



Sound in Motion -Group Class Schedule (v2 -updated Sept. 1st)

September 2017 – May 2018

(519) 913-2353
 soundinmotionstudio@gmail.com
www.soundinmotionstudio.com
 1444 Glenora Drive, London, ON. N5X 1V2

Monday		Tuesday			Wednesday			Thursday			Friday		Saturday		Sunday
Dance 1	Dance 2	Dance 1	Dance 2	Studio 3	Dance 1	Dance 2	Dance 1	Dance 2	Studio 3	Dance 1	Dance 2	Dance 1	Dance 2	Dance 1	
3:45-4:45 Jazz Senior 1 & 2	3:30-4:00 Acro Pod A 4:00-4:30 Acro Pod B 4:30-5:00 Acro Pod C					3:30-4:30 Ballet RAD Intermediate Foundation Senior 5	4:00-5:00 Ballet Senior 4					3:30-4:30 Tap Senior 3			
		3:45-4:15 Acro Pod D									NEW! 4:00-4:30 Acro Pod H				
4:45-5:45 Ballet Lyrical Senior 1 & 2	5:00-5:45 Hip Hop Little Stars Ages 5 & 6	4:15-5:15 Acro Intermediate 1 & 2	4:15-5:15 Ballet Junior 1 & 2		4:30-5:30 Lyrical Senior Advanced*	4:30-5:30 Jazz Senior 2	5:00-5:30 Pointe Senior 2*	4:30-5:30 Hip Hop Intermediate 1 & 2			4:30-5:30 Acro Senior 2 & 3	4:30-5:30 Hip Hop Junior 1 & 2		9:00-9:30 Acro Pod E 9:30-10:00 Acro Pod F	
5:45-6:45 Ballet Junior 3	5:45-6:45 Hip Hop Senior 3 & 4	5:15-6:15 Acro Junior 1 & 2	5:15-6:15 Tap Intermediate 1 & 2		5:30-6:15 Ballet Jazz Combo 2 Little Stars Ages 5 & 6	5:30-6:30 Ballet RAD Grade 5 Senior 3	5:30-6:30 Ballet Intermediate 3	5:30-6:30 Jazz Junior 1 & 2	5:30-6:15 Tap Little Stars Ages 5 & 6	5:30-6:30 Acro Junior 2 & 3	4:30-5:30 Tap Intermediate 3 & Senior 2	10:00-10:30 Parents & Tots Ages 12-36 months 10:30-11:00 Movers & Shakers Ages 3 & 4	10:00-11:00 Acro Pre Junior 1 & 2 Ages 6-8	1:00-2:00 COMPANY* Technique Class Junior & Apprentice	
				5:45-6:15 Movers & Shakers Ages 3 & 4										2:00-3:30 COMPANY Technique Class Corps 1 & 2 Performance Dance Program	
6:45-7:45 Jazz Junior 3	6:45-7:45 Hip Hop Intermediate 2 & 3	6:15-7:00 Acro Little Stars Ages 5 & 6	6:15-7:15 Tap Junior 2 & 3	6:30-7:30 Musical Theatre Intermediate 1 & 2	6:15-7:15 Jazz Intermediate 2 & 3	6:30-7:00 Pointe 1*	6:30-7:30 Ballet Senior 2 & 3	6:30-7:30 Tap Junior 1	6:15-7:00 Ballet Jazz Combo Little Stars Ages 4-6	6:30-7:30 Acro Intermediate 2 & 3	6:30-7:30 Lyrical Junior 1 & 2	11:00-12:00 Musical Theatre Junior 1 & 2	11:00-11:45 Ballet Jazz Combo Little Stars Ages 4-6		
7:45-8:45 Ballet Intermediate 1 & 2	7:45-8:45 Breaking Intermediate & Senior All Levels	7:00-8:00 Acro Advanced 2* Intermediate & Senior 4	7:15-8:00 Musical Theatre Intensive*	7:30-8:30 Stretch & Strengthen Adult Beginner & Intermediate	7:30-8:30 Lyrical Senior 3	7:15-8:15 Ballet RAD Grade 3 Intermediate 3	7:30-8:30 Ballet Lyrical Adult Intermediate	7:30-8:30 Jazz Senior 3 & 4	7:15-8:30 Musical Theatre Intensive*		7:30-8:30 Lyrical Intermediate 1 & 2	12:00-12:45 Musical Theatre Little Stars Ages 5 & 6	12:15-1:15 Jazz Junior 1 & 2	3:30-6:00 COMPANY Rehearsals as called for by show schedule.	
	8:45-9:15 Breaking Advanced Skills Add-on	NEW! 8:00-8:30 Acro Pod G	8:00-9:00 Jazz Senior Advanced*	8:30-9:30 Tap Adult Intermediate			8:30-9:30 Hip Hop Adult Intermediate	Age Groupings (Age as of December 31st.) Little Stars –Ages 5 & 6 (Unless listed otherwise.) Juniors –Ages 7-9 Intermediates –Ages 10-12 Seniors –Ages 12-18 Adults –Ages 18 & up					1:15-2:15 Ballet Junior 1 & 2	6:00-8:00 Musical Theatre Intensive* (Sunday rehearsals start Feb. 4th)	

Enrollment closes October 1st. Classes with less than 5 students may be cancelled. Sound in Motion reserves the right to move students into or out of classes if skill level or learning ability are not in-line with the majority of students. Students with 5 or more absences will require an in-person meeting with directors to continue. *Advanced classes require students to be enrolled in additional classes.



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Program Descriptions

Acro –Combines acrobatic and gymnastic movements with contemporary dance. The focus is on strength and flexibility, as well as executing inversions safely and securely.

Acro Pod –Add-on program that provides dancers with a small group setting and more time with a trained spotter to advance acrobatic skills.

Ballet –Focuses on correct body positioning, dynamic movement, extension and balance. Ballet is the technical foundation for most other forms of dance. Sound in Motion uses Royal Academy of Dance (RAD) syllabus for ballet and offers exams as well as recreational training.

Ballet Jazz Combo – Provides dancers with a foundation and understanding of ballet and jazz. It explores movement and terms that they share and those that contrast. This fun and in-depth program allows young dancers to diversify easily as they progress in age and skill level.

Ballet Lyrical –Combines ballet training and technique with lyrical and contemporary movement and music. A great choice for teen and adult beginners or those with some previous dance experience.

Breaking – Explores hip-hop style floor work. Dynamic tricks, sequences and free-style are developed, building core strength and endurance.

Company –Advanced training program that offers dancers additional performance opportunities throughout the year.

Jazz – Explores technical dance elements with contemporary music. Jazz borrows styles and flavours from many forms of dance including ballet, swing, African dance, hip-hop, musical theatre, and lyrical. A foundation in ballet is highly recommended when studying jazz.

Hip-Hop – Focuses on current pop and hip hop trends in movement and music. Dancers work through combinations and learn to free-style.

Lyrical – A deeply expressive and popular style combines the technical elements of ballet with the contemporary styles and music of jazz and modern. Ballet is highly recommended as a foundation for and in addition to taking lyrical.

Movers & Shakers – Explores the fundamentals of music and dance in a creative and energetic program. Exercises build strength, confidence and independence through singing and creative movement.

Musical Theatre –Combines exercises and practice in singing and harmonizing with theatrical movement and speech. Classical, contemporary and original musical theatre shows used in the syllabus.

Musical Theatre Intensive –Audition-based program that produces a feature length musical show.

Parent & Tots –Songs and games learned together to promote self-awareness and listening skills. A great way to bond with your little one and plant foundations for creativity and expression. Live accompaniment on the piano provides additional stimulus to the developing brain and creates a special atmosphere.

Stretch & Strengthen –Borrows dance training elements and exercises from all styles to build strength and flexibility and reduce stress.

Tan –Emphasizes exercises in rhythm and musicality through percussive action in the feet and body