



Beaumont School of Highland Dance

Welcome to Highland Dance! Attached is the information for the 2022-2023 dance season. Please feel free to reach Carmen at 780-243-5678 or beaumonthighlanddance@gmail.com with any questions.

Registration

Registration forms are completed via online registration accessed through the website or this link [Registration](#). Please get your registration in as early as possible.

Class Schedule

Classes start the week of **September 12, 2022**. Please see BSHD Dance Calendar for all class dates.

	Monday	Tuesday	Wednesday	Thursday
5:00	Beginner B 5:00-6:00	Beginner A 5:00-5:45	Beginner & Pre-premier Technique Class 5:00-6:15	Beginner B 5:00-6:00
5:15				
5:30		Primary B 5:30-6:15		Intermediate/Jr Premier 5:45-7:00
5:45				
6:00	Pre-Premier 6:15-7:15	Premier 7:00-8:30	Adults 7:30-8:30	Pre-Premier 6:00-7:15
6:15				
6:30				
6:45	Stretch & Strength 7:15-8:15			Premier 7:15-8:30
7:00				
7:15				
7:30				
7:45				
8:00				
8:15				

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 & Primary B 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.

Primary B – 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 (for Beg B) and are invited to join the Beginner Technique class.

Beginner A – Beginner B

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. These dancers are encouraged to participate in the Beginner Technique class and are invited to join the Stretch & Strength class as well.

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

Technique Class

This class will focus on dance techniques. Using barre work and repetition to create strong & accurate muscle memory for dance movements. This class is aimed at beginner through intermediate dancers.

Stretch & Strength Class

Participants in this class will need their runners, light weights, a foam roller and a yoga mat. Class will consist of a warm up, sport specific training, conditioning, and stretching. This class will run over zoom as well and all dancers are encouraged to participate. Adults too!

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 and are highly encouraged to join the Stretch & Strength class.

Intermediate/ Junior Premier – Premier