

Heart To Sole Danceworks 2022

Preschool Schedule - January - June

		Wednesday	
Time	Studio A	Time	Studio A
x	x	10:15-11:00	Preschool Hip-Hop/Acro
x	x	11:00-11:45	Preschool Ballet/Jazz
Thursday		Saturday	
Time	Studio A	Time	Studio A
9:30-10:15	Music and Movement	9:30-10:15	Music and Movement
10:15-11:00	Preschool Ballet/Jazz	10:30-11:15	Preschool Ballet/Jazz
11:00-11:45	Preschool Hip-Hop/Acro	11:30-12:15	Preschool Acro/Hip-Hop
Preschool Ballet/Jazz Ages 3-5	A combination class where dancers will learn the foundations of dance through both the basics of ballet and jazz. Ballet positions of the feet and arms, skipping, and travelling steps will be the focus. Levels, still vs movement, change of weight, etc will be taught through dance/play exercises.		
Music and Movement Movement Ages 2-3	Movement using games, actions and props to start understanding the very basics of dance including change of weight, movement vs. stillness, levels, and more. Parents are asked to come enjoy this class with their child.		
Preschool Acro/Hip-Hop Ages 3-5	Fun creative stylized movement to upbeat music. Lessons include travelling steps, isolations, floor work and combinations. This class will include basic beginner acro prep for cartwheels, forward rolls balancing and more!		
Session 2		January 11 - June 4th	\$220
			18 Week Session
Gst and Registration fee is included in the sessional charge. No classes over Family week or Easter break!			
Register at Hearttosole@telus.net			
PLEASE NOTE THAT ALL CLASSES, OTHER THAN MUSIC AND MOVEMENT, WILL PERFORM IN A YEAR END RECITAL ON JUNE 11TH!			