



Class Guide

A detailed guide to our class offerings. Learn about the styles we offer, our age divisions, and our dress code for each class. Acro prerequisite skills are also included in this guide. If after reading you have any questions please email bendacroacademy@gmail.com.

Age Divisions

2-3 years old	Parent & Tot
3-4 years old	Preschool (Creative Movement)
4-5 years old	Kinder (Acro, Ballet/Tap, Hip Hop)
6-8 years old	Level 1 (Acro, Ballet, Hip Hop, Jazz, Tap)
8-10 years old	Level 2 (Acro, Ballet, Hip Hop, Jazz, Tap)
10-14 years old	Level 3 (Acro, Ballet, Hip Hop, Jazz, Tap, Contemporary/Lyrical)
12 years & up	Level 4 (Acro, Ballet, Hip Hop, Jazz, Tap, Contemporary/Lyrical)

Let's start with some Frequently Asked Questions:

FAQ #1 – How do I choose which class to sign up for? Answer: Read this guide! If you are uncertain what certain or need guidance after reading send an email to bendacroacademy@gmail.com, Mel is happy to assist you in finding the right class. Sometimes students may start in one class and end up switching to another to ensure the best fit. In the end everything always works out.

FAQ #2 – Should I go by my child's age or ability level when choosing a class? Answer: Both age and ability should be considered when choosing a class but ability is more important than age. Ages are given as a guideline and it is common to have an array of ages in a class. Safety is key and we do not want students registering for classes too far above their experience level simply because they meet the minimum age.

FAQ #3 – What should my child wear to class? Answer: Find the style you are registering for in this guide and dress code information will be listed there.

FAQ #4 – Can I register late and have my child join part-way through a term? Answer: It depends. Technique & No recital classes can be joined at any time. Recreational classes all perform in recital and require a costume. If you are registering before our costume order has been made you can join a recreational class late. Fees would be prorated based on when the student starts. The full registration fee of \$35 applies no matter when you join.

FAQ #5– If I wish to withdraw from a class, can I get a refund? Answer: A full refund minus the registration fee can be arranged if you withdraw from your class before the term has started. Prorated refunds are available after the first or second class. There are no refunds beyond the second class of the term. (Ex. Student does the first two classes of term and decides not to continue, a prorated refund for the term minus the first two classes will be provided.)

FAQ #6 – Can parents/guardians stay and watch classes? Answer: Yes, parents can stay and watch from the lobby. Some students do better with a parent watching and others may find parents distracting. It is up to you and what works best for your student.

Parent & Tot

- Ages 2-3
- 45 minute classes

Parent & Tot classes introduce our tiniest dancers to movement, music, and the beginnings of following the structure of a class. Students get to move & groove while building coordination, gross motor skills, physical literacy, and socializing with other children their age. Parent participation is involved. This is a class parents & their little ones will look forward to every week!

Dress Code: None! Parents & tots should come comfortably dressed & wearing socks or bare feet.

Preschool Dance

- Ages 3-4
- 45 minute classes

Preschool Dance classes are based in the creative movement and introduce students to elements of jazz, ballet, and acro. Students learn through imaginative prompts & enjoy themed classes that are engaging and fun. Students learn basic dance movements but also gain listening skills, learn cooperation, sharing, taking turns, and more as they meet new friends and dance their hearts out!

Dress Code:

- Preschool Dance
 - Bodysuit (any colour) with tights, leggings, or shorts OR tight fitted shirt with leggings or shorts.
 - Long hair to be worn tied back.
 - No footwear needed.
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Kinder Classes

- Ages 4-5
- 45 minute classes in Acro, Ballet/Tap, & Hip Hop

Acro is an upbeat class that teaches basic acro foundations. This class is awesome for energetic students who love to move & monkey around. Beyond learning dance & acro movements & terms, kinder classes foster creativity, self-expression, cooperation, sharing, and listening skills, all while having fun & making friends!

Dress code:

- Acro:
 - Bodysuit (any colour) with tights, leggings, or shorts OR tight fitted shirt with leggings or shorts.

- Long hair to be worn tied back. Please note for acro there is a lot of going upside down, rolls & headstands incorporated in class. Please keep that in mind when dressing for the class and avoid high ponytails or buns that hinder rolls and headstands.
- No footwear needed.

Ballet/Tap is a classic combo class that teaches ballet and tap foundations. Students will learn the basics of ballet and tap through kid-friendly exercises incorporating creative movement. Students will spend the first half of the class doing tap and then switch into their ballet slippers for the second half of the class. Beyond learning dance movements & terms, kinder classes foster creativity, self-expression, cooperation, sharing, and listening skills, all while having fun & making friends!

Dress code:

- Ballet/Tap:
 - Bodysuit (any colour) with pink tights.
 - Long hair to be worn tied back.
 - Ballet slippers (pink for girls, black or white for boys)
 - Tap shoes (any colour). We recommend swapping out laces for elastics so students can slip on their shoes without having to tie them.

Hip Hop is a high energy dance style that evolved from street dance. In Kinder Hip Hop we keep things age appropriate for little ones & get them moving & grooving to kid-friendly pop & hip hop music. Beyond learning dance movements & terms, kinder classes foster creativity, self-expression, cooperation, sharing, and listening skills, all while having fun & making friends!

Dress Code

- Hip Hop:
 - Comfortable, dance-friendly clothing (ex. T-shirt & shorts or sweats)
 - Hair can be worn down or tied back
 - Clean, non-marking, indoor runners

Acro

- Ages 4 & up
- 1-1.5 hour classes

Acrobatic Dance, or acro as it is commonly referred to, is the beautiful fusion of classic dance technique and the precision and athleticism of acrobatic elements. Acro seamlessly blends musicality, emotional expression, line and extension with acrobatic movements in a dance context. Acro is an especially challenging style for dancers to master as training in both dance and acrobatic elements is required. Acro technique includes balancing, limbering, tumbling, and partnering, based in flexibility, contortion, and strength.

Bend Academy is the place for acro lessons in Winnipeg. Ms. Melanie is a highly regarded teacher with extensive experience in acro. She has both practical experience performing acrobatics and teacher training certifications. She is a fully certified Acrobatic Arts Professional, M1 & M2 and fully certified in Alixa Flexibility, M1-M5. She teaches strong technique while also keeping training fun & enjoyable for students.

Ballet & Jazz training are highly complementary to Acro. For recreational students, if possible, it is ideal for students to take an Acro class concurrently with Ballet and/or Jazz class(es). For competitive division students, training in either Ballet or Jazz is required for competitive Acro but it is highly recommended to take both.

Note: To safely & successfully advance in acro, students need work progressively through their levels of training. At Bend Academy we follow the Acrobatic Arts Syllabus. There is a strong emphasis on safety & technique in all of our classes, especially acro.

Kinder Acro: An introductory class for little ones that aims to improve physical literacy and basic acro foundations.

- Acrobatic Arts Level Primary
- Ages 4-5
- No prerequisites

Acro 1: A beginner level class with a focus is on learning the fundamentals of acrobatic dance & movement. Building a strong foundation is key in acro and this is where it starts!

- Acrobatic Arts Levels 1 & 2
- Ages 6+
- No prerequisite skills

Acro 2: A novice level class where we continue to perfect our acro fundamentals and start to move beyond the basics. This class is best suited for students with 1-2 years of previous acro experience or related experience (i.e. gymnastics, dance, etc.)

- Acrobatic Arts Levels 3 & 4
- Ages 8+
- Students should be comfortable executing the following prerequisite skills:
 - 5 regular push-ups in a row
 - Hollow body hold (10 seconds)
 - Handstand facing wall (30 seconds)
 - Teddy bear stand
 - Bridge from standing
 - Bridge kick over from height
 - Understanding of square splits
 - Cartwheel (at least 1 side)

Acro 3: An intermediate level class where we start to work towards more intricate acrobatic skills and variations. This class is best suited for students with 3+ years of previous acro experience or related experience (i.e. gymnastics, dance, etc.)

- Acrobatic Arts Levels 5-7
- Ages 10+

- Students should be comfortable executing the following prerequisite skills:
 - 10 regular push-ups in a row
 - 5 tricep push-ups in a row
 - 15 v-snaps
 - Handstand facing wall (1 minute)
 - All splits within 6 inches of the ground
 - Can hold headstands, chest stands, and forearm stands for minimum 10 seconds each, leg position optional.
 - Front and back walkover on at least 1 side.
 - 1 hand cartwheel on both sides with either hand.
 - Dive cartwheel
 - Hurdle round-off

Acro 4: An advanced level class where we work towards challenging skills and pushing the boundaries of our acrobatic abilities. This class is best suited for students with 5+ years of previous acro experience or related experience (i.e. gymnastics, dance, etc.)

- Acrobatic Arts Levels 8 - Pre-Professional 3)
- Ages 12+
- Students should be comfortable executing the following prerequisite skills:
 - 20 regular push-ups in a row
 - 10 tricep push-ups in a row
 - 20 v-snaps
 - Handstand facing wall (1 minute)
 - All splits within 4 inches of the ground
 - Chest stand, forearm stand, shoulder stand, and handstand with straight legs (10 seconds each)
 - Handstand walking
 - Front & back walkover (both sides)
 - Able to do flying bridge or rolling tinsica from knees
 - Past experience with side & front aerials*
 - Past experience back handsprings*

*Students do not need to have these skills mastered already but should have at minimum past experience with them and be comfortable to try them with a spotter.

Dress Code

- Acro:
 - Bodysuit (any colour) with tights, leggings, or shorts OR tight fitted shirt with leggings or shorts.
 - Long hair to be worn tied back. Please note for acro there is a lot of going upside down, rolls & headstands incorporated in class. Please keep that in mind when dressing for the class and avoid high ponytails or buns that hinder rolls and headstands.
 - No footwear needed.
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Ballet

- Ages 6 & up
- 1 hour classes

Ballet is a classical dance form characterized by grace and precision of movement. Ballet is often considered the foundation of dance. Ballet teaches strength, poise, balance, and control and provides a strong technical base for other dance styles.

Dress Code

- **Ballet:**
 - Bodysuit (any colour) with pink tights.
 - Long hair to be worn in a classical bun.
 - Ballet slippers (pink for girls, black or white for boys)
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Hip Hop

- Ages 6 & up
- 1 hour classes

Hip-hop is a high energy dance style that evolved from street dance. Typically performed to hip hop music, hip-hop incorporates various styles such as breaking, popping, locking and krumping, and even house dance while encouraging improvisation & style.

Dress Code

- **Hip Hop:**
 - Comfortable, dance-friendly clothing (ex. T-shirt & shorts or sweats)
 - Hair can be worn down or tied back
 - Clean, non-marking, indoor runners
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Jazz

- Ages 6 & up
- 1 hour classes

Jazz is a dynamic style of dance with a movement vocabulary ranging from the isolation of certain body parts to the movement of the entire body with the accents of musical rhythms. Jazz dance can take on many different characteristics and styles. Emphasis is on the importance of energy, rhythmical accuracy, and style.

Ballet training is highly complementary to Jazz. For recreational students, if possible, it is ideal for students to take a Ballet class concurrently with a Jazz class. For competitive division students, training in Ballet is required for competitive Jazz.

Dress Code

- Jazz:
 - Bodysuit (any colour) with tights, leggings, or shorts OR tight fitted shirt with leggings or shorts.
 - Long hair to be worn tied back.
 - Beige jazz shoes
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Tap

- Ages 6 & up
- 1 hour classes

The rhythm and movement of tap, created by the metal taps on the heels and toes of a dancer's shoes, transforms the dancer into a percussive musician. Tap dance emphasizes the flow of movement by teaching the dancer to find rhythms and beats not only in music but in their own bodies.

Dress Code

- Tap:
 - Bodysuit (any colour) with tights, leggings, or shorts OR tight fitted shirt with leggings or shorts.
 - Long hair to be worn tied back.
 - Black tap shoes
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Lyrical/Contemporary

- Ages 10 & up
- 1 hour classes

Lyrical is an expressive dance style that interprets the lyrics of a song through movement. Contemporary is an innovative style that incorporates many styles and techniques to push the envelope and borders of dance. Both Lyrical and Contemporary combine elements of ballet and jazz to express feeling and tell a story through dance.

Ballet & Jazz training are highly complementary to Lyrical/Contemporary. For recreational students, if possible, it is ideal for students to take Ballet and/or Jazz concurrently with a Lyrical/Contemporary class. For competitive division students, training in Ballet & Jazz is required for competitive Lyrical/Contemporary.

Dress Code

- Lyrical/Contemporary:
 - Bodysuit (any colour) with tights, leggings, or shorts OR tight fitted shirt with leggings or shorts.
 - Long hair to be worn tied back.
 - Beige jazz shoes, half soles, or foot undies