



Dance Quebec Academy

Pedagogical Day Program

(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.

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.

The Dance Quebec Academy and its' choreographers will give one full day of dance activities from 10am to 3pm to *all* the students at the school on the pedagogical day.

PEDAGOGICAL DAYS WITH DANCE QUEBEC:

- Students will learn choreography by professional dance instructors
- Students will participate in interactive dance games and activities
- Students will discuss proper nutrition and healthy living habits

Health And Wellness Program

Dance Quebec provides a positive environment for students. It is our goal (as is that of the **Quebec Education Program**) to ensure that students form a **sense of community**, establish **healthy living habits**, and build a **positive self-image** by focusing on the key factors pertaining to the individuals and to the environment that are required in the **Healthy schools program**. **Our program has been designed specifically to meet the needs and requirements of the Québec Education program for the Health and Well-Being Program area of learning offered to Québec pre-schools and Elementary schools:**

Option 1

1 full day of dance activities:

Option2

3 days of dance activities:

Option 3:

2 visits during the year (dates selected by the school)

PLEASE CONTACT US FOR FURTHER INFORMATION, OR TO RESERVE A DATE FOR ONE OF OUR PROGRAMS AT YOUR SCHOOL: *Danse Québec* (514)-866-8377

Please ask for Andrea or Gemma, or write to info@dansequebec.ca

THANK YOU!