

CDP 2024 Summer Information:

Consistency in training is vital for competitive dancers at all levels to continue their learning and stay conditioned and trained throughout the summer months. This helps to provide smooth transitions into the following season, as well as prevent injuries and training setbacks. Priority in training should be at your home studio.

Evening Classes

Summer evening classes will take place on Tuesday, Wednesday, and Thursday evenings throughout July and August.

Classes are **1 hrs** in length, pricing structure is as follows:

1-4 classes: \$20.00 +HST/class
5-9 Classes: \$18.00 +HST/class
10-14 Classes: \$16.00 +HST/class
15-19 Classes: \$15.00 +HST/class
20+ Classes: \$13.00 +HST/class

Summer Class Requirements:

Micro: 4 classes min (Should also be signed up for Micro competitive camp)

Part-time: 8 classes min Full-Time: 14 classes min (highly recommended to come to as many as possible for consistency in training and flexibility development & injury prevention)

Classes must be pre-registered for on the parent portal. The portal will automatically adjust pricing based on the scale above. A minimum number of 4-5 students is required to run a class, classes will be cancelled if the minimum is not met and we will notify you.

Semi-Private Small Group Technique Focus Groups

1 hr focus groups for additional technical training in smaller group settings of 3 dancers. This is a great way to get more one on one, individualized attention on specified dance topics.

\$26 +hst/dancer/focus group

Focus groups will be on the parent portal offered for multiple age groups in multiple styles, as well as set up by request. If you have a request for a certain style/skill or have a few friends that want to do a focus group together please reach out to the office. Ex. Age 9-12 Pirouette Focus Group, Age 13+ Tumbling Focus Group, Age 6-8 Tap Skills Focus Group etc.

Focus groups will not run with less than 3 participants.

Private Lessons

30 min private lessons can be booked on the parent portal with a few select teachers.

\$40 +hst/private lesson
\$150 +hst/package of 5 private lessons (Must be used in summer - cannot carry into next season)

Camps/Intensives

PT/FT Competitive Acro Camp (Ages 8+): July 2nd-5th 9:00-3:30pm *groups will be split by age - \$300

Micro Competitive Camp (ages 5-8): July 2nd-5th 9:00-3:30pm *for current micros and new competitive students*
\$325

Competitive Intensive: July 22nd - 25th - Featuring core faculty and guest teachers. A week of training, learning, and growing! Mandatory for competitive team members.

9:00-3:30pm PT Juniors, FT Juniors, PT Inters, FT Teens - \$345 +HST
4:30-7:00pm PT Petites & FT Minis - \$132 +HST

Week 1:

Tuesday July 2nd					
		4:30-5:30	PT Inter/FT Inter Jazz Tech (age 10-12) - Miss Abi	4:30-5:30	Mini/PT Petite Tap Tech (age 8-9) — Miss Houys
5:30-6:30	Mini/PT Petite Jazz Tech (age 8-9) - Miss Cheryl	5:30-6:30	PT Teen Jazz Tech (age 13+) - Miss Abi	5:30-6:30	PT Inter/FT Inter Tap Tech (age 10-12) - Miss Houys
6:30-7:30	PT Inter/FT Inter Acro Tech (age 10-12) - Miss Cheryl	6:30-7:30	FT Teen Jazz Tech (age 13+) - Miss Abi	6:30-7:30	PT Teen Tap Tech (age 13+) - Miss Houys
7:30-8:30	PT Teen Lyrical (age 13+) - Miss Cheryl	7:30-8:30	Novice Jazz Tech (Age 9-12) - Miss Abi	7:30-8:30	FT Teen Tap Tech (age 13+) - Miss Houys
8:30-9:30	FT Teen Lyrical (age 13+) - Miss Cheryl				
Wednesday July 3rd					
5:00-6:00	Age 10-12 Tumbling - Alyshia	4:00-5:00		Age 10-12 PT Turns Focus Group - Abi	
6:00-7:00	Age 8-9 Tumbling - Alyshia	5:00-6:00		Age 10-12 PT Jumps Focus Group - Abi	
7:00-8:00	Age 13+ PT Jumps Alyshia	6:00-7:00		Age 7-9 FT Jumps Focus Group - Abi	
8:00-9:00	Age 13+ PT Flexibility Alyshia				
Thursday July 4th					
4:30-5:30	Privates available w/Miss Abi	4:30-5:30		4:30-5:30	Mini/PT Petite Hip Hop (age 8-9) — Miss Alyshia
5:30-6:30	Mini Jazz Tech (age 8-9) - Miss Abi	5:30-6:30		5:30-6:30	PT Petite Jazz Tech (age 8-9) - Miss Alyshia
6:30-7:30	PT Teen Jazz Tech (age 13+) - Miss Abi	6:30-7:30		6:30-7:30	PT Inter/FT Inter Hip Hop (age 10-12) - Miss Alyshia
7:30-8:30	PT Inter/FT Inter Contemporary (age 10-12) - Miss Abi	7:30-8:30		7:30-8:30	PT Teen/FT Teen Hip Hop (age 13+) - Alyshia
8:30-9:30	FT Teen Contemporary (age 13+) - Miss Abi	8:30-9:30		8:30-9:30	PT Teen Contemp (age 13+) - Miss Alyshia

Week 2:

Tuesday July 9th

4:30-5:30	PT Inter Jazz Tech (age 10-12) - Miss Cheryl	4:30-5:30	FT Inter Jazz Tech (age 10-12) - Miss Abi	4:30-5:30	Mini/PT Petite Tap Tech (age 8-9) — Miss Houys
5:30-6:30	Mini/PT Petite Acro Tech (age 8-9) - Miss Cheryl	5:30-6:30	FT Teen Jazz Tech (age 13+) - Miss Abi	5:30-6:30	PT Inter/FT Inter Tap Tech (age 10-12) - Miss Houys
6:30-7:30	FT Teen Lyrical (age 13+) - Miss Cheryl	6:30-7:30	Mini Jazz Tech (age 8-9) - Miss Abi	6:30-7:30	PT Teen Tap Tech (age 13+) - Miss Houys
7:30-8:30	PT Teen Jazz Tech (age 13+) - Miss Cheryl	7:30-8:30	PT Inter/FT Inter Lyrical (age 10-12) - Miss Abi	7:30-8:30	FT Teen Tap Tech (age 13+) - Miss Houys

Wednesday July 10th

5:00-6:00	Novice Jazz Tech (age 9-12) - Miss Alyshia	4:00-5:00	Age 10-12 FT Turns Focus Group - Miss abi
6:00-7:00	Age 8-11 Aerials/variations Focus Group - Alyshia	5:00-6:00	Age 13+ FT Jumps Focus Group - Miss Abi
7:00-8:00	Age 10-12 FT Jumps Focus Group - Alyshia	6:00-7:00	Age 7-9 FT Turns Focus Group - Abi
8:00-9:00	Age 13+ PT Turns Focus Group - Alyshia		

Thursday July 11th

4:30-5:30	Micro/Kinder Jazz/ Acro (age 5-7)— Miss Abi	4:30-5:30	Mini/PT Petite Acro Tech (age 8-9) - Miss Alyshia	4:30-5:30	PT Inter Jazz Tech (age 10-12) - Miss Courtney
5:30-6:30	Mini/PT Petite Jazz Tech (age 8-9) - Miss Abi	5:30-6:30	PT Inter Lyrical Tech (age 10-12) - Miss Alyshia	5:30-6:30	FT Inter Jazz Tech (age 10-12) - Miss Courtney
6:30-7:30	FT Teen Ballet (age 13+) - Miss Abi	6:30-7:30	PT Inter/FT Inter Hip Hop (age 10-12) - Miss Alyhsia	6:30-7:30	PT Teen Jazz Tech (age 13+) - Miss Courtney
7:30-8:30	FT Inter Ballet Tech (age 10-12) - Miss Abi	7:30-8:30	PT Teen Contemporary (age 13+) - Miss Alyshia	7:30-8:30	FT Teen Jazz Tech (age 13+) - Miss Courtney
				8:30-9:30	FT Teen Contemp (age 13+) - Miss Courtney

Week 3:

Tuesday July 16th			
4:30-5:30	PT Inter Jazz Tech (age 10-12) - Miss Cheryl	4:30-5:30	FT Inter Jazz Tech (age 10-12) - Miss Abi
5:30-6:30	Mini/PT Petite Acro Tech (age 8-9) - Miss Cheryl	5:30-6:30	PT Inter/FT Inter Ballet Tech (age 10-12) - Miss Abi
6:30-7:30	FT Teen Jazz Tech (age 13+) - Miss Cheryl	6:30-7:30	Mini Jazz Tech (age 8-9) - Miss Abi
7:30-8:30	PT Teen Lyrical (age 13+) - Miss Cheryl	7:30-8:30	FT Teen Contemp (age 13+) - Miss Abi
8:30-9:30	FT Teen Lyrical (age 13+) - Miss Cheryl	8:30-9:30	PT Teen Jazz Tech (age 13+) - Miss Abi

Wednesday July 17th			
4:00-5:00	Age 7-9 Acro - Miss Alyshia	5:00-6:00	Age 13+ FT Jumps Focus Group - Abi
5:00-6:00	Age 13+ FT Tumbling - Miss Alyshia	6:00-7:00	Age 13+ PT Jumps Focus Group - Abi
6:00-7:00	Age 9-12 Aerials/Variations - Miss Alyshia		
7:00-8:00	Age 9-12 PT Turns - Miss Alyshia		
8:00-9:00	Privates Available		

Thursday July 18th			
4:30-5:30	Micro/Kinder Jazz/Acro (age 5-7) - Miss Abi	4:30-5:30	Mini/PT Petite Acro Tech (age 8-9) - Miss Alyshia
5:30-6:30	Novice Jazz Tech (age 9-12) - Miss Abi	5:30-6:30	FT Inter Acro Tech (age 10-12) - Miss Alyshia
6:30-7:30	PT Inter/FT Inter Stretch/Flexibility (age 10-12) - Miss Abi	6:30-7:30	PT Teen Acro Tech (age 13+) - Miss Alyshia
		7:30-8:30	PT Inter Acro Tech (age 10-12) - Miss Alyshia
		8:30-9:30	FT Teen Acro Tech (age 13+) - Miss Alyshia

Week 4:

***no evening classes the week of July 22-25 due to competitive intensives.**

Tuesday July 30th					
4:30-5:30	PT Inter Jazz Tech (age 10-12) - Miss Cheryl	4:30-5:30	FT Inter Jazz (age 10-12) - Nicole Meglio	4:30-5:30	Mini/PT Petite Tap Tech (age 8-9) — Miss Houys
5:30-6:30	Mini/PT Petite Jazz Tech (age 8-9) - Miss Cheryl	5:30-6:30	FT Teen Contemp (age 13+) - Nicole Meglio	5:30-6:30	PT Inter/FT Inter Tap Tech (age 10-12) - Miss Houys
6:30-7:30	FT Teen Jazz Tech (age 13+) - Miss Cheryl	6:30-7:30	Mini/PT Petite Hip Hop (age 8-9) - Nicole Meglio	6:30-7:30	PT Teen Tap Tech (age 13+) - Miss Houys
7:30-8:30	PT Teen Lyrical (age 13+) - Miss Cheryl	7:30-8:30	FT Inter Contemp (age 10-12) - Nicole Meglio	7:30-8:30	FT Teen Tap Tech (age 13+) - Miss Houys
8:30-9:30	FT Teen Acro Tech (age 13+) - Miss Cheryl	8:30-9:30	PT Teen Contemp (age 13+) - Nicole Meglio		
Wednesday July 31st					
5:00-6:00	Age 10-12 Leg Holds & Flexibility - Alyshia				
6:00-7:00	Age 13+ Back Handspring Focus Group - Alyshia				
7:00-8:00	Age 8-11 Intro to Tumbling Focus Group - *must have walkovers/clean cartwheels Alyshia				
8:00-9:00	Privates Available				
Thursday August 1st					
4:30-5:30	Mini/PT Petite Lyrical (age 8-9) - Sydney Faulkner	4:30-5:30	Micro/Kinder Jazz/Acro (age 5-7)— Miss Alyshia		
5:30-6:30	FT Inter Jazz Tech (age 10-12) - Sydney Faulkner	5:30-6:30	Mini/PT Petite Acro Tech (age 8-9) - Miss Alyshia		
6:30-7:30	PT Inter contemp/lyrical (age 10-12) - Sydney Faulkner	6:30-7:30	FT Inter Jumps/Turns (age 10-12) - Miss Alyshia		
7:30-8:30	FT Teen Contemporary (age 13+) Sydney Faulkner	7:30-8:30	PT Inter/PT Teen Hip Hop (age 10+) - Miss Alyshia		
8:30-9:30	PT Teen Contemporary (13+) - Sydney Faulkner	8:30-9:30	FT Teen Hip Hop (age 13+) - Miss Alyshia		

Week 5:

Tuesday Aug 6th

4:30-5:30	PT Inter Jazz Tech (age 10-12) - Miss Cheryl	4:30-5:30	Micro/Kinder Ballet (age 5-7)— Miss Abi
5:30-6:30	Mini/PT Petite Acro Tech (age 8-9) - Miss cheryl	5:30-6:30	Novice Jazz/Acro (age 9-12) - Miss Abi
6:30-7:30	FT Inter Jazz Tech (age 10-12) - Miss Cheryl	6:30-7:30	Mini/PT Petite Jazz Tech (age 8-9) - Miss Abi
7:30-8:30	PT Teen Jazz Tech (age 13+) - Miss Cheryl		
8:30-9:30	FT Teen Jazz (age 13+) - Miss Cheryl		

Wednesday Aug 7th

		4:00-5:00	Age 7-9 Flexibility/legs Focus Group - Abi
5:00-6:00	Age 10-12 FT Turns Focus Group - Alyshia	5:00-6:00	Age 10-12 PT Flexibility/legs Focus Group - Abi
6:00-7:00	Age 10-12 PT Turns Focus Group	6:00-7:00	Age 13+ FT Flexibility/Legs
7:00-8:00	Age 13+ PT Turns Focus Group	7:00-8:00	Age 10-12 FT Flexibility/legs Focus Group - Abi

Thursday August 8th

4:30-5:30	Micro/Kinder Jazz/ Acro (age 5-7)— Miss Abi	4:30-5:30	Mini/PT Petite Acro Tech (age 8-9) - Miss Alyshia	4:30-5:30	PT Inter /FT Inter Jazz Tech (age 10-12) - Miss Courtney
5:30-6:30	Mini/PT Petite Jazz Tech (age 8-9) - Miss Abi	5:30-6:30	PT Inter Lyrical Tech (age 10-12) - Miss Alyshia	5:30-6:30	FT Inter Contemporary (age 10-12) - Miss Courtney
		6:30-7:30	PT Inter/FT Inter Hip Hop (age 10-12) - Miss Alyshia	6:30-7:30	PT Teen Contemporary (age 13+) - Miss Courtney
				7:30-8:30	FT Teen Jazz Tech (age 13+) - Miss Courtney
				8:30-9:30	FT Teen Contemp (age 13+) - Miss Courtney

Week 6:

Tuesday Aug 13th

4:30-5:30	Mini/PT Petite Jazz Tech (age 8-9) - Miss cheryl	4:30-5:30	PT Inter/FT Inter Acro (age 10-12) - Miss Jordana
5:30-6:30	Mini/PT Petite Lyrical (age 8-9) - Miss cheryl	5:30-6:30	PT Inter/FT Inter Lyrical (age 10-12) - Miss Jordana
6:30-7:30	FT Inter Jazz Tech (age 10-12) - Miss Cheryl	6:30-7:30	FT Teen Lyrical (age 13+) - Miss Jordana
		7:30-8:30	PT Teen/FT Teen Acro (age 13+) - Miss Jordana