

2026/27 CLASS DESCRIPTIONS - DANCE

Dance Performance Program

- Pearl** Classes for older students who are new to dance.
Students will be introduced to the fundamentals of dance technique and performance in a supporting and caring environment.
- Gold** Classes for novice students who want to build upon their foundations in dance.
This class is for students who have had at least 1 year of dance training.
*Gold Advanced classes are offered for students who want to take the next step but are still working on building a foundation in dance.
- Primary** Starting classes for our youngest dancers ages 5-8 years who are new to dance.
Introduction to the fundamentals of dance and performance in a supportive and caring environment.
- Ruby** Classes for younger students who are still learning dance fundamentals.
A continuation of introducing dance technique and performance in a supporting and caring environment.
Ballet is recommended for Ruby students. *Please note that dancers must be 10+ years old to start Lyrical at the Opal level.
- Opal** For students who have a foundation in dance technique and are moving up to the next level.
Students will build upon their experiences in Ruby to continue their growth in their technical training.
Dancers must have completed Pearl or Ruby.
- Royal** For dancers at a beginner-intermediate level who have had a few years of dance training.
Dancers must have completed Opal or have equivalent training.
Students in our Pearl/Gold program may enter into the mainstream dance program at this level at the discretion of the program director.
- Emerald** A level for dancers at an intermediate level who have had multiple years of dance training. Must have completed Royal or equivalent experience, students in our Pearl/Gold program may enter into the mainstream dance program at the discretion of the program director.
- Sapphire** A level for intermediate dancers who are continuing their training and developing their technical skills.
Must have completed Emerald or may enter this level with equivalent experience and at the discretion of the program director.
- Turq.** For dancers who are moving from intermediate to advanced training.
Dancers must have completed Sapphire or may enter this level with equivalent experience and at the discretion of the program director.
- Diamond** For advanced students who want to continue their technical development and take their training to the next level.
Diamond classes are built to challenge students and not only continue their technical growth but encourage the development of their creative expression.

All subject to Dance Director's approval and may require a dance assessment in order to determine appropriate class placement.

Competitive Dance Classes *(by recommendation or audition only)*

For the serious and committed dance student. Our competitive classes will participate in approximately 3-4 dance competitions around the Lower Mainland. In order to register in a competitive dance class students are required to be enrolled in the regular dance class of the same style (if offered). Students enrolled in a competition class **must not miss any classes for other activities**. *All competition students are required to order the Lindbjerg Comp Gear. It is mandatory for students to wear their Lindbjerg Comp Gear to all competitions.*

- Students who are 15 and younger who want to compete in jazz **MUST** take a Ballet Syllabus class (2 classes per week).
- Students who are 16+ years who want to compete in jazz or contemporary **MUST** take a Ballet Syllabus class (2 classes per week **or** take Open Ballet **plus** Strength and Conditioning).
- Students 12+ years who want to compete **ONLY** in Hip Hop or Tap **MUST** take at min a Ballet Syllabus class or Strength and Conditioning.
- Students may not be absent for any competitions **OR** the final two rehearsals before competition (otherwise they risk being asked to leave).
- Students **must commit to the required classes** in order to compete.

Acro Introductory and intermediate level class that will build acrobatic skills and knowledge of the basics. Acro is not the typical tumbling or gymnastics class. Under the guidance of an experienced acro instructor, students will work towards increased flexibility, balance, strength, muscle control, discipline and concentration. Students will also work on skills such as rolls, cartwheels, walkovers and more! This class is focused on fundamental acrobatic techniques. This class performs in both our Simply Christmas and Year-End Recitals.

Tiny Stars (3-5 yrs.) A wonderful introduction to the world of dance. This program is a comprehensive early childhood dance syllabus that is based on children's physical, emotional and cognitive development. It encourages creativity, self-expression and fundamental movement skills, while learning fundamental beginner ballet. This class performs in both our Simply Christmas and Year-End Recitals.

Ballet Improves strength, poise, balance, and control as well as supports the development of your dance technique. Dancers will study the discipline of ballet through an accredited syllabus aimed at developing technical skill and performance quality. Students may be entered into Ballet examinations at the discretion of the teacher. Ballet classes perform in both our Simply Christmas and Year-End Recitals.

Ballet - Open Ballet For students 12+, improves strength, poise, balance, and control as well as supports the development of your dance technique. Dancers will study the discipline of ballet through an accredited syllabus aimed at developing technical skill and performance quality. Students will not be entered into Ballet examinations. Ballet classes perform in both our Simply Christmas and Year-End Recitals.

Ballet Pre-Pointe A bridge between soft-shoe and pointe work in order to strengthen the legs, ankles and feet in preparation for en-pointe work. Students will engage in pointe exercises in class while working in soft shoes.

Contemporary Combining the technique and skill from other dance forms, Contemporary dance is a form of expressive dance that combines elements that connect the mind and the body through fluid dance movements which allow students to explore their individual dance expressions and storytelling. All of our contemporary classes perform in both our Simply Christmas and Year-End Recitals.

Our **Flexibility** class is designed to help dancers safely improve their flexibility, mobility, and overall body control. Through guided stretching and active flexibility exercises, dancers will work toward increasing range of motion while building the strength needed to support proper technique and prevent injury. This class is a great addition for dancers looking to enhance their leaps, extensions, turns, and overall performance in all styles of dance.

Hip Hop Dance to your favourite hip hop music and learn all the current dance steps from today's popular culture. This program is a high-energy dance experience that is fun for dancers of all ages! All of our Hip Hop classes perform in both our Simply Christmas and Year-End Recitals.

Jazz A fundamental form that complements all other styles of dance. Jazz classes consist of a warm-up, centre work and progressions including jumps and turns. Technique and style through choreography are emphasized. Students will learn progressive skills, jazz combinations and routines. All of our jazz classes perform in both our Simply Christmas and Year-End Recitals.

Lyrical A combination of the beauty and grace in ballet and the style and strength in classical jazz, lyrical develops balance, extension, control and artistic expression. Lyrical is offered to dancers 10+ years. Ballet is **strongly recommended** for students taking lyrical but not required. All of our lyrical classes perform in both our Simply Christmas and Year-End Recitals.

Strength & Conditioning For students 12+, Strength & Conditioning for Dance improves your technique and performance in all dance forms by strengthening the whole body while developing coordination, balance, and alignment and optimizing flexibility. The result is more lift without tension, deeper plies, higher jumps with less effort, tighter turns and improved extension and turnout. Strength and Conditioning is not a performance based class.

Tap Make music with your feet! With a mix of technical steps and rhythm combinations, Students train their musical ear and their feet in this exciting dance style. Develop and improve timing, rhythm, and coordination as well as strength and endurance. Once you start tapping, you'll never want to stop! All of our tap classes perform in both our Simply Christmas and Year-End Recitals.

Competition - Private Dance Classes

Have you dreamt of having the spotlight all to yourself or maybe being part of a super exciting duo or trio number? Spots are available for private or semi-private dance classes. Students must sign up for a minimum of 5 solo classes and then refresher classes as needed as competition draws near. Students competing in a solo, duo, or trio must take a minimum of Ballet Tech or the Strength and Conditioning Class, as well as the style of dance they wish to compete in. Private Dances may perform in Competition Showcase Recital. (Privates outside of competition - no minimum requirement.)

All Classes Run September – June
Location: #7 – 75 Blue Mountain Street, Coquitlam, B.C.
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