

Dance & Fitness Classes June 2020

Forms:

PAR Q+: http://www.provincialfitnessunit.ca/media/uploads/2020_PAR_QFillable.pdf

Informed Consent: http://www.provincialfitnessunit.ca/media/uploads/Informed_Consent.pdf

| Day | Class | Time | Description | Zoom Registration |
|---|-----------|-----------------|---|---|
| Mondays June 1, 8, 15, 22, 29 *new month= new zoom | Barre | 7:30 - 8:30pm | <p>Barre is a fitness class with a balletic flare. Emphasis is placed on alignment, posture, balance and coordination. This is a low-impact (no jumping), bodyweight (little to no equipment) based course.</p> <p><i>Equipment needed:</i></p> <ul style="list-style-type: none"> - Chair (Barre like object, wall, table etc..) - Mat - Socks (or container lids if you're on a carpeted surface) - Sometimes equipment: ball, pillow | https://us02web.zoom.us/join/zoom-5X9dM9IK_ycQctR-2t2VT |
| Tuesdays June 2, 9, 16, 23, 30 *new month= new zoom | Intervals | 8:00pm - 9:00pm | <p>This bodyweight (only equipment is your own body) class is centred around quick energy bursts, sustained movement and rest periods. It includes high and low impact moves with plenty of options (jump only if it works for you). It is more cardiovascular and endurance focused than strength based.</p> <p><i>Equipment needed:</i></p> <ul style="list-style-type: none"> - Mat - Runners | https://us02web.zoom.us/join/zoom-tZYpdu6oqjMjGdegs4QQ3vhFsfS2tAyHOTGp |

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|---|---------------------------------------|----------------------|--|--|
| <p>Wednesdays June 3, 10, 17, 24 *new month= new zoom</p> | <p>Bassburn Dance Fit X Barre</p> | <p>7:30 - 8:30pm</p> | <p>Barre meets Bassburn. Class starts with my Barre based warm-up, a Barre conditioning element (either centre or mat exercises), follows with 2-3 Bassburn dance fit routines and ends with my typical Bassburn cool-down. This course is a dance conditioning class meets cardio dance extravaganza.</p> <p><i>Equipment Needed for Barre:</i> -Chair (Barre like object, wall, table etc..) - Mat - Socks (or container lids if you're on a carpeted surface)</p> <p><i>Equipment Needed for Bassburn:</i> - Runners/appropriate footwear for your space</p> <p>For more info on Bassburn Dance Fit https://kmotion.ca/bassburn</p> | <p>https://us02web.zoom.us/j/8Zqh72reYDRw7HvHLHu</p> |

| Day | Class | Time | Description | Zoom Registration |
|---|------------------------|---------------|--|---|
| Thursdays June 4, 11, 18, 25 *new month= new zoom | Cardio, Core & Stretch | 8:00 - 9:00pm | <p>This course is 1/3 Cardio, 1/3 Core strengthening and 1/3 stretch. The cardio element includes both low and high impact exercises with multiple options to raise your heart rate. The core portion will include subtle core stabilization with power moves; explore your deeper core muscles and work all 4 sets of core muscles. The stretch portion of class is elongated. It's Thursday, let's wind down for the week and show some love to our bodies.</p> <p><i>Equipment needed:</i></p> <ul style="list-style-type: none"> - Mat - Runners | https://us02web.zoom.us/j/84411111111 |
| Fridays June 5, 12, 19, 26 *new month= new zoom | Family Dance Party | 4:15 - 4:45pm | <p>Sometimes you gotta move with those you love best, to the songs you enjoy the most. This is a free form class which takes your song requests. Sometimes we'll explore guided songs and other times we'll play dance based games. All activities are heavily based in creative movement, self-exploration, and foundational movement skills.</p> <p><i>Equipment needed:</i></p> <ul style="list-style-type: none"> - appropriate footwear for your dance space - a good attitude - A willingness to let the stressors of week go <p><i>Note:</i> Song requests must be submitted at least 1hr before class starts. Please send via email with subject: Family Dance Song Request</p> | https://us02web.zoom.us/j/84411111111 |

Why do I have to register?

This is simply my way of keeping track of participants for my records. If you register for a class there is no obligation to attend every class. Registration is required to get the zoom meeting code. I will start class 5-10 min early to answer questions and give you time to register before class starts if possible. I won't contact you unless you give me permission to do so. If multiple people are participating at the same address, please list them in the questions/concerns area. I will need separate informed consent forms for each adult participant.

Why do I have to fill out forms?

I'm a stickler for forms. I've worked in too many bureaucratic institutions to not include forms. I'm using the PAR Q+ as a self assessment tool for participants. However, if there is any concern areas, consult a physician before participating in any movement based classes. I do **NEED** the informed consent forms before the start of class. If you take multiple classes I only need one form per participant. The informed consent is valid for the 2020 year.

Family Dance Party: Dependents can be listed on the same informed consent form as a caregiver as long as the caregiver confirms they are assuming the risks for their dependents, the names & DOB of those dependents and that they are the legal guardian for those dependents.

Example: I confirm that ____ (guardian's name) ____ am the legal guardian of __ (list of dependents and their date of birth) _____ and I understand and assume the risks outlined in this document for ____ (list of dependents and their date of birth) _____. Signature & date

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Why won't you do in-person classes in the near future?

I made this decision primarily due to the cost of renting a space and SOCAN fees (my ability to play music during class and pay artists their royalties) if I run classes outdoors with music. My per class cost (based on 260 classes /year or 5 classes/week) is significantly lower by offering classes through live-streaming. Plus it's COVID-19 days, let's reduce the spread even if regulations ease up.

What is Adopt Your Class?

I am not currently charging for classes. However, if you do wish to support your classes financially, you can "Adopt-your-class" for \$8.00. This is the total cost per live-stream class, if I run 260 classes in a year, or about 5 classes per week. For further information contact me via email. I can give you a general break-down of what that money covers and what it doesn't. You will also get a shout-out if you so desire and/or you can craft a specific message you'd like send out (PG only).

Please Contact me with any questions, concerns or general feedback. I'd love to hear from you,

Nadege Blackhall

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BEd St. Mary's University, Calgary (June 2020)

B.F.A with Hons, Spec. Dance, York University, Toronto (2012)

AFLCA, Group Exercise Specialist in Portable Equipment

First Aid CPR C + AED

Bassburn Dance fit instructor

Conditioning with Imagery for Dancers Level 1