



Bella

DANCE ACADEMY

More Than Just Great Dancing![®]
Affiliated Dance Studios

2020 - 2021

Programming & Registration Guide



Take Your First Steps at BDA...

Since 2004, Bella Dance Academy (BDA) has built a reputation for excellence in dance instruction! Whether you are interested in dance as a form of recreation, self-expression or with dreams of pursuing a career in dance, you can find your way at Bella Dance Academy. Our classes are taught by caring, skilled instructors in a warm environment that fosters self-esteem, discipline, teamwork and positive influence. We delight in your child's progress and performances! Our costumes and choreography are always age appropriate and your child's safety and wellness has always been our highest priority.



“Behind every dancer who believes in themselves, is a dance teacher who believed in them first.”



More Than Just Great Dancing!
Affiliated Dance Studios



Register Online!
www.belladance.ca

At BDA we aim to help our students achieve excellence in DANCE & LIFE! That is the More Than Just Great Dancing® philosophy and at this time in history, that's more important than ever before!



Miss Lina is the founder of BDA, and has been sharing her passion for dance and mentorship with students for over 20 years. Miss Phoenix joined the BDA family when she took on the role of Studio Director at BDA in 2015. Lina & Phoenix are both extremely passionate about working collaboratively, building strong connections and are dedicated to enriching lives and building community through the arts. BDA is a home away from home for so many BDA students, and we are so proud to see former students bringing the next generation of BDA dancers to classes now.

BDA IS A SAFER STUDIO™

BDA focuses on a hierarchy of measures to create a Safer Studio environment beginning with requiring students and staff who are ill to stay home, frequent hand cleaning and good hygiene practices, amplified cleaning, and making curricular and facility adaptations to minimize and contact and mingling.

Here's what makes BDA a Safer Studio™

- Training with Youth Protection Advocates in Dance (YPAD)
- Background checked and CPR certified teachers
- Safer Studio™ Policy
- Teacher training and proven curriculum
- A focus on safety & wellness
- Secured facilities
- Viewing windows
- Professional sprung floors
- Social media safety practices

Dance meets imperative student needs for community, connection, friendship, collaboration, mentors, physical activity and so much more! Some of the benefits of dance are: intellectual, academic, social emotional and physical support.

At BDA, the health and safety of our students, dance families, faculty, guests and community have always been our highest priority; a commitment that has only been heightened at this time. That's why we have used local and national guidelines to inform our best practices for service in the coming season.

We have expanded our services to meet needs by offering "5 Ways to Dance":

- ☆ Private Lessons (Online/In Studio)
- ☆ Semi-Private Classes (6-8 students)
- ☆ Traditional Classes (9+ Students)
- ☆ Live Online Classes (specific time, dance at home)
- ☆ Pre-Recorded Classes (dance at home)

This brochure contains our schedules for annual private lessons and traditional classes, as well as 9 week semi-private sessions. Priority Registration for returning BDA students takes place on June 25/26th, and registration for our 2020/2021 season opens to the public on Monday, July 6th. Our online class and pre-recorded fall class offerings will be developed over the summer with registration taking place later this summer. Class teachers will be announced before the start of classes. Schedules & fees subject to change.

In the meantime we will be thoughtfully working our way towards a new normal over the summer months; we kicked off our re-entry with 1-to-1 service at our Spotlight Showcase Experience and are now working our way back towards reduced-capacity Summer Day Camps (Triple Threat and Dance Intensive), and towards traditional classes beginning in September. As you look at our calendar, you'll note that we have included two inter-session breaks to allow for greater programming flexibility should that be needed this year. Please note that class times and offerings may shift as things progress.

We are planning on concluding our season with the traditional Year-End Performance, at NACC in June (depending on approval and availability). While some of the details of our 17th season are still developing, this one thing we know: Bella Dance Academy has been here for the YK Community youth for almost two decades. We were here yesterday, we are here today and we will be here tomorrow for your children and our dance family. So

Whether you are taking your first steps, or preparing for your senior year, we say **"Welcome Home!"**

MORE TO LOVE IN 2020!

- ☆ 5 Ways To Dance
- ☆ Star Leadership Training Program
- ☆ CLI Partner Studio (online classes from LA)
- ☆ New Classes - including Acro!

- ☆ Mini Bella Beats
- ☆ More Dress Code Options
- ☆ Safer Studio™
- ☆ And, more!



PRE-SCHOOL PROGRAM

BDA's preschool classes are designed to enhance gross motor coordination, listening skills, musicality, and nurture imagination. Each class includes developmentally appropriate instruction through the use of music and dance.

9W denotes a 9 Week Semi-Private Class

AGE 2

CLASS	DAY	TIME
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Parents & Tots 9W	Saturday	9:15 - 9:45am
Mini Movement 2 9W	Saturday	10:00 - 10:30am

AGE 3

CLASS	DAY	TIME
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Tutus & Tiaras 9W	Monday	4:00 - 4:30pm
Broadway Babies 9W	Wednesday	4:00 - 4:30pm
Combo (Ballet/Tap) 9W	Thursday	4:00 - 4:30pm
Hippity Hop 9W	Friday	4:00 - 4:30pm
Mini Movement 3	Saturday	9:30 - 10:00am

AGE 4

CLASS	DAY	TIME
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Tutus & Tiaras 9W	Monday	4:00 - 4:30pm
Combo 4/5/6	Tuesday	4:15 - 5:00pm
Broadway Babies 9W	Wednesday	4:00 - 4:30pm
Combo (Ballet/Tap) 9W	Thursday	4:00 - 4:30pm
Hippity Hop 9W	Friday	4:00 - 4:30pm
Combo 4	Saturday	10:15 - 11:00am

All ages as of
December 31st 2020



KINDER PROGRAM

With a focus on fun and friendship, BDA's Kinder Programming offers the perfect opportunity for the early elementary school-age dancer to grow in confidence as they learn technique basics.

9W denotes a 9 Week Semi-Private Class



AGE 5

CLASS	DAY	TIME
Tutus & Tiaras 9W	Monday	4:00 - 4:30pm
Combo 4/5/6	Tuesday	4:15 - 5:00pm
Broadway Babies 9W	Wednesday	4:00 - 4:30pm
Combo (Ballet/Tap) 9W	Thursday	4:00 - 4:30pm
Hippity Hop 9W	Friday	4:00 - 4:30pm
Preliminary Jazz	Friday	4:30 - 5:00pm
KinderAcro	Friday	5:00 - 5:45pm
Preliminary Ballet	Saturday	10:15 - 10:45am
Preliminary Tap	Saturday	11:00 - 11:30am
Combo 5	Saturday	11:15 - 12:00pm

AGE 6

CLASS	DAY	TIME
Tutus & Tiaras 9W	Monday	4:00 - 4:30pm
Combo 4/5/6	Tuesday	4:15 - 5:00pm
Broadway Babies 9W	Wednesday	4:00 - 4:30pm
Combo (Ballet/Tap) 9W	Thursday	4:00 - 4:30pm
Hippity Hop 9W	Friday	4:00 - 4:30pm
Primary Jazz	Friday	4:30 - 5:00pm
KinderAcro	Friday	5:00 - 5:45pm
Primary Tap	Saturday	11:00 - 11:30am
Primary Ballet	Saturday	11:45 - 12:30pm
Combo 6	Saturday	12:15 - 1:00pm

All ages as of
December 31st 2020



GRADED CLASSES

BDA's graded classes offer students an opportunity to build foundations in movement, vocabulary, technique, and choreography.

Additionally, students are now eligible and encouraged to try styles such as Acro, Modern, Hip Hop, and Musical Theatre.

9W denotes a 9 Week Semi-Private Class



AGE 7

All ages as of
December 31st 2020

AGE 8

CLASS	DAY	TIME
Junior Acro A *	Monday	6:15 - 7:15pm
Tap I	Wednesday	4:45 - 5:30pm
Jazz 1	Wednesday	5:30 - 6:15pm
Junior Acro B **	Wednesday	6:15 - 7:15pm
Musical Theatre I	Thursday	6:00 - 7:00pm
Lyrical Sampler 9W	Thursday	6:15 - 7:00pm
Rhythm Sampler 9W	Thursday	7:00 - 7:45pm
Hip Hop I	Friday	5:15 - 6:00pm
Modern I	Friday	6:15 - 7:00pm
Ballet 1	Saturday	10:45 - 11:45am

CLASS	DAY	TIME
Junior Acro A *	Monday	6:15 - 7:15pm
Ballet 2	Tuesday	4:45 - 5:45pm
Tap I	Wednesday	4:45 - 5:30pm
Junior Acro B **	Wednesday	6:15 - 7:15pm
Jazz 2	Thursday	4:45 - 5:45pm
Musical Theatre I	Thursday	6:00 - 7:00pm
Lyrical Sampler 9W	Thursday	6:15 - 7:00pm
Rhythm Sampler 9W	Thursday	7:00 - 7:45pm
Hip Hop I	Friday	5:15 - 6:00pm
Modern I	Friday	6:15 - 7:00pm

*(A) - 0-2 years gymnastics experience

** (B) - 3+ years gymnastics experience



GRADED CLASSES

BDA's graded classes offer students an opportunity to build foundations in movement, vocabulary, technique, and choreography.

Additionally, students are now eligible and encouraged to try styles such as Acro, Modern, Hip Hop, and Musical Theatre.

9W denotes a 9 Week Semi-Private Class

2x denotes a twice weekly class - dancers must attend both classes



AGE 9

CLASS	DAY	TIME
Junior Acro A*	Monday	6:15 - 7:15pm
Ballet 3 2x	Mon / Wed	7:15 - 8:15pm
Junior Acro B**	Wednesday	6:15 - 7:15pm
Tap II	Thursday	5:00 - 6:00pm
Musical Theatre II	Thursday	6:00 - 7:00pm
Lyrical Sampler 9W	Thursday	6:15 - 7:00pm
Rhythm Sampler 9W	Thursday	7:00 - 7:45pm
Modern II	Friday	5:00 - 6:00pm
Jazz 3	Friday	6:00 - 7:00pm
Hip Hop II	Friday	7:00 - 8:00pm

*(A) - 0-2 years gymnastics experience

** (B) - 3+ years gymnastics experience

AGE 10

CLASS	DAY	TIME
Ballet 4 2x	Mon / Wed	5:00 - 6:00pm
Junior Acro A*	Monday	6:15 - 7:15pm
Junior Acro B**	Wednesday	6:15 - 7:15pm
Tap II	Thursday	5:00 - 6:00pm
Musical Theatre II	Thursday	6:00 - 7:00pm
Lyrical Sampler 9W	Thursday	6:15 - 7:00pm
Rhythm Sampler 9W	Thursday	7:00 - 7:45pm
Jazz 4	Thursday	7:00 - 8:00pm
Modern II	Friday	5:00 - 6:00pm
Hip Hop II	Friday	7:00 - 8:00pm

All ages as of
December 31st 2020



GRADED CLASSES

BDA's graded classes for ages 11 & 12 build on foundations to develop strength, control, and flexibility - all while gaining confidence with artistic expression and new styles. Additionally, recommended students may be eligible to enter our Pre-Pointe class.

9W denotes a 9 Week Semi-Private Class

2x denotes a twice weekly class - dancers must attend both classes



AGE 11

CLASS	DAY	TIME
Pre & Pointe I 2x	Mon / Wed	6:00 - 6:30pm
Jazz 11+A	Monday	7:00 - 8:00pm
Ballet 11+A 2x	Tues / Thurs	5:00 - 6:00pm
Musical Theatre III	Tuesday	7:00 - 8:00pm
Beginner Sampler 9W	Tuesday	8:00 - 9:00pm
Modern/Contemp III	Wednesday	5:00 - 6:00pm
Tap III	Thursday	7:00 - 8:00pm
Hip Hop III	Friday	6:00 - 7:00pm

All ages as of
December 31st 2020

AGE 12

CLASS	DAY	TIME
Jazz 12+B	Monday	4:45 - 5:45pm
Pre & Pointe I 2x	Mon / Wed	6:00 - 6:30pm
Ballet 12+B 2x	Mon / Wed	6:30 - 7:30pm
Jazz 11+A	Monday	7:00 - 8:00pm
Ballet 11+A 2x	Tues / Thurs	5:00 - 6:00pm
Musical Theatre III	Tuesday	7:00 - 8:00pm
Beginner Sampler 9W	Tuesday	8:00 - 9:00pm
Modern/Contemp III	Wednesday	5:00 - 6:00pm
Tap III	Thursday	7:00 - 8:00pm
Hip Hop III	Friday	6:00 - 7:00pm

A, B, C levels placed by ability



GRADED CLASSES

Our older BDA students continue to grow in strength, control, and flexibility as well as artistry and expression. Students new to dance are encouraged to try our Beginner Dance Sampler to explore multiple styles.

9W denotes a 9 Week Semi-Private Class

2x denotes a twice weekly class - dancers must attend both classes

AGE 13-17

CLASS	DAY	TIME
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Jazz 12+B	Monday	4:45 - 5:45pm
Modern/Contemp IV	Monday	5:00 - 6:00pm
Jazz 12+C	Monday	6:00 - 7:00pm
Ballet 12+B 2x	Mon / Wed	6:30 - 7:30pm
Ballet 12+C 2x	Mon / Wed	7:30 - 8:30pm
Pointe II	Mon / Wed	8:30 - 9:00pm
Hip Hop IV	Tuesday	5:45 - 6:45pm
Musical Theatre IV	Tuesday	7:00 - 8:00pm
Beginner Sampler 9W	Tuesday	8:00 - 9:00pm
Tap IV	Thursday	6:00 - 7:00pm



All ages as of
December 31st 2020

A, B, C levels placed by ability





ADULT CLASSES

Adult BDA students have the opportunity to explore various styles in our Adult Sampler. Choose the style that best fits your personality and experience level, or try them all! A class schedule will be released before classes begin in September.

The b. class is a women's only barefoot fitness class. Movements balance energy and music, and will allow a shift of the conscious and subconscious mind.

Walk away feeling strong and empowered to live your most authentic life.

The b. class® is for people of all ages, abilities, and backgrounds.

You do not need to be coordinated, you just have to let go and have fun!

AGE 18+



CLASS	DAY	TIME
b. class	Tuesday	6:30 - 7:45pm
b. class	Wednesday	12:05 - 12:50pm
Adult Sampler	Wednesday	7:00 - 8:30pm
b. class	Friday	7:15 - 8:30pm
b. class	Saturday	9:00 - 10:00am



REGISTRATION

Register online at www.belladance.ca

Registration for the 2020/2021 season opens July 6th



CALENDAR

September 8th - Fall 9 Week Sessions begin
September 11th - 2020/2021 Annual Classes begin

**For our full season calendar, please visit our website!*

TUITION

Annual Classes

30 minute class - \$54 / month
45 minute class - \$69 / month
60 minute class - \$75 / month

9 Week Semi-Private Classes

30 minute Semi-Private 9 Week Class - \$119
45-60 minute Semi-Private 9 Week Class - \$169

All prices subject to GST

DISCOUNTS

Discounts will apply to students enrolled in more than 2 weekly hours of annual classes. Discounts apply as follows:

X hours of class = X% discount

(5 hours of class = 5% discount on annual classes)

COMMUNICATION

BDA uses a "green, yellow, red" system of continuous parent communication regarding the status of classes which can be found on our website. Green indicates to attend face-to-face classes. Yellow indicates a cautionary change to service delivery. Red indicates clients should stay home and attend class online.

MEMBERSHIP FEE

A non-refundable fee of \$35/\$40 (returning students/new students) \$50/\$60 per family (returning students/new students) is required annually at time of registration (not applicable for workshop classes, 9 week programs or summer camps). (Previously 'Registration Fee')

PERFORMANCES

We end our season with our Year-End Performance. All annual classes will have the opportunity to participate in our year-end performance. We encourage, but do not require participation. If, for some reason you do not intend to perform, you MUST inform the office in writing by November 1, 2020

EXAM CLASSES

We are pleased to be working towards offering Royal Academy of Dance Ballet Exams and Canadian Dance Teachers' Association Exams in Jazz, Tap, Modern and Acro during our 2020/2021 season. Eligible classes and/or students will be selected early in the season, and will work towards Summer/Fall examination periods. Participation is not mandatory, but is encouraged. Extra fees apply and special attire is required.

ATTIRE

Proper attire and hair etiquette is required for all classes. Please visit our website in July for updated Dress Codes for your dancer's classes. All required items will be available in our studio boutique or through our e-shop.



Register Online!
www.belladance.ca

Coming Soon!

TECHNIQUE ONLY PRIVATE LESSONS

BDA's Private Lessons offer dancers an opportunity to work directly with a member of our faculty, focusing on specific skills and development of technique. Recommended ages 7+.



LIVE ONLINE & PRE-RECORDED CLASSES

Our LIVE online classes will be offered through our BDA Online Platform - an adaptable learning environment for dancers who are more comfortable dancing at home, those who are required to stay home, or to supplement in-studio learning.

Our Pre-Recorded classes will offer dancers an opportunity to take classes at their own pace, on their own schedule!



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CLASS DESCRIPTIONS

9 Week Semi-Private Classes

Parents & Tots

This interactive creative movement class is designed to allow parents to assist the very youngest movers through their first dance class experience! This dance class focuses on developing hand and eye coordination, balance, rhythm, musicality and flexibility. A parent and child interaction allows dancers to feel comfortable in a structured classroom atmosphere.

Hippity Hop

Features warm up and routines, focusing on the latest funky moves. Dancers will learn correct Hip Hop proper posture, will increase their fitness level, as well as increase coordination, agility, and strength.

Combo

A combination of Mini Movement, Ballet, and Tap in one class. The perfect way to try out multiple styles.

Mini Movement

Focuses on heightening the child's abilities in creativity and expressions, and developing a sense of self. Classes will emphasize fun while introducing pre-primary technique to enhance balance, rhythm and musicality in a relaxed environment.

Broadway Babies

Created for the excitement of performing. A combination of singing, dancing and acting for the young performer.

Rhythm Sampler

A way for dancers to try out classes with a focus on Rhythm - Tap, Hip Hop, and Musical Theatre! 3 weeks will be spent exploring the foundations, technique, and choreography of each style.

Tutus & Tiaras

For the little princess in your life! This class teaches the discipline and exercises of classical ballet while keeping each class enchanting, fun and light. All movement will be explored as a princess ballerina.

Lyrical Sampler

A way for dancers to try out classes with a more Lyrical focus - Modern, Contemporary, and Ballet! 3 weeks will be spent exploring the foundations, technique, and choreography of each style.

Beginner Dance Sampler

A perfect way for new dancers to get a taste of multiple styles! Dancers will learn the basics of many styles throughout the 9 week session, building on a foundation of strength, flexibility, and coordination.



Register Online!
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CLASS DESCRIPTIONS

Annual Classes

Ballet

Focuses on developing balance, correct muscle use and alignment, flexibility, expression and musicality. Students will learn classical ballet terminology through barre work, adage and allegro. Ballet is the foundation for all other styles. Royal Academy of Dance Exams offered for select ages.

Jazz

A high-energy class that focuses on developing flexibility, strength, and technique. Classes will include a warm-up, set exercises and various choreographed progressions. Various styles of jazz, including hip hop and lyrical will be introduced in some classes. CDTA Exams offered for select ages.

Tap

A fast-moving class that focuses on developing rhythm, coordination and musicality. Classes will include progressions and swing exercises, as well as increase ankle, knee, and hip flexibility and strength. CDTA Exams offered for select ages.

Modern

Classes will incorporate elements of Limon and Graham techniques. The technique focuses on contraction, release, fall, and suspension. Dancers will learn choreographic and improvisational techniques, and proper posture, as well as increase coordination, flexibility and strength. CDTA Exams offered for select ages.

Contemporary

Contemporary dance borrows from jazz, ballet, funk, social dance styles and many modern dance styles of the 20th century. Contemporary dance encourages natural, spontaneous movement and personal interpretation. It focuses on self-expression, awareness of space and body movement, use of body weight, efficiency of muscle use and safe body alignment.

Combo

A combination of Mini Movement, Ballet, and Tap in one class. The perfect way to try out multiple styles.

Hip Hop

Features warm up and routines, focusing on the latest funky moves. Dancers will learn correct Hip Hop proper posture, will increase their fitness level, as well as increase coordination, agility, and strength. Breaking, popping, & locking will be introduced in older classes.

Musical Theatre

Created for the excitement of performing. A combination of singing, dancing and acting for the young performer. Classes will include movement & vocal exercises, scene work and character development. Puppetry and improvisation will be introduced in older classes.

Acro

Acro is centered on fundamental acrobatic technique to increase flexibility, strength, balance, coordination, timing, body awareness, self-discipline, and confidence. Classes focus on building a strong technical foundation.





Bella
DANCE ACADEMY

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