



Beaumont School of Highland Dance

Welcome to Highland Dance! Attached is the information for the 2021-2022 dance season. Please feel free to reach Carmen at 780-934-9201 or beaumonthighlanddance@gmail.com with any questions.

Registration

Registration forms are completed via online registration accessed through the website or this link <https://form.jotform.com/211953858469270> Please get your registration in as early as possible.

Class Schedule

Classes start the week of **September 13, 2021**. Please see BSHD Dance Calendar for all class dates.

	Monday	Tuesday	Wednesday	Thursday
5:00	Primary	Beginner B	Nov/Int	Beginner B
5:15	5:00-5:30	5:00-5:45	5:00-6:00	5:00-5:45
5:30	Beginner C	Beginner A		1x/wk
5:45	5:30-6:30	5:00-5:45		Beg/Nov
6:00		Beginner C		5:00-6:00
6:15		5:45-6:45		
6:30	Premier	Beginner	Int/prem	Int/prem
6:45	6:30-8:00	5:45-6:30	6:00-7:15	6:00-7:15
7:00		Nov/Int		
7:15		6:45-7:45		
7:30			Prem	Prem
7:45		Adult	7:15-8:30	7:15-8:30
8:00	Group	7:45-8:45		
8:15	Choreography			
8:30	As needed			

As members of our dance family, all dancers and their families are expected to be aware of and adhere to the studio policies & the dress code.

Primary & Early Beginner Classes

These classes focus on developing musicality and movement patterns along with correct body alignment and posture. Dancers will learn the basic positions of the feet, head, and arms along with basic dance movements. As the classes progress, dancers will put the movements to music. The goal is to be able to dance technically correct pas de basque, high cuts, sheds, and toe heels to music. The dances that may be taught are: pas de basque, pas de basque & high cuts, fling, sword, lilt.

Primary – aimed at our youngest and newest dancers age 3-5years and young dancers with only 1 year of experience.

Beginner A – for new 5-7 year olds and young dancers with 1-3 years of experience.

Beginner Classes

These classes focus on improving muscle movement patterns while maintaining correct body alignment and posture. The classes will focus on the first five highland dances – Fling, Sword, Seann Triubhas, Lilt & Flora. Dancers are encouraged to attend both classes.

Beginner B – Beginner C

Pre-Premier Classes

Experienced dancers will continue to work on the first five highland dances for exam and competition technique. Work will begin on learning some of the more advanced movements and dances such as Johnny, Laddie, Jig and Hornpipe. Dancers should attend at least two classes.

Nov/Int – Int/Prem

1x/wk Beg/Nov

For experienced dancers wanting a single, weekly class. If space allows, dancers in the Beg C and Nov/Int classes may attend this as a third weekly class.

Adults – beginner & experienced adult dancers. Focus on fun, fitness while learning highland dance movement, technique & full dances.

Advanced Classes

These classes are for dancers with highland experience. Focus is on building strength, technical ability, and knowledge with the application to music. New dances and steps are taught as warranted by exams and competitive levels. Students are grouped as per teacher recommendations.

Dancers should attend at least two classes.

Intermediate/Premier – Premier