



The General School program at The School of Toronto Dance Theatre is designed for individuals who are looking to increase their fitness level and have fun! Both beginner and experienced dancers will benefit from:

- increasing strength, flexibility, and endurance
- gaining body awareness and self-confidence
- learning from renowned teachers
- dancing to live accompaniment

"Our classes are designed to develop strength and self-confidence. Dancers have the opportunity to enjoy movement for its own sake, and to engage their expressive potential."

– Patricia Fraser, Artistic Director

UPCOMING EVENTS

Young Dancers' Program semesters starting in September and January
www.schooloftdt.org/ydp-program.html

Professional Training Program Mainstage Performances
December 2-4 & 9-11, 2010
March 30-April 2, 2011 | May 5-7 & 12-14, 2011

Auditions February 13 & July 16, 2011

Pre-Professional Summer School July 4-29, 2011

For more information, please contact the School.

The School of Toronto Dance Theatre
80 Winchester Street • Toronto, Ontario • M4X 1B2

416-967-6887

info@schooloftdt.org

Fax 416-967-4379

www.schooloftdt.org

easily accessible by TTC • conveniently located in Cabbagetown • street parking available

Charitable Registration 10796 2771 RR 0001

POLICIES

Classes are designed for people over the age of 16.

There is an expiry date on all class cards. Unused classes on the card cannot be carried over to the next session.

Refunds will only be granted during the first three weeks of each session. The amount of the refund will be for the number of classes remaining on the class card. Classes attended will be charged at the single class rate. Please note there is a non-refundable \$25.00 fee included in all class card and full session prices. After the first three weeks, refunds will only be granted in exceptional cases, to be determined by the School administration. No refunds will be granted after the end of the session.

All faculty and accompanists are subject to change. All dates and times are subject to change. All classes are subject to sufficient registration.

Physical activity carries with it risks that cannot be eliminated regardless of the care taken to avoid injuries. Participation in classes offered at the School is voluntary and each participant knowingly assumes all risks associated with their own participation.

The School aims to provide a safe, positive, and welcoming learning environment. The School reserves the right to refuse admittance to any person who jeopardizes our ability to provide such an atmosphere.

*cover photo by Sandy Nicholson; all other photos by Walter Lai
design by Randal Boutilier R.G.D. at 12thirteen Design Inc.*



THE
SCHOOL OF
TORONTO
DANCE
THEATRE

Patricia Fraser, Artistic Director

**FALL 2010
GENERAL SCHOOL PROGRAM**

DANCE AND FITNESS FOR ADULTS

CURRICULUM AND SCHEDULE

classes subject to sufficient registration

NO CLASSES ON:

October 9
(No Graham Technique)

CONTEMPORARY DANCE

FACULTY: Wendy Chiles, Syreeta Hector, Nicole Nigro
ACCOMPANISTS: Tita Evidente, Laurie Hood, Ed Squires, Stich Wynston

Whether you're 16 or 60 – experience the joy of movement through contemporary dance. Focusing on use of breath, weight, energy, flexibility, and the thrill of jumping and moving through space, these classes include work based on the techniques of Martha Graham and José Limón, as well as other contemporary styles.

FUNDAMENTALS OF DANCE

Wednesdays 6:30 – 8:00 pm | September 15 – December 1 (12 Sessions)

Designed for the beginner dancer with a curiosity for modern/contemporary dance, Fundamentals of Dance builds on basic movement principles and progresses to more challenging exercises. This is a foundation class to better prepare you for more advanced techniques such as Contemporary and Graham. To ensure consistency and best results, registration for the full session is required. Single class drop-ins may be permitted only during the first three weeks.

CONTEMPORARY TECHNIQUE (pre-requisite: Fundamentals of Dance or similar experience)

Thursdays 6:30 – 8:00 pm | September 16 – December 9 (12 sessions)

Building on principles learned in the Fundamentals class, Contemporary Technique will focus on integrating the use of torso and limbs, articulation of different body parts, alignment, and use of energy, weight, and space. Single class drop-ins and class cards are available.

GRAHAM TECHNIQUE (pre-requisite: Fundamentals of Dance or similar experience)

Tuesdays 6:30 – 8:00 pm, Saturdays 1:30 – 3:00 pm | September 14 – December 11 (26 Sessions)

Derived from the work of dance pioneer, Martha Graham, these classes progress from Fundamentals to more intricate and advanced floorwork, standing work, and movement phrases resulting in increased flexibility, control, and coordination. Single class drop-ins and class cards are available.

CARDIO/CONDITIONING **NEW**

FACULTY: Heather Berry

Tuesdays and Thursdays 6:30 – 7:30 pm | Six-week session; September 14 – October 21 (12 Sessions)

Master teachers Patricia Miner and Darryl Tracy crafted this special class to meet the fitness needs of adults (both dancers and non-dancers), with an aim to improve strength, stamina, coordination, flexibility, and postural control.

Participants will engage in energetic whole-body movements as well as muscle-specific activities. This dynamic hour-long class is perfect for fitness enthusiasts with a busy schedule, without the commitment of a gym membership. To ensure consistency and best results, registration for the full session is required. Single class drop-ins may be permitted only during the first three weeks.

FOR MORE INFORMATION GO TO: www.schooloftd.org/gs-program.html

REGISTRATION FORM

Please tear off and return with your payment. Registration can be mailed, faxed, or brought in on the first day of class.

Please check the appropriate box:

FUNDAMENTALS OF DANCE

Drop-in (\$15) Full-Term (\$168)

CONTEMPORARY TECHNIQUE

6 class card (\$87) 12 class card (\$168)

GRAHAM TECHNIQUE

6 class card (\$87) 12 class card (\$168) 20 class card (\$257)

CARDIO/CONDITIONING

Drop-in (\$12) Full-Term (\$130)

Professional rates available. All class cards and full session prices include a non-refundable \$25.00 fee and HST (registration 10796 2771). Please note, due to HST implementation, our prices have increased for the 2010-2011 year.

Name _____

Address _____

City _____ Postal Code _____

Telephone (Daytime) _____
(Evening) _____

E-mail _____

How did you find out about us? _____

Method of Payment *debit and cash payments accepted in person only*

cash debit cheque/money order
 Visa MasterCard AMEX

Card # _____ Expiry Date _____

Name on Card _____

Signature _____

I do **NOT** wish to receive information about other School programs or events

Payments can be sent to **The School of Toronto Dance Theatre • 80 Winchester Street • Toronto, Ontario • M4X 1B2 • Fax 416-967-4379**

To view our complete privacy policy, visit www.schooloftd.org