

Metropolitan DanCentre and Ballet Academy



The Metropolitan DanCentre and Ballet Academy provides quality dance instruction emphasizing positive self esteem, individual attention and correct technique in an environment that is caring, inspiring and fun.

Summer (8 weeks) Jun 28-Aug 19
(Can prorate up to 1 week at registration)

DanCentre Session Classes

Wee Dancer (2-3 years, 30 minutes)

Little ones are introduced to dance through creative movement exercises, songs & games. Equipment such as rhythm sticks, scarves, beanbags are also used to enhance the experience.

Tues 5:00-5:30 pm

Wed 10:00-10:30 am

Thurs 10:00-10:30 am

Preschool (3-5 years)

Introduction to dance. A combination of dance steps and sing-along songs are used to develop motor and rhythm skills in a fun environment.

Pre-Ballet (3-5 years, 45 minutes)

Wed 10:30-11:15 am

Pre-Tap/Pre-Ballet Combo (3-5 years, 1 hour)

Tues 5:30-6:30 pm

Wed 5:00-6:00 pm

Thurs 10:30-11:30 am

Ballet, Tap, Jazz and Hip Hop (45 minutes)

K-1st

Ballet

Tues 6:30-7:15 pm

Jazz

Wed 5:15-6:00 pm

Thurs 5:45-6:30 pm

Ballet/Tap Combo (1 hour)

Tues 5:30-6:30 pm

Wed 6:00-7:00 pm

1st-3rd

Boys Hip Hop

Wed 4:00-4:45 pm

2nd-4th

Hip Hop

Thurs 5:45-6:30 pm

Jazz

Wed 7:00-7:45 pm

Ballet

Tues 6:30-7:15 pm

Ballet/Tap Combo (1 hour)

Wed 6:00-7:00 pm

4th-6th

Boys Hip Hop

Wed 4:45-5:30 pm

5th-8th

Hip Hop

Wed 6:15-7:00 pm

Tap

Wed 5:30-6:15 pm

Ballet

Wed 7:45-8:30 pm

Jazz

Wed 7:45-8:30 pm

High School

Hip Hop

Wed 7:00-7:45 pm

Tap

Wed 7:45-8:30 pm

Ballet Academy Courses

Ages 12 and Up and High School

Level 3/4

Thurs 5:00-6:00 pm

Level 5/6

Thurs 6:00-7:00 pm

Level 7/8

Thurs 7:00-8:00 pm

Level 7/8 Pointe

Thurs 8:00-8:30 pm

Specialty Courses

(Requires Director Approval)

12 and Up

Modern

Tues 5:30-6:30 pm

Leaps and Turns

Tues 4:30-5:30 pm

Cost: (per 8-week session, can prorate up to 1 week):

Hours	1/2	3/4	1	1 1/4	1 1/2	2	2 1/2
Fitness Members	\$84	\$96	\$112	\$120	\$146	\$162	\$178
Program & Tennis Members	\$90	\$109	\$120	\$130	\$154	\$178	\$186

Metropolitan DanCentre Company Intensive Courses

(Dance Director approval required)

Dancers will improve their technique and sharpen their performance skills with this intensive. We will have several exciting guest teachers for these workshops. The areas of study will include Ballet, technique including leaps and turns, Hip-Hop, Lyrical, Contemporary and Tap. This will be an incredible week of dance. Mandatory one week session, dancers will have a lunch break.

Students are required to bring their lunch daily.

Sessions: Jun 21, Aug 9

Times: Mon-Thurs 9:30 am-3:00 pm

Costs (1 week session)

Fitness Members \$180
Program & Tennis Members \$189

Jazz and Hip Hop Intensive (Ages 9 and Up)

Come join us for some focused jazz and hip hop training this summer. This course is from 9:45 am-12:00 pm, Monday-Thursday. Your child will work on jazz technique including leaps and turns as well as the latest hip hop moves. This is a great way to enhance your jazz and hip hop skills this summer.

Jul 19 Mon-Thurs 9:45 am-12:00 pm

Cost (4-day session)

Fitness Members \$90
Program & Tennis Members \$96



SUMMER DANCE

Ballerina Princess Dance Camp Ages 4-7

Have a great time this summer with our Ballerina Princess Camp. This camp meets Monday-Thursday from 9:30-11:30 am. During that time, children will enjoy fun dance classes with a twist. In addition to dance we will celebrate with activities, crafts, books and more. We will conclude with a special performance for the parents.

Sessions (one week)

Ages 4-7

Mon-Thurs 9:30-11:30 am

Jun 14 Jul 12 Jul 25 Aug 16

Cost (per week):

Fitness Members \$95
Program & Tennis Members \$105

