

CAROUSEL DANCE CENTRE

Focus on Technique & Workshop Series

★ July 10-14

★ Focus on Technique - 9:00am-12:30pm

★ Workshops – 1:00-4:00pm

We are looking forward to seeing your child at the dance studio for our Focus on Technique and/or Dance Workshop programs. Information for both the morning and afternoon programs is detailed below. Please refer to the information that applies to the program that your child is enrolled in.

FOCUS ON TECHNIQUE PROGRAM

MORNINGS 9:00am-12:30pm

SCHEDULE

Focus on technique runs every morning from 9:00am-12:30pm from Monday to Friday. The studio will be open each morning at 8:30am and parents may drop off dancers earlier than 9:00am if they need extended care in the mornings. Students who are enrolled in both the morning and the afternoon program will remain at the studio and will be supervised during their lunch break. During the mornings, students will participate in ballet, modern, jazz & conditioning classes as well as daily dancer talks. A detailed schedule of the morning program will be provided to students when they arrive on Monday morning.

WHAT TO WEAR

Students are required to have their hair in a bun and to wear a leotard (bodysuit), tights and ballet shoes for ballet classes. Jazz shoes are optional.

WORKSHOP SERIES

AFTERNOONS 1:00-4:00PM

SCHEDULE

Each afternoon during the week, students will participate in two 1.25 hour workshops in a variety of dance styles. Students have the option of attending the full week of afternoon workshops or selected days. The workshop schedule is as follows:

Monday – Ballet Repertoire & Character Dance

Tuesday – Lyrical & Musical Theatre

Wednesday – Musical Theatre & Tap

Thursday – Improvisation & Choreography

Friday – Lyrical & Hip Hop

WHAT TO WEAR

Monday – Bodysuit, tights, hair in bun, ballet shoes and character shoes & skirt

**students who do not have a character skirt will be able to borrow one from Carousel; students who do not have character shoes can wear their ballet shoes*

Tuesday – Bodysuit, tights/leggings/shorts, hair off face, bare feet for lyrical and jazz shoes for musical theatre

**students who do not have jazz shoes can have bare feet*

Wednesday – Bodysuit, tights/leggings/shorts, hair off face, jazz shoes & tap shoes

**students who do not have jazz shoes can have bare feet; students without tap shoes will be able to borrow a pair from Carousel – please make sure that you bring socks*

Thursday – bodysuit, tights/leggings/shorts, hair off face, bare feet

Friday – bodysuit, tights/leggings/shorts, hair off face, jazz shoes for hip hop

**students who do not have jazz shoes may have bare feet for the hip hop class*

WHAT TO BRING – MORNING AND AFTERNOON PROGRAMS

- ✓ Socks
- ✓ Sweater in case studio is cool
- ✓ Water bottle
- ✓ Snack
- ✓ Lunch (if staying for full day program) – **PEANUT & NUT FREE**
- ✓ Enthusiasm and a willingness to try new things!
- ✓ Notebook & pen (for recording new things learned and reflections)
- ✓ Dancers should bring a pair of socks with them and should also bring a sweater or warm up clothing in case the studios are cool.

END OF WEEK CELEBRATION

On the last day of the program, we'll be celebrating a successful week with an ice cream party! The ice cream party will be held from **12:30-1:00pm**. Students who are attending in the mornings only should plan to stay for the ice cream party on Friday. Students who are attending in the afternoons only should arrive early on Friday. Students should bring a reusable bowl & spoon as well as ice cream toppings to share (if they'd like to). Carousel will provide the ice cream 😊

MEET YOUR FOCUS ON TECHNIQUE AND WORKSHOP INSTRUCTORS

INSTRUCTORS

We are very fortunate to have fantastic summer faculty running our Focus on Technique & Workshop series program this July! Let's meet the teachers . . .

ELIZA MILLS

Eliza will be teaching modern, jazz and conditioning classes every day during our morning Focus on Technique program and will be teaching afternoon workshops on Monday, Tuesday, Thursday & Friday. Eliza has been part of Carousel's staff team since 2017, teaching students of all ages from primary classes through to the senior school. Eliza frequently choreographs new works for the Carousel Dance Company's guest performances with the Kitchener Waterloo Symphony, as well as the Company's full roster of annual seasonal productions. She also serves as Carousel's Summer Programming Director, coordinating and leading day camps, technique intensives, and special projects for the Company. Eliza trained for fourteen years as a student at Carousel, taking classes in ballet, jazz, modern, and composition. In her graduating year, she achieved Distinction on her Advanced II Ballet Exam and performed the role of the Sugar Plum Fairy for the KW Symphony Yuletide Spectacular. Outside of Carousel, Eliza enjoys choreographing musicals with local university and high school groups and volunteering as part of the Creative Direction Team at Nexus Church in Downtown Kitchener. She is a graduate of Wilfrid Laurier University with a BA in Global Studies and Community Engagement, and is now pursuing a Masters of Education in Adult Education and Community Development from the Ontario Institute for Studies in Education at the University of Toronto.

FELICITY ROOTES

Felicity is a Registered Royal Academy of Dance ballet teacher and will be teaching the Focus on Technique ballet classes. Felicity is well traveled in the dance community, teaching and performing across the world. Hailing from Australia Felicity found her love for dance at a very young age growing up in the dance studio her mother owned. She graduated from the Canberra Youth Ballet full time 3 year program in 2000; also training in Pilates at the Vital Action Pilates Studio. Since then Felicity has completed the two year ballet teachers certification course with the Royal Academy of Dance, along with Graded to Advanced Ballet teacher training and can offer examinations. Felicity has had students complete Solo Seal, the highest level of RAD examination and compete in the 2019 Genée International Ballet Competition achieving a position in the finals. She is a certified Pilates instructor under the Physical Mind Institute of Canada and has completed workshops on Fascia, Pelvic Floor Muscles and Pre and Post Natal Pilates. Her professional career began with the Australian Revue in Atami, Japan. From there Felicity took time out to co-direct an anniversary

production for the CSIRO in Australia. She has also performed in several Carnival Cruise Line Productions as lead and feature dancer. Moving to Canada in 2005 Felicity embraced the K-W Community teaching at many studios, also starting a program of her own with the City of Kitchener. She has enjoyed conducting workshops and adjudicating for competitions in the Southern Ontario region. Felicity has been a part of the Carousel Dance Centre faculty since 2014 and loves the inclusive atmosphere and passion for ballet she has found there. Felicity has choreographed for KW's Choreographers Snow Ball, KW Symphony performances and most recently directed a Benefit Show for the recovery of animals affected by the Australian bushfires. Felicity is proud to have had many successful RAD examination students, students accepted into the National Ballet School, Alberta Ballet School, Ryerson University, Drayton Entertainment, select cruise lines and students who have performed in Ballet Jorgen productions. Felicity has a love of learning and shows a passion for both teaching and choreographing.

ALYSSA CHURCHILL

Alyssa is returning to Carousel as a guest instructor this July and will be teaching ballet repertoire on Monday afternoon. Alyssa holds her certificate in ballet studies from the Alberta Ballet school and is now entering her third season as a professional dancer with the Alberta Ballet Company. A former Carousel student, Alyssa is trained in ballet, jazz, modern and lyrical dance. She has attended summer intensives at the Joffrey Academy in Chicago and the Alberta Ballet School in Calgary. In her grade 12 year, Alyssa completed her Advanced 2 RAD exam with Distinction which earned her a spot in the 2019 International RAD Genee Ballet Competition where she was chosen as a finalist. Alyssa has also received the Dedication & Commitment award and the Artistry award from the Alberta Ballet post-graduate program.

DEANNE BINGLEMAN

Dee will be teaching tap and improvisation classes at this year's workshop series. She joined the Carousel team in September 2016 and shares her love and knowledge of dance to all ages. Dee has enjoyed many years of participation in local festivals, creating dance shows for Rogers Cable and performing on Breakfast Television and the 8:08 Dance Series in Toronto and has thoroughly enjoyed the opportunities to create works through Carousel. She graduated with a B.A. in Dance from the University of Waterloo in 1995. In 1998 she received a Leading Edge K-W Arts Award for her contributions to the K-W dance community. In 2013 she became one of only two certified instructors in Canada to teach Maor Dance Workout. In 2014, Dee was honoured with the Mentor Award through KW Arts Awards and with Volunteer of the Year award through the Federation of Teachers of Ontario for her work at Lexington PS. On top of her teaching position at Carousel as a tap, modern, jazz, PBT and ballet instructor/choreographer, she is also the mother of 3 boys, the Assistant Manager at the Northfield Chopped Leaf restaurant and is a Reiki Master & transformational life mentor.

ELLA CUMBERLAND-CLARK

Ella will be teaching our Wednesday afternoon Musical Theatre workshops. Ella danced at Carousel for 15 years and started choreographing for its company in 2022. She has completed her first year in the University of Guelph's Bio-Medical Science Undergraduate program. Ella is trained in ballet, modern, jazz, lyrical & tap completing her Advanced 2 RAD ballet exam. She has received multiple awards commemorating her choreography and ability including Carousel's Madeleine Paterson-Watt Memorial Dance Award. Ella has performed all around the world participating in the Dance and the Child International (daCi) Conference held in Australia and Dance the World held in Disneyworld, Florida. She is a member of the daCi Springboard committee helping to prepare for its upcoming conference being held in Slovenia. Ella is very involved in Carousel's Dance for Everybody programs and loves performing with Carousel's Theatre Company. She has continued to pursue dance at a professional level and has trained with the Alberta Ballet School, the Royal Winnipeg Ballet School, Arts Umbrella & the Royal Academy of Dance in their summer programs. Currently, Ella is dancing with Canadian artist and choreographer David Earle alongside his company Dancetheatre David Earle.

MEGAN MANNING

Megan will be teaching lyrical on Tuesday afternoon and hip hop on Friday afternoon. Megan has been dancing since the age of three. She has trained in core disciplines including ballet, jazz, pointe, tap, hip hop, lyrical, contemporary and modern. Megan attended Eastwood Collegiate for the Integrated Arts Program as a Dance and Vocal Major. As a senior, she was Dance Captain where she competed and won numerous awards for her creative pieces, innovative choreography and leadership skills.