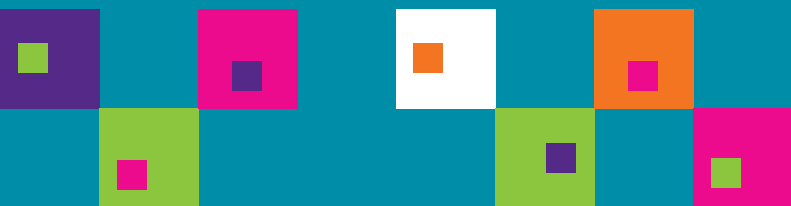




BALMORAL HALL SCHOOL
Academy of Excellence



A co-ed educational experience

balmoralhall.com

Fall 2009





Excellence is the base of our education program at Balmoral Hall School (BH). Our aim, through the Academy of Excellence is to share the BH tradition of excellence with students, family, friends and the greater Winnipeg community. The Academy will champion the arts, promote leadership, inspire athletic talent and enlighten parents within the community. We look forward to you, your family and friends joining us as we continue the pursuit of excellence in all of its forms.

All classes follow the Balmoral Hall School Calendar year.

ART

Art Exploration 1

(for boys and girls in grades 1–2)

Instructors guide students through the creative process using a variety of materials, unusual ideas, and great creativity! Areas explored may include drawing, painting, collage, sculpture or printmaking.

date/time: Fridays, beginning September 18 for 20 weeks, ends May 7
3:30 – 4:30 pm

cost: \$285.00. All materials included.
reference: ARTS100 SP
Minimum 5 students required

Art Exploration 2

(for boys and girls in grades 3–5)

Instructors guide students through the creative process using a variety of materials, unusual ideas, and great creativity! Areas explored may include drawing, painting, collage, sculpture or printmaking.

date/time: Fridays, beginning September 18 for 20 weeks, ends May 7
4:45 – 5:45 pm

cost: \$285.00. All materials included.
reference: ARTS101 SP
Minimum 5 students required

Mixed Media

(for boys and girls in grades 6–8)

Students will be introduced to basic techniques and be encouraged to expand their imaginations using a variety of materials. Projects may combine drawing, painting, collage, sculpture, or printmaking.

date/time: Tuesdays, beginning September 15 for 26 weeks, ends April 20
3:45 – 4:45 pm

cost: \$369.00. All materials included.
reference: ARTS102 MJ
Minimum 5 students required

Painting for Adults

(ages 17 and up)

Take time for you, while your child enjoys Academy of Excellence programming. Classes will begin with an introduction to colour mixing and composition. Various styles of painting will be explored, such as impressionism, realism and surrealism, depending on students' interests. Students will work at their own pace on a variety of projects.

date/time: Tuesdays, beginning September 15 for 10 weeks, ends November 17
4:45 – 5:45 pm

cost: \$185.00. All materials included.
reference: ARTS103 MJ
Minimum 5 students required

THEATRE AND DANCE

Ballet 1

(for boys and girls in grades 3–5)

This class is designed to teach classical ballet technique, encompassing classical studies, free movement and character. Ballet is a wonderful complement to a wide variety of other dance disciplines. Students will improve their co-ordination, rhythm and flexibility.

date/time: Thursdays, beginning September 17 for 26 weeks, ends May 6
3:45 – 4:45 pm

cost: \$345.00
reference: ARTS104
Minimum 5 students required

Ballet 2

(for boys and girls in grades 6–8)

This is an excellent opportunity for teens to discover just how rewarding ballet can be! Students will learn ballet fundamentals, emphasizing poise, flexibility, and core strength.

date/time: Wednesdays, beginning September 16 for 26 weeks, ends May 12
3:45 – 4:45 pm

cost: \$345.00
reference: ARTS105
Minimum 5 students required



All theatre and dance students can perform in the year end recital. Tickets will be available for purchase approximately one month prior to the recital. Please be aware that costumes are a normal and expected part of dance recitals. We will do everything we can to keep the price as low as possible. However, you can expect that the average cost per costume will be between \$65.00 and \$80.00 depending on material and labour costs.

Ballet 3

(for boys and girls in grades 9–12)

This class is a continuation of Ballet 2. Students will continue to study the elements of ballet posture, elegance, and presentation skills.

date/time: Wednesdays, beginning September 16
for 26 weeks, ends May 12
4:50 – 5:50 pm

cost: \$345.00

reference: ARTS106

Minimum 5 students required

Musical Theatre 1–2

(for boys and girls in grades 1–2)

Singing and dancing to age appropriate music. The students will learn choreography and the vocals to some of the greatest children's musicals.

date/time: Tuesdays, beginning September 15
for 26 weeks, ends April 20
3:30 – 4:15 pm

cost: \$345.00

reference: ARTS108 KK

Minimum 5 students required

Musical Theatre 3–5

(for boys and girls in grades 3–5)

Singing and dancing to age appropriate music. The students will learn choreography and the vocals to some of the greatest children's musicals.

date/time: Tuesdays, beginning September 15
for 26 weeks, ends April 20
4:30 – 5:30 pm

cost: \$345.00

reference: ARTS109 KK

Minimum 5 students required

Tap Beginner 1–3

(for boys and girls in grades 1–3)

Time to put on some shiny shoes and make some noise! Children will learn the basics of tap dance and improve their rhythm, co-ordination, and fitness level. They will also have a lot of fun!

date/time: Wednesdays, beginning September 16
for 26 weeks, ends May 12
3:30 – 4:15 pm

cost: \$345.00

reference: ARTS111 BB

Minimum 5 students required

Tap Intermediate

Pre-requisite: 1–2 years of tap experience

This class is a continuation of Tap Beginner. Students will study more challenging rhythms and footwork than they studied in the previous year. Additional emphasis will be on style and performance quality.

date/time: Tuesdays, beginning September 15
for 26 weeks, ends April 20
3:45 – 4:45 pm

cost: \$345.00

reference: ARTS112 BB

Minimum 5 students required

Jazz Beginner 3–5

(for boys and girls in grades 3–5)

This fast-paced and energetic class will teach the basics of jazz dance. The children will improve their flexibility, core strength and co-ordination while learning dance combinations to a variety of popular music. This class is especially effective when taken in combination with tap and/or ballet.

date/time: Wednesdays, beginning September 16
for 26 weeks, ends May 12
4:30 – 5:30 pm

cost: \$345.00

reference: ARTS113 BB

Minimum 5 students required

Jazz Beginner 6–12

(for boys and girls in grades 6–12)

This fast-paced and energetic class will teach the basics of jazz dance. The students will improve their flexibility, core strength and co-ordination while learning dance combinations to a variety of popular music. This class is especially effective when taken in combination with tap and/or ballet.

date/time: Fridays, beginning September 18
for 20 weeks, ends May 7
3:45 – 4:45 pm

cost: \$265.00

reference: ARTS114 BB

Minimum 5 students required



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Stylized Jazz Intermediate

Pre-requisite: 1–2 years jazz experience

Offering a variety of dance styles which may include lyrical, street jazz, urban jazz, and Broadway jazz. The class will build a strong foundation of technical skills and will further develop flexibility, core strength and coordination. The class is especially effective when taken in conjunction with tap, ballet, and/or hip-hop classes.

date/time: Tuesdays, beginning September 15
for 26 weeks, ends April 20
4:50 – 5:50 pm

cost: \$345.00

reference: ARTS115 BB
Minimum 5 students required

Stylized Jazz Advanced

Pre-requisite: 3 years jazz experience

This class is offered for those students who have a strong background of jazz dance and are also interested in exploring a variety of jazz dance styles. The class will feature a strong technical component as well as presenting exposure to such styles as lyrical, street jazz, urban jazz, and Broadway jazz. This class is especially effective when combined with ballet, tap, modern, and/or hip hop.

date/time: Fridays, beginning September 18
for 20 weeks, ends May 7
5:00 – 6:00 pm

cost: \$265.00

reference: ARTS116 BB
Minimum 5 students required

Hip Hop 6–8

(for boys and girls in grades 6–8)

Have you ever wanted to know how to dance like your favourite artist? Like Justin Timberlake, Missy Elliott, or Beyonce? Do you find yourself wishing you knew how to dance? Well then you owe it to your “inner star” to take this Hip Hop class. This dance class explores the different aspects of Hip Hop music and the culture. Experience a bit of Old School and New School. Class also consists of stretching and strengthening muscles. Hip Hop has its own language, and has a technique that will be apart of the dance world forever. *Please bring clean, non-marking runners to class. Street shoes are not allowed.*

date/time: Thursdays, beginning September 17
for 26 weeks, ends May 6
3:45 – 4:45 pm

cost: \$345.00

reference: ARTS117 BC
Minimum 5 students required

Hip Hop 9–12

(for boys and girls in grades 9–12)

Have you ever wanted to know how to dance like your favourite artist? Like Justin Timberlake, Missy Elliott, or Beyonce? Do you find yourself wishing you knew how to dance? Well then you owe it to your “inner star” to take this Hip Hop class. This dance class explores the different aspects of Hip Hop music and the culture. Experience a bit of Old School and New School. Class also consists of stretching and strengthening muscles. Hip Hop has its own language, and has a technique that will be apart of the dance world forever. *Please bring clean, non-marking runners to class. Street shoes are not allowed.*

date/time: Thursdays, beginning September 17
for 26 weeks, ends May 6
4:50 – 5:50 pm

cost: \$345.00

reference: ARTS118 BC
Minimum 5 students required

Chinese Dance 1

(for boys and girls in Kindergarten and grade 1)

Develop children's basic understanding and interest in Chinese Folk Dance. Develop the students' imagery in the thought process and encourage creativity in dance movements. Students will learn to perform Chinese Folk dances for stage shows.

date/time: Thursdays, beginning September 17
for 26 weeks, ends May 6
3:45 – 4:45 pm

cost: \$345.00

reference: ARTS119 YC

Chinese Dance 2

(for boys and girls in grades 2–6)

Basic techniques of Chinese Folk Dance are emphasized in this class. The students will learn and improve flexibility, stance, stamina, position, harmony and technical command of the body. With the backdrop of aesthetics standards demanded by the Chinese Folk Dance culture. Ultimately, the students will acquire a basic understanding of Chinese Folk Dance culture and its means of expression. Students will learn specific dances for the stage.

date/time: Thursdays, beginning September 17
for 26 weeks, ends May 6
4:50 – 5:50 pm

cost: \$345.00

reference: ARTS120 YC

Modern Dance Chinese Style

(for boys and girls in grades 7–12)

Learn solid basic techniques of modern dance, to re-examine the elements of Chinese dance – including rhythm, flow, position and figure to develop sensitivity in the aesthetic understanding of modern dance.

date/time: Thursdays, beginning September 17
for 26 weeks, ends May 6
6:00 – 7:00 pm

cost: \$345.00

reference: ARTS121 YC

COMPETITIVE DANCE TEAMS

Hip Hop Team

(co-ed)

This dance team is intended for the elite and highly motivated dancer and is open to both male and female dance artists. The focus will be on performance and competition. Workshops and guest artists will be a part of this exciting team's training experience. Please note that costumes will be required for performances and competition. The average cost of a costume is \$90.00 – \$110.00. Entrance to the team is by audition or teacher recommendation only. Audition for hip hop will be held on Sunday, September 20, 4:00 – 5:00 pm at Balmoral Hall School in the Sifton Family Theatre studio.

date/time: Sundays, beginning September 27
for 30 weeks, 4:00 – 5:00 pm

cost: \$355.00. Workshop and guest artist fees are not included.

reference: ARTS127

Jazz and Lyrical Dance Team

(co-ed)

This dance team is intended for the elite and highly motivated dancer and is open to both male and female dance artists. The focus will be on performance and competition. Workshops and guest artists will be a part of this exciting team's training experience. Please note that costumes will be required for performances and competition. The average cost of a costume is \$90.00 – \$110.00. Entrance to the team is by audition or teacher recommendation only. Audition for jazz will be held on Sunday, September 20, 5:15 – 6:15 pm at Balmoral Hall School in the Sifton Family Theatre studio.

date/time: Sundays, beginning September 27
for 30 weeks, 5:15 – 6:15 pm

cost: \$355.00. Workshop and guest artist fees are not included.

reference: ARTS128

SCHOLARS ACADEMY

Hebrew as a Language

(for boys and girls in grades 5–8)

Dive into a new language! Prepare to become a true global citizen through fun, communicative activities designed especially for beginners. You may master the language sooner than you think. This is an interactive, introduction to the Hebrew language course that will cover the following during a 10 week session.

1. Hebrew letter recognition
2. Hebrew letter pronunciation
3. Hebrew vowel recognition
4. Hebrew vowel pronunciation
5. Pronunciation of letters with vowels
6. Elementary reading skills

Following the successful implementation of the above, some word recognition, Hebrew verbs, prepositions, the understanding of simple instructions given in Hebrew, simple questions asked in Hebrew with specific answers taught, the use of singular and plural forms, telling time and matching numbers to oral and written Hebrew words can be introduced.

Should time permit, the use of multiple genres, including stories, conversations, telephone conversations, poems, songs, bulletin board notices and so forth can be utilized to introduce some conversational Hebrew using a thematic approach.

The program's continuation into a second session will be based on the overall needs of the participants in the first session.

date/time: Wednesdays, beginning September 16
for 10 weeks, ends December 2
6:00 – 7:00 pm

cost: \$150.00

reference: L102 EC

Minimum 5 students required





Français oral pour débutants (Beginner conversational French)

(for boys and girls in grades 6–12)

This French language course is designed to help students acquire spoken skills for outside the classroom. Vocabulary and grammar as well as useful expressions will be studied using creative and exciting communication strategies. This course will focus on making basic French conversation, as easy as « un, deux, trois »!

date/time: Tuesdays, beginning September 15 for 10 weeks, ends November 17 4:00 – 5:00 pm

cost: \$150.00 (second term available)

reference: L100 RB

Chinese Conversation for Beginners

(for boys and girls in grades 3–8)

This Chinese conversation course is designed to expose students to some basic spoken words and phrases. Build your skills in a fun and friendly environment.

date/time: Mondays, beginning September 14 for 10 weeks, ends November 23 4:30 – 5:30 pm

cost: \$150.00 (second term available)

reference: L101 BJ

HEALTHY LIVING

Yoga 6–12

Learn the art of yoga. It's a great way to stretch and tone as well as meditate. Classes will be held in the dance room. More sessions may be added based on the needs of the participants.

date/time: Wednesdays, beginning September 16 for 10 weeks, 7:30 – 8:30 pm
OR Sundays, beginning September 20 for 10 weeks, 7:00 – 8:00 pm

cost: \$150.00

reference: HL100 CL

Minimum 5 students required

Fusion for Moms

Drop off your children and take a class, Yoga and Pilates. Enjoy all the benefits of the two exercise methods of Yoga and Pilates fused into one dynamic class. You will tone, lengthen and strengthen your whole body through a flowing series of core conditioning Pilates mat and Yoga exercises.

date/time: Thursdays, beginning September 18 for 10 weeks, 9:30 – 10:30 am

cost: \$150.00

reference: HL102

Minimum 5 students required

Yoga for Moms

Drop your daughter off at school and join us for an hour of yoga in the dance studio. This course is a great way to meet other BH Moms while giving you an hour of exercise and meditation.

date/time: Tuesdays, beginning September 15 for 10 weeks, 9:15 – 10:15 am

cost: \$150.00

reference: HL103

Minimum 5 students

Young Yogis and Yoginis

(for boys and girls in Kindergarten to grade 2)

Children will explore yoga through drama, story-telling and creative movement. Yoga benefits children by promoting breath and body awareness, and helps growing bodies improve strength, flexibility and endurance. Long-term benefits can include concentration, focus, and calming energetic bodies and minds. Young Yogis and Yoginis is a fun way for kids to learn about their bodies and incorporate movement into their day! Parents are welcome to attend.

date/time: Saturdays, beginning September 19 for 10 weeks, 9:30 – 10:30 am
ends November 28, closed October 10

cost: \$150.00

reference: HL101 CL

Dates to Remember

- Classes begin the week of Sept 14, 2009
- Closed for winter break – Friday, Dec 18 to Friday, Jan 8, 2010
- Classes resume the week of Jan 11, 2010
- Closed for spring break – Monday, March 22 to Sunday, April 4, 2010

Additional days closed:

- Monday, Oct 12
- Tuesday, March 9
- Wednesday, Sept 30, Nov 11, Dec 16, April 14
- Thursday, Oct 5, 26, Feb 25
- Friday, Oct 9, 23, Nov 6, 27, Dec 18, Jan 22, Feb 26
- Saturday, Oct 10



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Academy of Excellence Programs

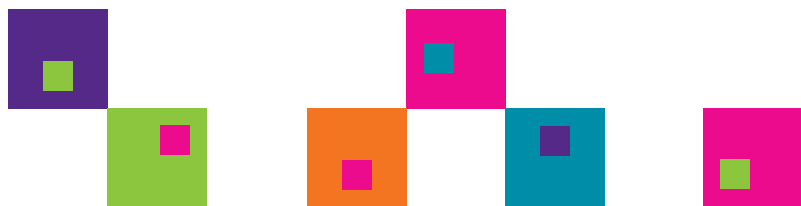
Program	Day / Time	Gr. K	Gr. 1	Gr. 2	Gr. 3	Gr. 4	Gr. 5	Gr. 6	Gr. 7	Gr. 8	Gr. 9	Gr. 10	Gr. 11	Gr. 12
Chinese Conversation Beginner	Monday 4:30 – 5:30 pm				Light Green	Light Green	Light Green	Blue	Blue	Blue				
Musical Theatre (1–2)	Tuesday 3:30 – 4:15 pm		Pink	Pink										
Musical Theatre (3–5)	Tuesday 4:30 – 5:30 pm				Light Green	Light Green	Light Green							
Tap Intermediate	Tuesday 3:45 – 4:45 pm	Pink	Pink	Pink	Light Green	Light Green	Light Green	Blue	Blue	Blue	Orange	Orange	Orange	Orange
Stylized Jazz Intermediate	Tuesday 4:50 – 5:50 pm	Pink	Pink	Pink	Light Green	Light Green	Light Green	Blue	Blue	Blue	Orange	Orange	Orange	Orange
Mixed Media (6–8)	Tuesday 3:45 – 4:45 pm							Blue	Blue	Blue				
Painting for Adults	Tuesday 4:45 – 5:45 pm													
French Conversation (6–12)	Tuesday 4:00 – 5:00 pm							Orange	Orange	Orange	Orange	Orange	Orange	Orange
Tap Beginner (1–3)	Wednesday 3:30 – 4:15 pm		Pink	Pink	Light Green									
Jazz Beginner (3–5)	Wednesday 4:30 – 5:30 pm				Light Green	Light Green	Light Green							
Hebrew (5–8)	Wednesday 6:00 – 7:00 pm						Light Green	Blue	Blue	Blue				
Ballet 2 (6–8)	Wednesday 3:45 – 4:45 pm							Blue	Blue	Blue				
Ballet 3 (9–12)	Wednesday 4:50 – 5:50 pm										Orange	Orange	Orange	Orange
Chinese Dance (K–1)	Thursday 3:45 – 4:45 pm	Pink	Pink											
Chinese Dance (2–6)	Thursday 4:50 – 5:50 pm			Pink	Light Green	Light Green	Light Green	Blue						
Modern Dance Chinese Style (7–12)	Thursday 6:00 – 7:00 pm								Blue	Blue	Orange	Orange	Orange	Orange
Hip Hop (6–8)	Thursday 3:45 – 4:45 pm							Blue	Blue	Blue				
Hip Hop (9–12)	Thursday 4:50 – 5:50 pm										Orange	Orange	Orange	Orange
Ballet 1 (3–5)	Thursday 3:45 – 4:45 pm				Light Green	Light Green	Light Green							
Art Exploration 1 (1–2)	Friday 3:30 – 4:30 pm		Pink	Pink										
Art Exploration 2 (3–5)	Friday 4:45 – 5:45 pm				Light Green	Light Green	Light Green							
Jazz Beginner (6–12)	Friday 3:45 – 4:45 pm							Blue	Blue	Blue	Orange	Orange	Orange	Orange
Stylized Jazz Advanced	Friday 5:00 – 6:00 pm	Pink	Pink	Pink	Light Green	Light Green	Light Green	Blue	Blue	Blue	Orange	Orange	Orange	Orange
Young Yogis and Yoginis	Saturday 9:30 – 10:30 am	Pink	Pink	Pink										
Hip Hop Team	Sunday 4:00 – 5:00 pm	Pink	Pink	Pink	Light Green	Light Green	Light Green	Blue	Blue	Blue	Orange	Orange	Orange	Orange
Jazz and Lyrical Dance Team	Sunday 5:15 – 6:15 pm	Pink	Pink	Pink	Light Green	Light Green	Light Green	Blue	Blue	Blue	Orange	Orange	Orange	Orange
Yoga (6–12)	Wednesday 7:30 – 8:30 pm Sunday 7:00 – 8:00 pm							Blue	Blue	Blue	Orange	Orange	Orange	Orange



Believe, Achieve, Succeed.

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almoral Hall School, a university preparatory school, educates, encourages, and empowers young women who excel academically, possess a passion for learning, set high standards for personal achievement, and who will be self-confident leaders of tomorrow.



BALMORAL HALL SCHOOL Specializing in Education for Girls

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