



# BEND ACADEMY 2026-2027 REGISTRATION GUIDE

**Curious about Bend Academy?**

**Wondering where to start?**

**Use this guide to learn about the studio, our classes, and to have your questions answered!**

Website: [bendacademy.ca](http://bendacademy.ca)

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Address: 2 Donald St. Unit 5, Winnipeg, MB

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**Melanie Botelho-Urbanski**  
**Founder & Director of Bend Academy**

## **FOREWORD**

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 students find the right class(es) for their needs.

Bend Academy provides high quality dance, acrobatic, and aerial programs for all ages & 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](mailto:bendacroacademy@gmail.com)  
Phone (call or text): 431-792-5678

# OUR STUDIO



Located at 2 Donald St. Unit 5, Bend Academy is located in one of Winnipeg's most central and vibrant neighbourhoods, Osborne Village!

Our fully renovated studio space includes two studio rooms with spring floors, marley, and high quality dance, acrobatic, and aerial equipment. We take the safety of our students seriously and outfit our studio rooms with professional flooring and equipment for injury prevention purposes and to provide the best learning environment possible.

We also have a comfortable lobby space and viewing area for families who choose to stay and watch lessons as well as free parking in our our lot. Plus with our central location, there are lots of restaurants, cafes, and shops nearby for those who want to explore the area while they're student(s) are in class!

# IMPORTANT DATES

## **Registration for the 2026-2027 Full Season and Fall 2026 Session Opens May 12!**

Registration for session based classes typically opens up about 2 months before the session with the exception of the fall session where registration opens in May.

- **Full Season: September 14, 2026 - June 14 OR JUNE 7, 2026**
- Fall Session: September 8 - December 21, 2025
- Winter Session: January 5 - March 29, 2026
- Spring Session: April 6 - June 15, 2026
- Mid to end of June (exact date TBA): Recital for Full Season classes
- July & August: Summer Session and Summer Camps running

## **Closures - No Classes:**

- September 30, 2025 - National Day for Truth & Reconciliation
- October 12 & 13, 2025 - Thanksgiving
- October 31, 2025 - Halloween
- November 11, 2025 - Remembrance Day
- December 22, 2025 - January 4, 2026 - Winter Break
- February 16, 2026 - Louis Riel Day
- March 30 - April 5, 2026 - Spring Break
- May 18, 2026 - Victoria Day

## **Additional Important Dates:**

- 1<sup>st</sup> of each month: Automated tuition payments are processed.
- November 1: \$50 costume deposit per class is charged with November tuition.
- Mid-April: Recital tickets go on sale.

# DEFINITIONS

**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. All full season classes perform in recital unless marked NR = No Recital. Costumes will be ordered for these students and a costume fee is charged per class. Recital details are provided for parents throughout the season. Recitals typically take place in mid June. The show will take place at a theatre and tickets for the show will go on sale in the spring.

**Full Season** classes run September-June. Upon signing up for a full season class you are committing for the entire season. All full season classes perform in our year end recital that takes place towards the middle to end of June unless otherwise marked.

**Seasonal Sessions** offer classes usually in 6-16 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.

**No Recital** classes are marked on the schedule with NR. These are full season classes that are training only and do not participate in recitals.

**Rolling Registration** classes are marked on the schedule with RR. Rolling Registration is an option we offer for our adult classes to accommodate work & life schedules. RR classes are ongoing full season classes that can be joined at any time throughout the season so as the student fits the level of the class and there is room available. Registration can be cancelled at any time with a minimum one month's notice by email. This provides an option for adult students to essentially freeze their membership if there is a point in the season they cannot attend and resume when they are able. Rolling Registration classes do not participate in recitals. Rolling Registration is only available for select marked classes.

**For dance definitions and descriptions of the different styles of classes we offer, keep reading! Find “Class Types” from pages 15-26.**

# 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](mailto:bendacroacademy@gmail.com), we are 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. Ages are given as a guideline and it is common to have a 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. Consider your student's experience level and age when selecting a class. It is not uncommon for students to stay in the same level class for more than one season.

**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. We really appreciate students and parents respecting the dress code. Coming to class in proper attire sets students up for success, limits distractions, and helps teachers give proper corrections and see body positions.

**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. 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 that do not participate in recitals and are available to join throughout the season. Classes marked RR (Rolling Registration) can be joined anytime so long as there is space available and the student fits the level of the class.

**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. 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, families can stay and watch from the lobby. Some students do better with a parent watching and others may find parents distracting. Do what works best for your student and will support them in having the best class experience.

**FAQ #7 – Do you offer competitive classes?** Answer: We offer both recreational and competitive programs. Performance Team is our competitive 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.

# CLASS 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/>

- Fall Session: September 9 - December 22, 2024 (15 weeks)
- Winter Session: January 6-March 30, 2025 (12 weeks)
- Spring Session: April 7-June 16, 2025 (11 weeks)
- July & August: Summer Session and Summer Camps running

# PRICING & PAYMENTS

## DANCE & ACRO CLASS PRICING

<b>Class Length</b>	<b>10 monthly instalments (Sept-June)</b>	<b>Full Season</b>
45 minutes	\$50 + GST = \$52.50	\$500 + GST = \$525
1 hour	\$62 + GST = \$65.10	\$620 + GST = \$651
1.25 hours	\$78 + GST = \$81.90	\$780 + GST = \$819
1.5 hours	\$90 + GST = \$94.50	\$900 + GST = \$945

## AERIAL CLASS PRICING

<b>Class Length</b>	<b>10 monthly instalments (Sept-June)</b>	<b>Full Season</b>
45 minutes	\$62 + GST = \$65.10	\$620 + GST = \$651
1 hour	\$78 + GST = \$81.90	\$780 + GST = \$819

\*Aerial classes are priced slightly higher as class sizes must be kept smaller than for dance classes. Please note that aerial classes are calculated separately and not included in any discounts with dance or acro classes.

**Full season** families can put a credit card on file for automated monthly payments instead of pay up front for the entire year upon registration. **Seasonal Session** classes are to be paid in a single lump sum.

Prices for Seasonal Sessions vary depending on class and session length. Classes can vary from 30 minutes to 1.5 hours and sessions are typically 6-16 weeks and range in price between \$150-350 + GST. Session prices will be posted with class information on the "SESSION BASED CLASSES" web page throughout the season as registration opens for each session: <https://bendacademy.ca/drop-ins-sessions/>

**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. Dance and acro classes cannot be combined with aerial classes for discounts. Aerial classes fees are calculated separately.

- 2-3 hours per week = 5% discount
- 4-6 hours per week = 10% discount
- 6+ hours per week = capped at \$353.40 + GST per month. Any additional hours are added at a flat rate of \$35 + GST 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 (\$62) X 2 = \$124 – minus 5% discount (\$6.20) = \$117.80 + 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 1st.
- **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 costume deposit is charged to all applicable classes on November 1st. The balance owing will be charged once the costumes are in.

Costumes range from \$50-\$100 for recreational classes and \$50-\$120 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. We are continually trying to order as much as possible from Canadian suppliers to try and reduce shipping, brokerage, and duty costs and support Canadian costume companies.

Students are measured in classes in the fall in preparation for ordering costumes. We do our best to size up accordingly for kids between sizes or nearing the next size up to accommodate for growth by recital in June.



# DIVISIONS

The focus at Bend Academy has and always will 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 Recreational Program and Performance Team divisions!

## **Recreational Program**

Recreational Program classes are non-competitive and ideal for those who want to dance for fun, 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 3-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 unless otherwise marked
- Seasonal Session classes do not participate in recital

## **Performance Team (Competitive)**

Performance Team is a more intensive option for students who want to train more seriously and compete. We compete locally 1-2 times and do one travel competition per season plus other possible performance opportunities. We strive to have our Performance Team maintain a healthy balance between performing, training, and competing without the focusing becoming solely on competition.

- Ages 6 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:

## **Performance Team (continued)**

### **Core Classes: Ballet, Jazz, & Acro** – 5-6 mandatory classes per week

- Team 1: 2 ballet, 2 acro, and 1 jazz class per week with the option to add specialty classes.
- Team 2: 2 ballet, 2 acro, and 2 jazz classes per week with the option to add specialty classes.
- Team 3: 2 ballet, 2 acro, and 2 jazz classes per week with the option to add specialty classes + pre-pointe by invitation.
- The schedule is designed to condense core classes together in the schedule to reduce the number of training days at the studio.
- Students can choose to add additional specialty classes or recreational classes if desired.

### **Specialty Classes: Hip Hop, Tap, & Musical Theatre** – 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
    - ex. Performance Team Hip Hop AND Tap or Performance Team Hip Hop and a regular program class.
- 1 musical theatre class per week
  - Students in musical theatre will be singing live while dancing at competition. These students are required to take 1 jazz class per week at Bend Academy (recreational or competitive) to work on their dance skills. Additional dance classes, notably tap, are highly recommended.

## **Performance Team (continued)**

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

We offer an array of different styles of classes at Bend Academy. See the following pages for descriptions of each style we offer. Class offerings vary based on age and skill level.

Suggested ages are listed on the schedule with the different class types. For most classes please register based off of your child's age. For acro classes please see the prerequisite skills listed under Acro on the following pages and choose the most appropriate level of class for your student. Ages are used as a guideline but sometimes a student may be in a level just above or just below their age if that is what best suits their level and would be most appropriate for them.

If you're uncertain about which level or class to register for, contact us and we're happy to help guide you to the best option for your dancer.

<b>3-4 years old</b>	Creative Movement
<b>4-5 years old</b>	Kinder (Acro, Ballet/Tap)
<b>6-8 years old</b>	Level 1 (Acro, Aerial, Ballet, Hip Hop, Jazz, Tap)
<b>8-12 years old</b>	Level 2 (Acro, Aerial, Ballet, Hip Hop, Jazz, Tap)
<b>10-14 years old</b>	Level 3 (Acro, Aerial, Ballet, Hip Hop, Jazz, Tap, Contemporary/Lyrical)
<b>12 years &amp; up</b>	Level 4 (Acro, Aerial, Ballet, Hip Hop, Jazz, Tap, Contemporary/Lyrical)
<b>18 years &amp; up</b>	Adult (various styles available throughout the season mostly as Seasonal Session classes or Rolling Registration)

# PRESCHOOL CLASSES

## **Creative Movement (ages 3-4)**

- 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

## 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

## 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 1)
- 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)
  - Rolling tinsica from knees
  - Side and/or front aerial (at least 1 side)
  - Back handspring



**Acro All Stars:** An elite level class for very advanced acrobats. This class is by invitation only and is best suited for students with 5+ years of previous acro experience. To be considered for this class please email the studio. This class is geared towards those looking for a very advanced class that need more of a challenge beyond Acro 4.

- Acrobatic Arts Levels Pre-Professional 2 & 3
- Ages 13+
- Students should be comfortable executing all of the skills from Acro 4 plus a front aerial, back tuck (optional entrance), and have flat splits in all directions.

## 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

AERIAL HOOP  
AERIAL SILKS



### **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 be fully certified in Aerial Arts Silks and Hoop curriculums.

**Aerial Silks & Hoop 1:** A beginner-level class that teaches students the basics of both aerial silks & aerial hoop. We combine both silks & hoop for level 1 classes to give students the opportunity to try both before deciding if they would like to specialize in one or both as they progress into higher levels.

**Aerial Silks 2:** A novice-level aerial silks only class for students who have taken Aerial Silks & Hoop 1 and demonstrate proficiency and readiness for a more experienced class.

**Aerial Hoop 2:** A novice-level aerial hoop only class for students who have taken Aerial Silks & Hoop 1 and demonstrate proficiency and readiness for a more experienced class.

**Aerial Silks 3:** An intermediate-level aerial silks class for students who have completed level 2 and are ready to safely start working towards more complex skills. This class is by invitation only. Current students ready for this class will be invited by the director. If you are new to Bend Academy but have existing experience and want to be considered for this class please contact us.

**Aerial Hoop 3:** An intermediate-level aerial silks class for students who have completed level 2 and are ready to safely start working towards more complex skills. This class is by invitation only. Current students ready for this class will be invited by the director. If you are new to Bend Academy but have existing experience and want to be considered for this class please contact us.

**Aerial Silks 4:** An advanced-level aerial silks class for students who have completed level 3 and demonstrate a strong understanding of aerial silks, excellent air-awareness, and the strength, stamina, and maturity to work at an advanced level. This class is by invitation only. Current students ready for this class will be invited by the director. If you are new to Bend Academy but have existing experience and want to be considered for this class please contact us.

## Dress Code

- Aerial:
  - Bodysuit (any colour) with tights or leggings.
  - Aerial apparatuses can cause friction burns on skin so it's wise to cover up with a bodysuit and leggings. Crop tops and shorts don't provide much protection from friction burns.
  - 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 or jewelry of any kind (except small stud earrings) or anything sharp that could damage the fabric.

# BALLET

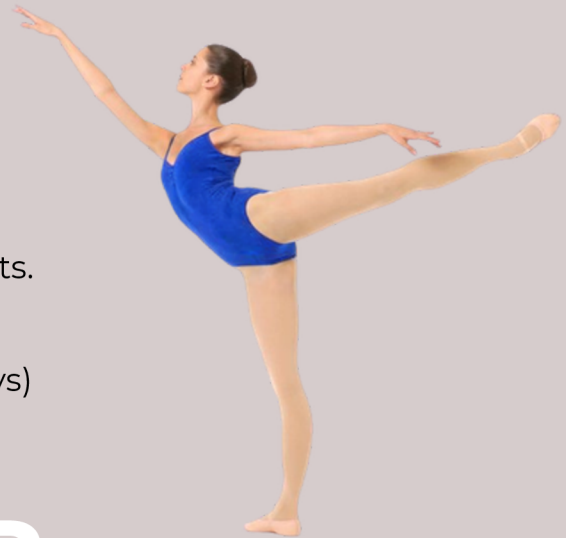
## Ballet (ages 6 & up)

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.

In addition to ballet classes you may sometimes see **Progressing Ballet Technique** (PBT) on the schedule. PBT is a method of body conditioning and strength training for dancers, designed to improve muscle memory and overall technique. It focuses on core stability, weight placement, and alignment through ballet-specific exercises, aiming to enhance performance and prevent injuries. We only recommend this class for experienced dancers.

### Dress Code

- Ballet:
  - Girls: Black leotard with pink or skin tone tights.
  - Boys: Fitted black or white shirt and shorts or tights.
  - Long hair to be worn in a classical bun.
  - Ballet slippers (pink for girls, black or white for boys)



# HIP HOP

## 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 worn tied back
  - Clean, non-marking, indoor runners



# JAZZ

## 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 (solid colour, preferably black) with tights, jazz shorts optional.
  - Long hair to be worn tied back.
  - Beige jazz shoes



# TAP

## 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

## **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 highly recommended students be enrolled in a Ballet or Jazz class to participate in a Lyrical/Contemporary class.

### Dress Code

- Lyrical/Contemporary:
  - Bodysuit (solid colour, preferably black) with tights, jazz shorts optional.
  - Long hair to be worn tied back.
  - Beige jazz shoes, half soles, or foot undies



# MUSICAL THEATRE

## **Musical Theatre (ages 6+, Performance Team only)**

Musical theatre is a form of theatrical performance that combines songs, acting and dance. Musical theatre is an amazing opportunity for students who aspire to be true triple threats and learn to sing, dance, and act!

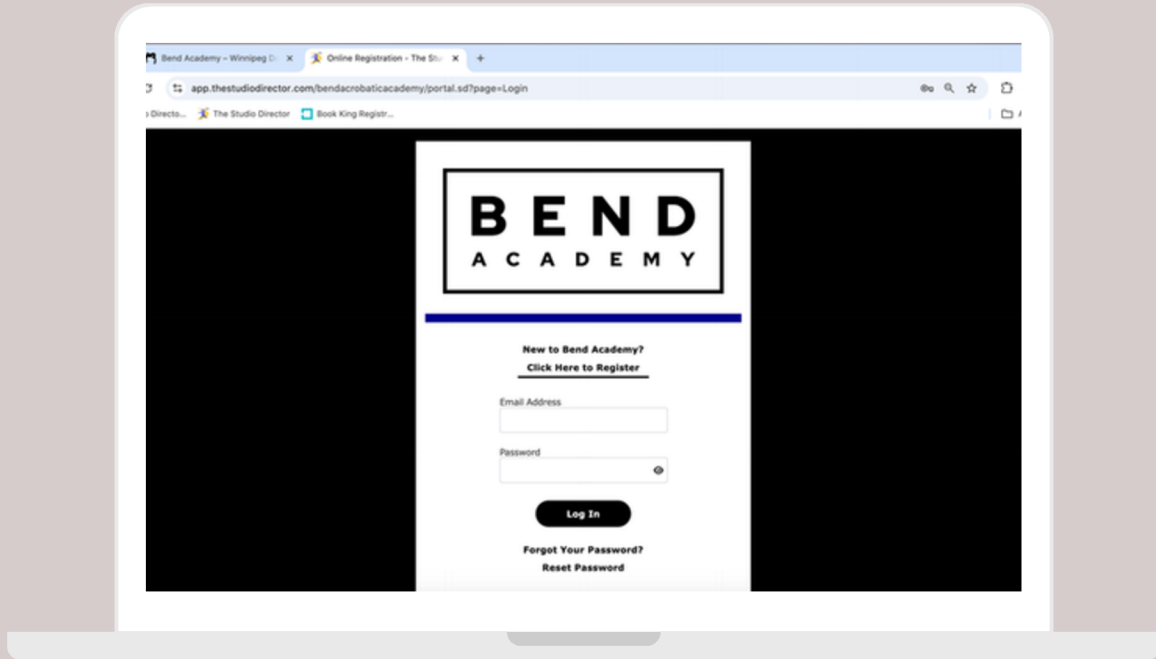
Students in musical theatre will be singing live while dancing at competition. These students are required to take at minimum 1 jazz class per week (recreational or competitive) to work on their dance skills. Additional dance classes, notably tap, are highly recommended.

We only have Musical Theatre for competitive students, for those looking for recreational options please check out our friends, Meraki Theatre as they have lots of recreational theatre classes available. Meraki also has additional classes available for PT Musical Theatre students wanting to do more theatrical & vocal training.

### Dress Code

- Musical Theatre:
  - Comfortable, dance friendly clothing / activewear
  - Long hair to be worn tied back.
  - Beige jazz shoes





# READY TO REGISTER?

Create an account or log in here:

**LOG IN / REGISTER**

**Have questions? Please reach out!**

Website: [bendacademy.ca](http://bendacademy.ca)

Phone: 431-792-5678

Email: [bendacroacademy@gmail.com](mailto:bendacroacademy@gmail.com)

Address: 2 Donald St. Unit 5, Winnipeg, MB

