



Citrus Dance Inc

ADULT DANCE PROGRAM

Have you ever felt inspired to dance but thought to yourself “there's no time, I don't have enough experience, I have two left feet”...

At Citrus we have specially designed an **Adult Dance Program** for dancers of all levels from beginner to Advanced and with a thoughtful schedule to fit in with your busy life!

We offer **Adult dance classes** in an environment that will nurture your growth and development as a dancer. And where you will move through space, learn technique, and have fun.

Why should the kids have all the fun? Register for one or more of our following programs and be the dancer you know you are!

Classes Available for your enjoyment

Ballet: learn the basic techniques in ballet through barre work, centre exercises, and combinations across the floor. Build confidence, stamina, and better posture.

Modern/Contemporary: develop new skills in limone, Graham-based technique, and improvisation. These classes will warm you up, stretch you out, and free your natural movement.

Level 1 classes are perfect for first time dancers, those with injury, or anyone who wants to brush up on the basics.

Level 2 classes are more advanced classes for dancers with experience. These classes provide more challenging combinations throughout and may include barre work.

Adult Choreography: learn contemporary choreography that will be performed at the end of the year in an Adult Contemporary presentation. This is your chance to showcase your talents for an audience. Participants must attend at least one Adult Modern/Contemporary class a week.

Adult Hip-Hop: Using funk and popular dance music, this class explores a fusion of jazz, hip hop and popular dance with a funk groove. Guaranteed to make you sweat, certain to groove you up!!

Adult Tap: tap your way to the top! In these classes, you will learn the foundation of tap, and combinations to practice. Tap enhances a dancers rhythm, co-ordination, and stamina.

Class Schedule

Tuesday: **Adult Contemporary Level 2** **8:30-9:30pm**

Wednesday: **Adult Modern/Contemporary Level 1** **8:30-9:30pm**

Thursday **Adult Hip-Hop** **8:30-9:30pm**

Saturday: **Adult Ballet ~level 1/2** **1:45-2:45pm**

Adult Modern/Contemporary (mixed levels) **12:45-1:45pm**

Session Dates and Prices

First Session: September 18th – December 10th (12 weeks)

Second Session: January 8th – May 7th (16 weeks)

Tuition is \$36/month for 9 months (1 class a week)

Tuition is \$72/month for 9 months (2 classes a week)

Tuition is \$108/month for 9 months (3 classes a week)

There is a **non-refundable** registration fee of \$20

Drop-in class fee is \$10

You Can Also Choose To Do It In Sessions:

First Session

September to December

\$34/month for 4 months. (12 wks) or a Flat rate of \$120 + Hst

Second Session

January to May

\$37/month for 5 months. (16wks) or a flat rate of \$160 + Hst