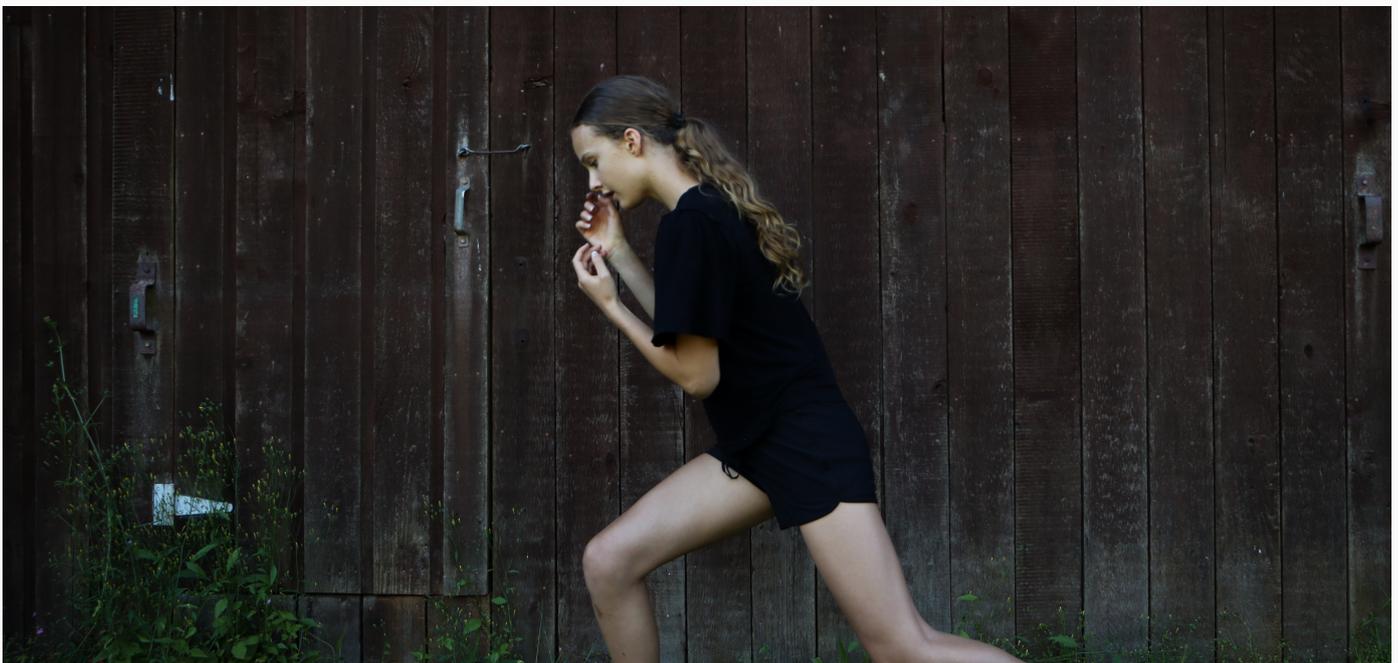
ADULT COMBO CLASS - A fitness-based class where the music won't stop and neither will you! Have fun exploring different forms of dance through exercise.

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!

STRETCH + STRENGTH - Exactly what it sounds like! All things stretching and strengthening through a variety of codified techniques such as Alixa flexibility, pilates, yoga, and more!

OPEN GYM - Students have the opportunity to practice acrobatic skills either that are recommended for them to drill or by their choice. Staff will provide feedback and assistance if necessary.

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!



COVID PROCEDURES

PARKING + DROP OFFS

All Thrive parking stalls directly in front of our studio entrance will be used for DROP OFF'S only. In this situation, parents with young children are asked to stand in a distanced entrance line shown by our cones so that you may ensure that your child gets to the right place safely within the Lobby. Unless parents are asked to enter the premises or need to help their young child put on their shoes, we ask that you do not enter the premises and leave at the door once your child has entered and you have confirmed that you have filled out your Daily Waiver.

If you have entered the lobby with your child, your temperature will be taken, hand sanitizer administered and you will be asked to exit following one way traffic flow arrows out the back door.

All students that are not accompanied by their parents will also line up at the door and will be asked if their parent/guardian has filled out their Daily Waiver.

*Please read COVID protocol page and review our demo video released in the fall for more details on check ins and outs.

For all pickup's, parents are asked to park in the Big Box parking lot just west of our building and walk the short distance to the studio to connect with students at the backdoor. If it is dark, we ask that no students walk on their own towards Big Box. Please either come walk with them or feel free to park in the normal front lot.

*Students are asked to arrive a **maximum** of 5-8 minutes early to give a little extra time for parking, preparation and check in while ensuring lower congestion between class times.

Our parking lot is a shared space and in order to ensure safety for everyone we ask that you slow down while entering and exiting the building, stick to sidewalks, crosswalks and lower speeds while in the parking lots.

Please be mindful towards our neighbouring businesses and limit parking to stalls that are labelled "Thrive" during drop off. Parking in Redline or Prairie Coast spots is allowed as long as we ensure that we only use them outside of their business's hours which are posted on all the external walls of the buildings.



COVID PROCEDURES CONTINUED..

CHECK IN/OUTS + NOTES

These are our current guidelines based on recommendations set out by Fraser health and are subject to change. Please check out our Check In video on YouTube: "Covid Protocols Studio Tour"

<https://www.youtube.com/watch?v=HUMOC8kGcx4&t=3s>

CHECK IN /OUT PROCEDURE

- Our Covid waiver and liability form must be filled out for EACH DAY your child attends the studio. Forms are available to submit online, by scanning the QR code outside of our building or by filling out paper form in lobby.
- All students must be dropped off at front entrance 5-8 min prior to class only
- All students above the age of 4/anyone entering the facility, must wear a mask while waiting in line, entering lobby, and making their way to their designated studio. As of January 2021, masks are required for all Junior level students and up to wear in class. All younger students MUST bring one with them for use when prompted by teacher regardless of age. Staff will always give students mask breaks however, students should monitor themselves and ask for mask breaks if necessary.
- Enter lobby using markings/cones to stay evenly spaced apart. Use hand sanitation systems upon entry.
- Parents entering with their children (Parent and tot classes, extenuating circumstances, emergencies) will be asked to follow traffic patterns and exit out back doors.
- Students will be brought into class using markings to direct traffic. Place one personal small sized bag in delegated space in the studio.
- At the end of class students will collect personal items follow traffic patterns to exit out the backdoors.
- Pickup will be organized at backdoors 2-5 min after each class. Young students will only be released to parents directly. Please do not ask your young child to find you in the lot or search for you. This is a safety concern. Please come forward and make eye contact or give a wave to the designated Thriver that is checking out your child near the back door. If you are not there for pick up your child will be brought to the front lobby to wait. Please do your best to be on time for pick ups and we will do our best to get them out there to you!

General Notes and recommendations for Students / Parents:

- We ask that all students try to use bathroom facilities at home as much as possible. Families with younger ones: please make it part of your routine to go before dance at home!
- We ask that dancers arrive ready to dance without having to change into dance clothes. Dance attire requirements have been adjusted to allow for easy transitions between classes for those that have multiple forms of dance.
- We ask that each student bring a small sized bag for personal items. No large luggage etc.
- We ask that each student bring their own pre-filled water bottle to class with them. We recommend students that are taking more than one class to bring a spare just in case. We ask that dancers do not rely on studio water.
- Students should refrain from handling and using cellphones at the studio. Emergencies only.
- Students are encouraged to eat before/after class outside or in vehicles when possible. Students attending long dance days will be asked to sit in designated areas; sanitize their hands before and after, and take their personal items including garbage home with them.

We are doing our very best to keep everyone safe and dancing! If you have any questions regarding our Covid procedures, cleaning etc. do not hesitate to contact us!

HOW TO REGISTER

REGISTRATION FOR SUMMER PROGRAMS OPENS **WEDNESDAY, MAY 26TH**

EMAIL US TO REGISTER thrivedancestudio@gmail.com

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:

