



Registration Guide

Wondering where to start? If you are considering registering for a program at Bend Academy, use this guide to learn about the studio, our class offerings, and to have your questions answered! 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.

Table of Contents

Foreword	2
Season Overview	3
Frequently Asked Questions	4
Schedule	5
Full Season Schedule	5
Session-Based Schedule	5
Pricing & Payments	6
Divisions	8
Regular Program	8
Performance Team	8
Class Types	10
Parent & Tot (ages 2-3)	10
Creative Movement (ages 3-5)	10
Kinder Classes (ages 4-5)	10
Acro (ages 4 & up)	11
Aerial (ages 6 & up)	13
Ballet (ages 6 & up)	14
Hip Hop (ages 6 & up)	14
Jazz (ages 6 & up)	14
Tap (ages 6 & up)	15
Lyrical/Contemporary (ages 9 & up)	15

Foreword

First off, thanks for taking the time to read this guide! It is jam-packed with important and helpful information about our programs. My name is Melanie Botelho-Urbanski, I'm the owner and founder of Bend Academy. I created this guide to help new members get a sense of what things are like at Bend Academy and to help parents/guardians and students find the right class(es) for their needs.

Bend Academy provides high quality dance, acrobatic, and aerial programs for all ages & ability levels. With top notch, trusted, & accredited instruction, all programs are delivered with care and a focus on empowering each individual student to reach their personal best.

Through dance, students develop more than steps, tricks, and combinations; students build character, confidence, self-esteem, friendships, and lasting memories. At Bend Academy we recognize that we are teaching so much more than movement. Bend Academy is a welcoming, positive, & inclusive atmosphere where we are always working to provide the best experiences possible for our students & their families.

If you have any questions after reading through the guide please contact us.

Email: bendacroacademy@gmail.com

Phone (call or text): 431-792-5678

Season Overview

Here's a general overview of our calendar for the season. This varies only slightly from season to season.

- **September 11, 2023-June 17th:** Full Season
- **September 11-December 4, 2023:** Fall Session (12 weeks)
- **January 7-March 24, 2024:** Winter Session (12 weeks)
- **April 1-June 17, 2024:** Spring Session (12 weeks)
- Date TBA, Mid to end of June: Recital for Full Season classes
- July & August: Summer Session and Summer Camps running

Closures

- September 30th, 2023 - National Day for Truth & Reconciliation
- October 8 & 9, 2023 - Thanksgiving
- October 31, 2023 - Halloween (evening only)
- November 11, 2023 - Remembrance Day
- Saturday, December 23, 2023 -Friday, January 5th, 2024 - Winter Break
- February 19, 2024 - Louis Riel Day
- March 25-31, 2024 - Spring Break (includes Good Friday & Easter Sunday)
- May 20, 2024 - Victoria Day

Full Season classes run September-June. Upon signing up for a full season class you are committing for the entire season. Most full season classes perform in our year end recital that takes place towards the middle to end of June. There are some select classes that are marked *No Recital, and these classes are for training only and do not perform in recital.

Session-based classes usually run in 8-12 week seasonal terms (fall, winter, spring, and summer). They are a shorter commitment and do not perform in any kind of recital. Session-based classes can be a good option for students not wanting to commit for the whole season or not wanting to take part in a recital.

Recital is a showcase of our full season students and the work they have put in over the year. Students will learn choreography in class to perform in the show. Costumes will be ordered for these students and a costume fee of \$50-75 is charged per class. Depending on the size of our show we either do an in-house recital at the studio or use a theatre. Recital details are provided for parents throughout the season as required. Recitals typically take place in the second half of June. A costume is required for each class and if the show is taking place at a theatre, tickets will be available for sale ahead of the show.

Frequently Asked Questions

FAQ #1 – How do I choose which class to sign up for? Answer: Read this guide! If you are uncertain or need guidance after reading send an email to bendacroacademy@gmail.com, Melanie 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 range 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. Most of our Full Season classes perform in the year end recital and require a costume. No Recital classes can sometimes be joined mid-season. If you are registering before our costume order has been made you can join a class late. Fees would be prorated based on when your student starts. The full registration fee of \$35 applies no matter when you join. We also offer session-based classes throughout the season (ex. 12 week fall session) that do not participate in recitals and are available to join throughout the season.

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 until October 15th of the current session. There are no refunds beyond October 15th of the current session. For session based classes there are no refunds after the first class. Written notice via email must be submitted for a withdrawal. Please include the student's name, class, and reason for withdrawing. Verbal withdrawals are not accepted.

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.

FAQ #7 – What is Performance Team? Answer: Performance Team is our division for students looking to push the level of their training, train more intensely, and have opportunities to perform at events and competitions. It's a bigger time commitment and best suited for kids who enjoy performing and being at the studio 2-3 times per week.

Schedule

Full Season Schedule

Please click the link below to be led to the classes page of our website. There you'll find the most up to date version of the full season class schedule:

<https://bendacademy.ca/classes/>

Session-Based Classes Schedule

Information for seasonal sessions will be released throughout the year. To see our most updated scheduled for session-based classes please click here:

<https://bendacademy.ca/drop-ins-sessions/>

- **September 11-December 4, 2023:** Fall Session (12 weeks)
- **January 7-March 24, 2024:** Winter Session (12 weeks)
- **April 1-June 17, 2024:** Spring Session (12 weeks)
- TBA July & August: Summer Session and Summer Camps

Pricing & Payments

Full season families can put a credit card on file for automated monthly payments instead of paying for the entire year upon registration. Parents can also pay in 1 or 2 lump sum payments for the season. **Session-based** classes are to be paid in a single lump sum.

What's most economical? Full season or sessions? Doing a single session costs less than doing the full season. Usually a session (8-12 weeks) is between \$150-300 for the session depending on the class. In contrast, a once per week 1 hour class usually works out to around \$60/month, so roughly \$600 for the whole season (around 36 weeks). On a per-class basis, signing up for the full season is like buying in bulk and your cost per class is lower for full season classes than for session-based classes.

SESSIONS

Prices for session-based classes vary depending on class and session length. Classes can vary from 30 minutes to 1.5 hours and sessions are typically 8-12 weeks and range in price between \$150-300 + GST. Session prices will be posted with class information on the "DROP INS & SESSIONS" web page throughout the season as registration opens for each session:

<https://bendacademy.ca/drop-ins-sessions/>

FULL SEASON

Class Length	10 monthly instalments (Sept-June)	Full Season
45 minutes (dance & acro classes)	\$45 + GST = \$47.25	\$450 + GST = \$472.50
45 minutes (aerial classes)	\$57 + GST = \$59.85 <small>*Aerial classes are priced slightly higher as class sizes must be kept smaller than for dance classes.</small>	\$570 + GST = \$598.50
1 hour	\$57 + GST = \$59.85	\$570 + GST = \$598.50
1.25 hours	\$71.25 + GST = \$74.81	\$712.50 + GST = \$748.13
1.5 hours	\$85.50 + GST = \$89.78	\$855 + GST = \$897.75

Discounts are added for full season students enrolling in 2 or more hours of classes per week. Discounts are calculated based on the amount of hours a dancer signs up for.

- 2-3 hours per week = 5% discount
- 4-6 hours per week = 10% discount
- 6+ hours per week = capped at \$307.80 + GST = \$323.19 per month. Any additional hours are added at a flat rate of \$30 + GST = \$31.50 per month.

To calculate class fees add up your student's hours & apply the corresponding discount. Ex. 2 hours per week = 1 hour class rate (\$57) X 2 = \$114 – minus 5% discount (\$5.70) = \$108.30 + GST.

Please also factor in the following:

- **Registration Fee:** An additional \$35, non-refundable Registration Fee per student must be submitted at the time of enrollment.
- **Costume Fee:** A \$50 costume fee is charged for all applicable classes on November 15th.
- **Late/NSF Fees:** A \$25 (plus GST), non-negotiable fee will be charged for all overdue payments. The overdue payment including the late fee must be paid within two weeks. If you are unable to make a payment, please contact us.

Costumes

All dancers in classes performing in the year end recital will require a costume. A \$50.00 costume deposit is charged to all applicable classes on November 1st. The balance owing will be invoiced once the costumes are in. Costumes range from \$50-\$75 for Regular Program classes and \$50-\$100 for Performance Team routines. We try our best to keep costume fees reasonable but often costumes are ordered from the USA & include exchange rate, taxes, shipping & handling, duty, etc.

Divisions

The focus at Bend Academy has and will always be to provide exceptional programs to all students in a fun and encouraging environment. Whatever your student's goals are, we are here to support them and help them reach their full potential in our Regular Program and Performance Team divisions!

Regular Program

Regular Program classes are recreational and ideal for those who want to dance for fun, learn and develop new skills, and make friends! Students can dance in a single class or multiple classes and take whatever classes interest them and work for their schedules.

- Ages 2-adult
- Full season and session-based class options
- Train as little as 1 class per week or as much as desired
- Full season classes participate in recital with the exception of classes marked *No recital
- Session-based classes do not participate in recital

Performance Team

Performance Team is a more intensive option for students who want to train more seriously and have opportunities to perform and compete. Performance opportunities can vary from sporting events to schools, old folks homes, and beyond. We also compete locally 1-2 times and do one travel competition per season. We strive to have our Performance Team maintain a healthy balance between performing, training, and competing without the focusing becoming solely on competition.

- Ages 7 and up
- Full season commitment
- Training minimum twice per week in core and/or specialty classes (see below)
- Competitions and performances
- All Performance Team classes perform in recital

Performance Team classes can be joined by audition or invitation only. Students are placed on teams based on age and ability. There are two streams for Performance Team students:

1. **Core Classes** - 5 core mandatory classes per week
 - 2 ballet, 2 acro, and 1 jazz class per week with the option to add specialty classes.
 - For acro there is one designated team class during the week and students are to also take a Sunday acro class marked *No Recital for training. Choose the Sunday class best suited to your child's level & age.
 - The schedule is designed to condense core classes together in the schedule to reduce the number of training days at the studio.
 - Performance Team kids in core classes who are also training in aerial may also have the opportunity to perform aerial for events and virtual competitions.

2. **Specialty Classes** - Additional classes that can be taken on their own or on top of core classes.

- 1 hip hop class per week
- 1 tap class per week
- Students can do Performance Team hip hop or tap without being in the core ballet, jazz, and acro classes. The only requirement is that the student be taking at least 1 additional class alongside their specialty class
 - i. ex. Performance Team Hip Hop AND Tap or Performance Team Hip Hop and a regular program class.

Students will learn a group dance to perform and compete for each style they take. Teachers can give the opportunity to do solos, duos, or trios as well. Choreography for additional routines like solos, duos, and trios, is an additional cost.

Competitions are an additional commitment and cost associated with being a part of a Performance Team. Competitions charge entry fees and the more routines your child is in, the more costly it gets.

- Here's an example of what entry fees can look like:
 - Solo (1 dancer) - \$100
 - Duo or Trio (2-3 dancers) - \$60 per student
 - Group - \$40 per student

Ex. Suzie is competing in 3 groups (ballet, jazz, acro) and doing 1 ballet solo. Her cost for 3 groups X \$40 each = \$120 + \$100 solo = \$220 per competition. The more routines you do, the more it costs to compete. For travel competitions travel costs also need to be factored in and exchange rates if we go to the USA.

If the Performance Team division sounds like something your child would be interested in please contact us for information about auditioning or being assessed for the program.

Class Types

Parent & Tot (ages 2-3)

- 30 minute classes
- Parent/caregiver & child participate together in 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.

*Please note Parent & Tot classes do not perform in our annual recitals.

Creative Movement (ages 3-5)

- 45 minute classes
- Children participate independently from their caregiver

Creative Movement has students learning basic dance skills and movements while improving coordination, physical literacy, and listening skills in an imaginative and fun atmosphere! Students learn through imaginative prompts & enjoy fun and engaging classes led by our enthusiastic and caring teachers. Beyond dance students gain listening skills, learn cooperation, sharing, taking turns, and more as they meet new friends and dance their hearts out!

Dress Code:

- Creative Movement
 - 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.

Kinder Classes (ages 4-5)

- 45 minute classes in Acro or Ballet/Tap

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 age and level appropriate exercises incorporating creative movement. Students will spend the first half of the class doing ballet and then switch into their tap shoes 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.

Acro (ages 4 & up)

- 1-1.5 hour classes

Acrobatic Dance, or acro as it is commonly referred to, is the 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 classes train flexibility, strength, balancing, limbering, tumbling, and partnering, and contortion-style skills.

Bend Academy is the place for acro lessons in Winnipeg. Ms. Melanie is a highly regarded teacher with extensive experience in acro. She takes great pride in leading our acro division and 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 alongside Ballet and/or Jazz class(es).

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.

Aerial (ages 6 & up)

Aerial classes take place on aerial silks or hoops suspended from the ceiling. Aerial hoop, also known as lyra or cerceau, has students learn beautiful sequences and shapes on a large steel hoop. Aerial silks teach students to climb, spin, twist, and display sequences, poses, and drops on fabric that hang from the ceiling.

Kids 12 & under must also be enrolled in a separate acro class to participate in aerial. Strength, flexibility, body awareness, technique, and acro terminology are highly transferable to aerial training. Having our aerial kids cross-training in acro is a safety measure and creates stronger, more well-rounded aerialists. We do not require teens and adults to take separate acro training however training in acro, flexibility, or other dance styles is always beneficial.

Bend Academy is a proudly Aerial Arts certified studio. Melanie is Manitoba's first instructor to have certified in Aerial Arts Silks and Hoop curriculums.

Dress Code

- Aerial:

- Bodysuit (any colour) with tights, leggings, or shorts OR tight fitted shirt with leggings.
- Long hair to be worn tied back. Please note for aerial there is a lot of going upside down. Please keep that in mind when dressing for the class and avoid clothing that will move around while upside down or in the air.
- No footwear needed.
- Please do not wear anything with zippers, clasps, or notions that could potentially snag on the aerial silks and damage them. No fake nails, jewelry of any kind (except small stud earrings) or anything sharp that could damage the fabric.

Ballet (ages 6 & up)

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 or skin tone tights.
 - Long hair to be worn in a classical bun.
 - Ballet slippers (pink for girls, black or white for boys)

Hip Hop (ages 6 & up)

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

Jazz (ages 6 & up)

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. If possible, it is ideal for students to take a Ballet class alongside a Jazz class.

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

Tap (ages 6 & up)

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

Lyrical/Contemporary (ages 9 & up)

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. It is required students be enrolled in a Ballet or Jazz class to participate in a Lyrical/Contemporary class.

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