



372 Ste.Catherine O.
Suite 121
Montreal, PQ, H3B 1A2

Lunchtime, After-school and PED day program

Dance Quebec Academy

(Fall 2008-Winter 2009)

Dance Quebec, a division of **Communications Versatilité**, is extremely involved in the dance community, providing dance programs that are challenging, educational and motivating. We are currently planning our fifth season of provincial dance workshop tours with some of Quebec's most talented choreographers and have just completed our second annual dance festival in Quebec City. Our extensive work in schools across the province and in local communities not only enables us to see first-hand the extremely high popularity of dance among youth, it provides us with a means to promote positive & healthy lifestyle choices to a generation easily influenced by the media and modern technology.

It is hard to ignore that dance is the new "it" sport of today's youth. What better way to encourage kids to stay in shape and to develop healthy lifestyle habits than by doing something they love? **The Dance Quebec Academy** is a new and innovative way to help kids stay in shape, have fun and develop positive social skills. **Dance Quebec** offers activities to boys and girls in cycle's 1, 2 and 3 based on the schools' demand.

Our Instructors

All our instructors go through an interview, screening processes and security background checks. All the choreographies to be taught are first approved by **Dance Quebec** to ensure that they are tasteful in content and safe to perform.

Our Program

Students who participate in our programs will learn a variety of dance steps and be able to create their own routines. The programs we offer emphasize positive communication and team work. Below are 3 different programs that we can offer your school.



Option 1- LUNCHTIME PROGRAM:

Description:

The Dance Quebec Academy and its' choreographers spend one hour during lunchtime at the school and teach students a brief history of the genre of dance being taught, basic steps, and various dance techniques.

Options:

The **Dance Quebec** lunchtime program is offered for one hour for the following
Amount of weeks: **number of students X \$ = Group \$**

- 8 weeks
- 10 weeks
- 12 weeks

- Minimum of 15 children per group

- ❖ Students enrolled in the **10** and **12** week program will be able to present their dance routines in front of the school on the last day of the program.

Awards and Perks

- -Each child will receive a certificate of achievement with his/her name on it.
- -A free Dance Quebec membership benefits card called the Blue Card.
- -A free DVD of their performance(s), including interviews and pictures.
(Offered for weeks 10 and 12 only)

Option 2 – AFTER SCHOOL PROGRAM:

Description:

The **Dance Quebec Academy** and its' choreographers spend one hour after school and teach students a brief history of the genre of dance being taught, basic steps, and various dance techniques.

Options:

The **Dance Quebec** after-school program is offered one hour after school for either of the following number of weeks:

- 8 weeks
- 10 weeks
- 12 weeks

- Minimum of 15 children per group

- ❖ Students enrolled in the **10** and **12** week program will be able to present their dance routines in front of the school on the last day of the program.

Awards and Perks

- Each child will receive a certificate of achievement with his/her name on it.
- A free Dance Quebec membership benefits card called the Blue Card.
- A free DVD of their performance(s), including interviews and pictures.
(Offered for weeks 10 and 12 only)

Option 3 – PEDAGOGICAL DAYS

The Dance Quebec Academy and its' choreographers will give one full day of dance activities to *all* the students. The activities will be divided into four parts:

1. Before lunch (10h-12h) the students will learn a simple choreography.
2. (12h-13h) Lunch time / break
3. After lunch (13h-14h) the instructors will revise and recite the choreography and dance steps previously taught.
4. The hour prior to the end of the day will be used for a "Dance Party" .The students will be able to exhibit their moves and demonstrate what they've learned throughout the day, by freestyle dancing (*creating un-rehearsed choreography from a mélange of dance moves and techniques that were learned on the spot*) all in a dance party set-up (14h-15h).

- Minimum of 15 children per group

Awards and Perks

- -A free **Dance Quebec** membership benefits card called the Blue Card.

Dance Quebec provides a positive environment for students. We believe that activities that interest them and are enjoyable deter them from negative influences and encourage healthy lifestyles. It is our goal, as is that of the *Quebec Education Program*, to ensure that students form a sense of community, establish healthy habits and social skills, while helping to build positive self-image and strong self-esteem all within an educational environment.

For further information regarding these and other programs offered by **Dance Quebec**, please contact us:

Dance Quebec

372 St-Catherine O.
Suite 121, Montréal, Quebec
Canada
H3B 1A5
Tel :514.866.8377
Andrea Fuzes
andrea@versatilite.com
www.dancequebec.ca