



## **SaskExpress Studio 2018-2019 Class Information**

*Music. Theatre. Passion. Igniting the creative talents of young performers.*

Founded in 1997, the SaskExpress Studio - Regina, has offered an array of performance, dance, and singing classes for students of all ages and levels for over 20 years. In addition to being the proud home of the SaskExpress Theatre Company and the SaskExpress Mini Express & The Expressions, we offer both competitive and non-competitive programming for all styles of musical theatre and dance, as well as Canadian Dance Teachers' Association (CDTA) and ballet exam classes. Our classes are taught by a team of dedicated instructors who love sharing their passion for the performing arts with our students. If you are looking for a top-notch triple threat performing arts program, you've come to the right place!

### **Our Mandate:**

Our studio provides an inclusive, welcoming, and family-friendly environment for students of all ages and levels of experience. We believe that training in the performing arts encourages self-confidence, ambition, teamwork, creativity, and perseverance. We are highly invested in the growth of each of our students, and we feel fortunate to have the opportunity to be apart of their development as both young individuals and performers.

We are located across the street from the west end of the beautiful Les Sherman park in the Cathedral area, conveniently located near Harbor Landing. We have accessible parking and a comfortable in-studio waiting area for parents.

## 1. Recreational Program

Our recreational program offers students of all ages the opportunity to experience dancing and singing classes from a team of educated and qualified instructors. Students attend class on a weekly basis and perform in our year-end recital in June. Additional highlights include performances in our annual Christmas Cheer Week, as well as participation in a variety of studio-wide events throughout the year. These classes are well suited for dancers who enjoy dance classes on a recreational basis, or performers who are looking for an introduction to the performing arts.

Class Level	Age Guideline
Level 1	2.5-4 years old
Level 2	5-7 years old
Level 3	8-11 years old
Level 4/5	12+ years old

### **Ballet/Tap Combo**

***Level 1: One 30-minute class per week (September – June)***

***Level 2: One 45-minute class per week (September – June)***

Our ballet/tap combo classes provide our youngest students with an encouraging and welcoming learning environment for their first steps in dance. Imagination-based learning techniques are integrated with the basics of dance to create a collaborative learning space where our students can experience movement, rhythm, and new friendships.

For detailed attire requirements, please see our *Studio Attire Requirements*.

#### **Attire (Girls):**

- Ballet slippers, tap shoes, leotard, tights, and skirt (optional)
- Hair pulled neatly off the face

#### **Attire (Boys):**

- Ballet slippers, tap shoes, and fitted dance clothes

### **Acro/Jazz Combo**

***Level 1: One 30-minute class per week (September – June)***

***Level 2: One 45-minute class per week (September – June)***

Our acro/jazz combo classes are well suited for beginner level dancers who are interested in both the fundamentals of basic acrobatics and dance. Interactive instruction creates an engaging environment where our students can learn the foundations of movement, tumbling, and stretching.

For detailed attire requirements, please see our *Studio Attire Requirements*.

#### **Attire (Girls):**

- Tan jazz shoes, leotard, and tights
- Hair pulled neatly off the face

#### **Attire (Boys):**

- Black jazz shoes, fitted dance clothes

## **Musical Theatre**

***Level 1: One 45-minute class per week (September – June)***

***Level 2-5: One 60-minute class per week (September – June)***

Inspired by the SaskExpress Theatre Company, our musical theatre classes combine the fundamentals of character development, vocal technique, and dance, providing young performers with a dynamic introduction to the performing arts. Our class strategy for younger students integrates singing and dancing with creative exercises that foster imagination, motor skill development, confidence, and musicality. Older classes experience comprehensive triple threat training by learning vocal theory, more challenging dance progressions, and storytelling techniques.

For detailed attire requirements, please see our *Studio Attire Requirements*.

### **Attire (Girls):**

- Tan jazz shoes, fitted dance clothes
- Hair pulled neatly off the face

### **Attire (Boys):**

- Black jazz shoes, fitted dance clothes

## **Hip Hop**

**Level 2 – 5**

***One 45-minute class per week (September – June)***

Experience a fun and active class environment with our introduction to hip hop. Students develop coordination and musicality by learning different styles of choreography to today's most popular Rap, R&B, and Pop.

For detailed attire requirements, please see our *Studio Attire Requirements*.

### **Attire (Girls):**

- White indoor runners, fitted dance clothes
- Hair pulled neatly off the face

### **Attire (Boys):**

- White indoor runners, fitted dance clothes

## **Jazz**

**Level 3 - 5**

***One 45-minute class per week (September – June)***

These classes provide training in jazz technique and terminology in an energetic and dynamic class setting. Our instructors develop creative class plans that incorporate the fundamentals of ballet with an emphasis on performance, stretching, stamina, and interpretation of music.

For detailed attire requirements, please see our *Studio Attire Requirements*.

### **Attire (Girls):**

- Tan jazz shoes, fitted dance clothes
- Hair pulled neatly off the face

### **Attire (Boys):**

- Black jazz shoes, fitted dance clothes

## **Tap**

### ***Level 3 - 5***

#### ***One 45-minute class per week (September – June)***

A percussive form of dance teaching tap technique and terminology in a captivating class setting. Students explore musicality through an understanding of beats and counting, and different elements of rhythm and syncopation.

For detailed attire requirements, please see our *Studio Attire Requirements*.

#### **Attire (Girls):**

- Tap shoes, fitted dance clothes
- Hair pulled neatly off the face

#### **Attire (Boys):**

- Black laced tap shoes, fitted dance clothes

## **Ballet**

### ***Level 3 – 5***

#### ***One 45-minute class per week (September – June)***

A classical style of dance that focuses on poise, technique, fluidity, and form, providing the foundation for most styles of dance. Students develop more advanced technical skills through barre work, centre exercises, and stretch.

For detailed attire requirements, please see our *Studio Attire Requirements*.

#### **Attire (Girls):**

- Ballet shoes, leotard, tights, and skirt (optional)
- Hair pulled neatly off the face

#### **Attire (Boys):**

- Black ballet shoes, fitted dance clothes

## **Lyrical**

### ***Level 4/5***

#### ***One 45-minute class per week (September – June)***

Offered to the ballet students in our recreational program, lyrical combines both ballet and jazz fundamentals with an emphasis on emotive storytelling and fluid movement. These classes shape movement quality and musicality through an increased emphasis on body awareness, use of space, and breath.

For detailed attire requirements, please see our *Studio Attire Requirements*.

#### **Attire (Girls):**

- Tan jazz shoes, fitted dance clothes
- Hair pulled neatly off the face

#### **Attire (Boys):**

- Black jazz shoes, fitted dance clothes

## 2. Competitive Program

Our competitive program offers comprehensive and dynamic training with an emphasis on technique and teamwork. The competitive program is well suited for students looking for a more challenging and structured class environment, or students who are training to prepare for future advancements within the performing arts. Our team of educated instructors integrates their expertise with the Canadian Dance Teachers' Association (CDTA) and Royal Academy of Dance (RAD) syllabi to offer both innovative instruction and technical examinations. Students attend class on a weekly basis, attend three local dance competitions, and perform in our year-end recital in June. Additional highlights include performances in our annual Christmas Cheer Week, as well as participation in a variety of studio-wide events throughout the year. Competitive students are also eligible to perform a competitive solo, duo, or trio in the style of dance class(es) they are enrolled. Competitive students will also have the opportunity to sign-up for our studio's Production, a musical theatre show quality piece including SaskExpress current students, teachers, and alumni!

**Please Note:** An attendance policy is in effect within our competitive program. For more information on our studio policies and procedures, please see our *Studio Code of Conduct*.

**Please Note:** Ages are approximate; placement is based on technical level and the discretion of the studio directors.

Class Level	Age Guideline
Beginner	5-8 years old
Novice	7-11 years old
Intermediate	10-14 years old
Senior	13+ years old
Senior Advanced	15+ years old

### **Musical Theatre**

#### ***Beginner, Novice, Intermediate/Senior***

#### ***One 60-minute class per week (September – June)***

Inspired by the SaskExpress Theatre Company, our musical theatre classes combine the fundamentals of character development, vocal technique, and dance, providing young performers with a dynamic introduction to the performing arts. Our class strategy for younger students integrates singing and dancing with creative exercises that foster imagination, motor skill development, confidence, and musicality. Older classes experience comprehensive triple threat training by learning vocal theory, more challenging dance progressions, and storytelling techniques.

#### **Class Requirements:**

- All competitive musical theatre students must register for the associated vocal technique class. Please contact [studio@saskexpress.com](mailto:studio@saskexpress.com) for placement.
  - **Please note:** Beginner and Novice students are not required to take the associated vocal technique class.

- An attendance policy is in effect within our competitive program. For more information, please see our *Studio Policies & Procedures*.

For detailed attire requirements, please see our *Studio Attire Requirements*.

**Attire (Girls):**

- Tan jazz shoes, fitted dance clothes
- Hair pulled neatly off the face

**Attire (Boys):**

- Black jazz shoes, fitted dance clothes

**Jazz**

***Beginner, Novice, Intermediate: One 45-minute class per week (September – June)***

***Senior, Senior Advanced: One 60-minute class per week (September – June)***

These classes provide training in jazz technique and terminology in an energetic and dynamic class setting. Our instructors develop creative class plans that incorporate the fundamentals of ballet with an emphasis on performance, stretching, stamina, and interpretation of music.

**Class Requirements:**

- All competitive jazz students must register for the associated competitive ballet, ballet exam, and jazz exam classes. Please contact [studio@saskexpress.com](mailto:studio@saskexpress.com) for placement.
  - **Please note:** Beginner and Novice students are not required to take the associated exam class(es).
- An attendance policy is in effect within our competitive program. For more information, please see our *Studio Policies & Procedures*.

For detailed attire requirements, please see our *Studio Attire Requirements*.

**Attire (Girls):**

- Tan jazz shoes, fitted dance clothes; older students may need black jazz shoes
- Hair pulled neatly off the face

**Attire (Boys):**

- Black jazz shoes, fitted dance clothes

**Tap**

***Beginner, Novice, Intermediate, Senior, Senior Advanced, University***

***One 45-minute class per week (September – June)***

A percussive form of dance teaching tap technique and terminology in a captivating class setting. Students explore musicality through an understanding of beats and counting, and different elements of rhythm and syncopation.

**Class Requirements:**

- All competitive tap students must register for the associated competitive ballet, ballet exam, and tap exam classes. Please contact [studio@saskexpress.com](mailto:studio@saskexpress.com) for placement.
  - **Please note:** Beginner and Novice students are not required to take the associated exam class(es).
- An attendance policy is in effect within our competitive program. For more information, please see our *Studio Policies & Procedures*.

For detailed attire requirements, please see our *Studio Attire Requirements*.

**Attire (Girls):**

- Tap shoes, fitted dance clothes
- Hair pulled neatly off the face

**Attire (Boys):**

- Black laced tap shoes, fitted dance clothes

**Hip Hop*****Beginner/Novice******One 45-minute class per week (September – June)***

Experience a fun and active class environment with our introduction to hip hop. Students develop coordination and musicality by learning different styles of choreography to today's most popular Rap, R&B, and Pop.

**Class Requirements:**

- An attendance policy is in effect within our competitive program. For more information, please see our *Studio Policies & Procedures*.

For detailed attire requirements, please see our *Studio Attire Requirements*.

**Attire (Girls):**

- Indoor runners, fitted dance clothes
- Hair pulled neatly off the face

**Attire (Boys):**

- Indoor runners, fitted dance clothes

**Ballet*****Beginner, Novice, Intermediate: One 45-minute class per week (September – June)******Senior: One 60-minute class per week (September – June)******Senior Advanced: One 90-minute class per week (September – June)***

A classical style of dance that focuses on poise, technique, fluidity, and form, providing the foundation for most styles of dance. Students develop more advanced technical skills through barre work, centre exercises, and stretch.

**Class Requirements:**

- All competitive ballet students must register for the associated ballet exam class. Please contact [studio@saskexpress.com](mailto:studio@saskexpress.com) for placement.
  - **Please note: Beginner and Novice students are not required to take the associated exam class.**
- An attendance policy is in effect within our competitive program. For more information, please see our *Studio Policies & Procedures*.

For detailed attire requirements, please see our *Studio Attire Requirements*.

**Attire (Girls):**

- Ballet shoes, leotard, tights, and skirt (optional)
- Hair in a bun

**Attire (Boys):**

- Black ballet shoes and fitted dance clothes

## **Lyrical**

***Intermediate: One 45-minute class per week (September – June)***

***Senior, Senior Advanced: One 60-minute class per week (September – June)***

Lyrical combines both ballet and jazz fundamentals with an emphasis on emotive storytelling and fluid movement, enabling students to discover more advanced patterns of movement. These classes shape movement quality and musicality through an increased emphasis on body awareness, use of space, and breath. Please note: intermediate lyrical may or may not attend competition.

### **Class Requirements:**

- Must have completed at least 2 years of prior competitive jazz and ballet training.
- All competitive lyrical students must register for the associated competitive ballet, ballet exam, competitive jazz, and jazz exam classes. Please contact [studio@saskexpress.com](mailto:studio@saskexpress.com) for placement.
- An attendance policy is in effect within our competitive program. For more information, please see our *Studio Policies & Procedures*.

For detailed attire requirements, please see our *Studio Attire Requirements*.

### **Attire (Girls):**

- Tan jazz shoes or foot thongs, fitted dance clothes
- Hair pulled neatly off the face

### **Attire (Boys):**

- Black jazz shoes, fitted dance clothes

## **Contemporary**

***Senior/Senior Advanced***

***One 90-minute class per week (September – June)***

Designed to connect the body and mind through movement, our competitive contemporary classes push students to further explore the fluidity and artistry of dance. Students further develop skills acquired in lyrical and ballet, and learn to vary the application of these techniques to create picturesque moments in dance and performance.

### **Class Requirements:**

- Must have completed at least 2 years of prior competitive ballet training and 1 year of prior competitive lyrical training.
- All competitive contemporary students must register for competitive lyrical. Please contact [studio@saskexpress.com](mailto:studio@saskexpress.com) for placement.
- An attendance policy is in effect within our competitive program. For more information, please see our *Studio Policies & Procedures*.

For detailed attire requirements, please see our *Studio Attire Requirements*.

### **Attire (Girls):**

- Bare feet, fitted dance clothes
- Hair pulled neatly off the face

### **Attire (Boys):**

- Bare feet, fitted dance clothes



### 3. Performance Groups

#### **The Mini Express & The Expressions**

Inspired by the SaskExpress Theatre Company, these two junior performing groups are one of the most unique triple threat training opportunities offered through our programming. Auditions for the 2018-2019 cast will be held in August. All members sing and dance, but can audition to be featured in certain areas. Throughout the year, cast members learn a dynamic musical theatre style show, explore character development and performance techniques, and perform this show for various audiences in and around Regina. Highlights include an annual Christmas show, Fundraiser show, and school tour. For more information and/or an audition package, please contact [studio@saskexpress.com](mailto:studio@saskexpress.com).

Mini Express	8+ years old (Auditioned)
Expressions	13+ years old (Auditioned)

#### **Requirements:**

- All cast members of the Mini Express & The Expressions must be registered in two studio dance classes and vocal technique. Please contact [studio@saskexpress.com](mailto:studio@saskexpress.com) for placement.
- Due to scheduling conflicts, cast members are not permitted to dance competitively with other dance studios. Out-of-town cast members may be exempt from this policy.

For detailed attire requirements, please see our *Studio Attire Requirements*.

#### **Attire (Girls):**

- Tan jazz shoes, fitted dance clothes
- Hair pulled neatly off the face

#### **Attire (Boys):**

- Black jazz shoes, fitted dance clothes

#### **4. Additional Class Offerings**

##### **Boys' Hip Hop**

***Boys' Hip Hop A (4-7 years old), Boys' Hip Hop B (8+ years old)***

***One 45-minute class per week (September – June)***

Experience a fun and active class environment with our introduction to hip hop, designed specifically for boys who are interested in dance. Students develop coordination and musicality by learning different styles of choreography to today's most popular Rap, R&B, and Pop.

For detailed attire requirements, please see our *Studio Attire Requirements*.

##### **Attire (Boys):**

- White indoor runners, fitted dance clothes

##### **Exam Classes**

***Please contact [studio@saskexpress.com](mailto:studio@saskexpress.com) for class offerings and placement.***

***One 45-60 minute class per week (September – June)***

Exam classes are mandatory for competitive students. Our jazz and tap exam classes teach the Canadian Dance Teachers' Association (CDTA) syllabus, and our ballet exam classes teach the Royal Academy of Dance (RAD) syllabus. Students learn an examination grade from the syllabus within their class; taking the exam is optional. In addition to syllabus work, exam classes include strengthening and flexibility exercises that complement the associated competitive class.

For detailed attire requirements, please see our *Studio Attire Requirements*.

##### **Vocal Technique**

***Please contact [studio@saskexpress.com](mailto:studio@saskexpress.com) for class offerings and placement.***

***One 45-minute class per week (September – June)***

Vocal technique is mandatory for all students enrolled in competitive musical theatre or the Mini Express & The Expressions. Students learn proper singing technique, in addition to basic music theory, performance skills, and self-confidence.

For detailed attire requirements, please see our *Studio Attire Requirements*.

##### **Acrobatics**

***Beginner/Novice/Intermediate, Senior/Senior Advanced***

***One 45-minute class per week (September – June)***

New this year! Our Acrobatics program is based on the Acrobatic Arts syllabus and will prepare students with the strength and flexibility necessary to develop Acrobatics tricks. Our team of instructors emphasizes safe practices, an understanding of the body, and the importance of spotting in the teaching of these new skills.

For detailed attire requirements, please see our *Studio Attire Requirements*.

### **Pre-Pointe/Pointe**

***Please contact [studio@saskexpress.com](mailto:studio@saskexpress.com) for class offerings and placement.***

***One 45-minute class per week (September – June)***

Offered for advanced competitive ballet students, these classes further strengthen ballet technique in order to transition dancers onto pointe. Both barre work and centre exercises are applied to find a balance between stability and fluidity.

For detailed attire requirements, please see our *Studio Attire Requirements*.

#### **Attire (Girls):**

- Ballet shoes, leotard, tights, skirt (optional)
- Hair in a bun

#### **Attire (Boys):**

- Ballet shoes, fitted dance clothes