

WESTWOOD DANCE PROGRAM



WHAT IS THE WESTWOOD DANCE PROGRAM?

A WELL-ROUNDED CURRICULUM FOR THOSE WHO ARE INTERESTED IN THE ART OF DANCE. WHETHER YOU JUST WANT TO DANCE FOR FUN OR ARE INTERESTED IN PURSUING A CAREER IN THE DANCE INDUSTRY, WE HAVE A CLASS FOR YOU!

WE WORK ON A VARIETY OF UNITS AND PROJECTS THAT HELP STUDENTS SEE A WIDE PICTURE OF DANCE SUCH AS HISTORY, ANATOMY, CROSS TRAINING, ECT.

ENRICHMENT THROUGH:

- GUEST ARTISTS AND TEACHERS FROM THROUGHOUT THE DANCE COMMUNITY OF WINNIPEG.
- VIEWING DANCE PERFORMANCES BY LOCAL COMPANIES.
- PERFORMING IN PROFESSIONAL VENUES

LEARNING TO:

- PERFECT TECHNIQUE
- PERFORM ARTISTICALLY
- PRIORITIZE PHYSICAL FITNESS / HEALTH
- THINK AHEAD
- BE ORGANIZED
- CONTRIBUTE TO COMMUNITY

In the Westwood Collegiate Dance program, we're excited about movement! Dance is a universal language. Thousands of years ago, mankind told stories through dance and movement around fires and in ceremonies. Through the ages, dancers have relayed history through performances, movies, musicals and shows. Joy, sorrow, anger, peace - the emotions and experiences of artists are shared in every step, gesture and leap.

Whether you're in Dance Advanced or in Dance General, The Westwood Collegiate Dance Program can benefit you.

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Why We Dance...

To Burn Calories:

Dancing can burn as many calories as walking, swimming or riding a bicycle. During an hour of sustain dancing, you can burn between 400-800 calories. Experts typically recommend 30-40 minutes of continuous activity three to four times a week. Dancing can provide much the physical activity your body requires in a week to stay fit and healthy!

To Enhance Social Skills:

Dancing incorporates social components that solitary forms of fitness to do not. In gives you an opportunity to develop strong social ties which contribute to self-esteem, positive outlooks, and a sense of community. In "a big, scary new school" the dance program allows you to make friends instantly, across multiple grade levels!

For Artistic Growth:

Being a dancer is about being physically active, but it is also about being an artist. Dance allows us to explore our inner selves, and allows us to have an outlet to express those thoughts and emotions.

For Personal Enrichment:

Dance gives us the ability to express ourselves. Through that expression, we communicate by drawing on our own unique emotions, thoughts and experiences. Creating art is also rewarding because it can boost your self-esteem.

Dance General

(Grades 9-12)

Students at any level may register for the program

Alternating days

1 credit per year

Genres studied:

- jazz
- lyrical
- contemporary
- hip-hop
- cultural

Projects of note:

- Danceoake
- Dance MB Showcase
- Pep Rally Performance

Dance Advanced

(Grades 10-12)

Students are admitted to the program by audition at the end of May

Daily study

2 credits per year

Genres studied:

- ballet
- modern

Projects of note:

- Festivals and Competitions
- Dance MB Showcase
- RWB field trips
- Guest clinicians

**"EVERYBODY CAN DANCE,
IT IS THE DRIVE AND THE
PASSION THAT MAKE YOU
A DANCER."**