LT

DANCE

STUDIO

EST. 2013

ADULT CLASS

GUIDE

INTRODUCTION

It is our absolute pleasure to welcome you to our LT Adult Dance Community!



QUICK REFERENCE STUDIO INFORMATION

MAILING ADDRESS:
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LT DANCE STUDIO
LIVE TO
LOVE TO
LEARN TO
DANCE
EST. 2013

CLASS LOCATIONS

We operate out of several locations, please be sure to double check the location of your class in our online booking system:

- LT Dance Studio - 2744 Shawnigan Lake Road
- Shawnigan Lake Community Centre, SLCC - 2804 Shawnigan Lake Road
- Kerry Park Recreation Centre - 1035 Shawnigan/Mill Bay Road

ADULT CLASS CALENDAR

Adult Dance & Fitness classes run ongoing throughout our regular dance season from September through June and vary over the summer months of July and August.
Please refer to our online booking system for the current schedule.



FEES & INFO

8-Class Pass: $159.60 ($19/class +tax)
4-Class Pass: $92.40 ($22/class +tax)
1-Class Pass: $26.25 ($25 +tax)

- All adult classes operate on a drop-in basis
- Pre-booking required (Online)
- Reservations available up to sixty days in advance
- Punch passes may be purchased and used interchangeably between all adult classes

(Please see Page 5 for Policies & Protocols)

CLASS DESCRIPTIONS

SHINE DANCE FITNESS

SHiNE Dance Fitness brings original routines to life using hit music and choreography for all-abilities. Rooted in jazz, ballet, and hip-hop, this workout gives you a creative outlet to escape from daily stress. Each class includes the perfect balance of high cardio and toning to ensure you receive a full-body workout with real results. SHiNE is a mood-lifting experience that leaves you feeling capable, confident, and connected to a supportive community.

UPLIFT STRENGTH FITNESS

This super fun and powerfully effective program is choreographed to iconic music and will leave you feeling strong and confident. Each class begins with a cardio warm-up and transitions to standing routines with equipment, alternating between upper and lower body. A balance track is included before transitioning to the mat. We complete the workout with routines for the core, booty, abs, and chest and a cool down with deep stretching.

HIP HOP DANCE

Open to all levels of experience. Students explore the origins of Hip Hop culture; working through imperative groove foundations and fundamentals, old school and new school social dances and dynamic choreography. Experienced dancers enjoy the breakdown of skills and push for growth while beginners thrive taking on something new in a FUN and supportive class environment. LT Dance Studio is committed to providing an authentic Hip Hop dance class experience that honours and pays tribute to the routes of Street Dance and Hip Hop culture.

SASSY JAZZ DANCE

Open to all levels of experience. Each class incorporates elements of classical jazz and commercial-style dance with a focus on sassy, embodied movement in a warm and empowering environment. Perfect for experienced dancers to grow and explore new movement qualities and for beginner dancers to hone new skills and build confidence. Expect a warm-up, tech-work, choreography and community!

TAP DANCE

Open to all levels of experience. This vibrant class is a great fit for adults who are brand new to tap as well as those who have experience and are looking for growth and community. Each class will include a warm-up, tech-work and lively choreography incorporating the skills learned.

ADULT CLASS POLICIES & PROTOCOLS

ATTIRE

Comfortable clothing that is easy to move in
Clean, indoor-only, non-marking shoes
Recommend that long hair be tied back

CANCELLATION

- *Standard Cancellation* - A student may cancel their registration up until 12 hours before the class start time without penalty
- *Late Cancellation/No-Show* - Cancelling within 12 hours prior to the class start time is considered a Late Cancellation. All Late Cancellations, as well as No-Shows, will forfeit one punch as a Late Cancellation fee. We understand that life happens and Late Cancellations may occur, please do your best to avoid Late Cancellations out of consideration for the instructor and other students wanting to take the class. Frequent Late Cancellations, or No-Shows, may result in the suspension of booking privileges
- *Please Note* - All cancellations must be submitted through the booking system on your end. Email requests to cancel will not be accepted as a valid cancellation.

FINAL PURCHASE & EXPIRY

Punch Pass purchases are final. No refunds, credits or transfers.
Punch Passes expire one year after purchase.

INCLEMENT WEATHER/UNFORESEEN STUDIO CLOSURE

In the event that a class is cancelled due to inclement weather, instructor illness or other unforeseen circumstances, we will notify you by email at our earliest opportunity. If you are registered for a class that is cancelled, your card will not be punched.

PHOTOS & VIDEOS

Due to the nature of our studio being a performing arts program we require a photo/video release waiver for all students. We capture/record our recitals and studio events, where students may appear in the background, and it is very challenging to single individuals out. If a photo or video is being recorded during an adult class, we encourage you to use your discretion and let us know if you would prefer not to be included. No pressure whatsoever!