

## **ODCS Courses - 2018-19 Academic Season**

### **General School - Children (age min. as of September 1 , 2018)**

\* (indicates offered at both De LaSalle and Greenboro/Ottawa South sites)

1. \*Pre-school "Melody Movement with Melody Bear" (ages 2 years to 4 years - toilet trained please)
2. \*Pre-Ballet/Pre-Primary (ages - 4-6 years)\*
3. \*Primary Ballet RAD 1 (ages 6.5-8 years - no experience necessary)\*
4. \*Primary Ballet RAD 2 (ages 6.5 to 8) - with previous training\*
5. Grades \*1-5 Ballet RAD (to \*Gr. 4 level only) - Greenboro/Ottawa South
6. Tiny Tappers (ages 5-10 years) - Greenboro/Ottawa South
7. Jr. Jazz-Elem./Inter.1 (ages 9-12 years: some experience helpful) - De LaSalle site
8. Jr. Jazz.-Inter/Adv. (ages 11 to 14 years - experienced dancers only) - De LaSalle site
9. Teen Jazz-Elementary (ages 10-14 years - dance experience helpful)  
- Greenboro/Ottawa South
10. Beg. Modern/Creative- ages 10.5 to 14 years ( De LaSalle only)
11. Pilates for Dancers (ages 11 to 18) (De LaSalle site only)

### **General School - Vocational Levels (De LaSalle site ONLY)**

1. RAD Ballet -Grades 6 to Grade 8 Award RAD,
2. RAD Ballet- Intermediate Foundation to Adv.2
3. Pointe
4. RAD-"Discovering Repertoire" levels 2,3,4
5. Character
6. Inter. Modern to Advanced plus choreo.
7. Inter/Advanced Broadway Jazz
8. Advanced Lyrical
9. Pilates for Dancers

### **General School - \*Teen/Adults (\*min age 15 years) (De LaSalle site ONLY)**

1. Teen/Adult Tap
2. Teen/Adult Contemporary
3. Teen /Adult Ballet Barre-fit
4. Teen/Adult Beginner/Elementary Ballet
5. Teen /Adult Inter. Previous Training Ballet
6. Teen /Adult Contemporary
7. Hip Hop Teens- & young Adults(min.age 13 years)
8. Pilates for Dancers (ages 11 to 18 years)

**RAD BALLET STUDENTS : NOTE:**Students wishing to attempt RAD Performance classes/exams **must** register for **2 RAD classes per week** (Grades 1-5) and **3 classes per week** (Grade 6 to 8 Award, Intermediate Foundation to Intermediate RAD).

From Grade 3 ballet upwards, **2 classes per week** is strongly recommended to avoid injury and to retain technical ability.

From Grade 4 onwards **2 ballet classes per week** is **MANDATORY** unless student can provide evidence of enrollment in comparable classes elsewhere, to avoid serious injury and to enable the student to follow the class standards.