

Free Classes

- **Introductory African Class – Moondance**
1821 Cook Street
January 27, 5:15-6:15pm
Immerse yourself in the rhythms and traditions of West Africa. Bare feet and comfortable clothing are the only pre-requisites! Live Percussion.
FREE – Drop in
Age Level - Adult
- **Open Ballet Class – Academy of Ballet**
408 Superior Street
January 27, 28, February 1, 6:00-7:30pm
Enjoy an open level ballet class focusing on good technique as well as on having fun. Some ballet experience necessary.
FREE – Drop in
Age Level – Teens through Adults
- **Open Contemporary Class – Academy of Ballet**
408 Superior Street
January 29, 6:00-7:30pm
Enjoy an open contemporary class centered around movement and use of space. Some contemporary dance experience necessary.
FREE – Drop in
Age Level – Teens through Adults
- **Island Dance Studio Bridge Program – Senior Level Class**
1201 Fort Street
January 28, February 4; 6:30-8:00pm
January 30, 2:45-4:30pm
The Bridge program builds students' self-esteem and confidence while allowing them to gain invaluable professional experience with Ballet Victoria. Contact Island Dance Studio for more information and for registration.
FREE – By Registration (info@islanddancestudio.com)
Age Level – 16+
- **Ballroom-Latin Class – Arthur Murray Dance School**
206-2504 Government Street
January 28, 7:45-8:30pm; February 2, 8:30-10:00pm
Arthur Murray Dance School offers classes that allow you to have fun and get you moving around the dance floor in one month!
FREE – By Drop in
Age Level – Adult

- **Adult Bellydance – Asmira Dance**
764A Yates Street
January 30, February 6; 10:00-11:00am
 An Introduction to Tribal Fusion with Rachel Oates. A short demonstration will follow the class work.
 FREE – By Drop in
 Age Level – Adult
- **Adult Bellydance – Asmira Dance**
764A Yates Street
January 31, February 7; 11:30-12:30pm
 An Introduction to the Basics of Oriental Bellydance with Asmira. A short demonstration will follow the class work.
 FREE – By Drop in
 Age Level – Adult
- **Contact Improvisation - Billy Adam Gottlieb**
2750 Quadra Street
January 31, February 7; 12:00-2:00pm
 Contact Improvisations is about moving from your inner impulse while connected to others, physically or energetically. Experience level is Beginner/Intermediate.
 FREE – By registration (mention Dance Days) 250-589-8655
 Age Level - Adult
- **Adult Jazz Level 1 Class – Lynda Raino Dance**
715 Yates Street
January 29, 7:15-8:30pm
 A joyful, grounded, groove inspired dance experience. Definitely the most fun you will have while dancing!
 FREE – By Drop in
 Age Level - Adult
- **Adult African Class – Lynda Raino Dance**
715 Yates Street
January 30, 4:00-5:00pm
February 4, 8:30-9:30pm
 Dance to the infectious rhythms of traditional West African dance; there are no boundaries.
 FREE – Drop in
 Age Level - Adult
- **Adult Flamenco Level 1 Class – Lynda Raino Dance**
715 Yates Street
February 1, 6:15-7:15pm
 Explore the traditional Flamenco dance form which originated in the south of Spain.
 FREE – Drop in
 Age Level – Adult

- **Adult Hip Hop Level 1 – Lynda Raino Dance**
715 Yates Street
February 2, 8:45-9:45pm
 A form of dance that originated in New York City in the 1970s, this class incorporates the latest wild, crazy, sexy, and pumped up moves of the Hip Hop world in a way that focuses on one thing: having fun, old skool style!
 FREE – Drop in
 Age Level – Adult
- **Multi-Generational Movement Class – Cabri Creative Dance**
1468 Ryan Street
February 8, 5:30-6:30pm
 Annemarie Cabri brings smiles and enthusiasm to something new for you. Whether you have had dance training before, or none at all, this class will soothe your soul and make movement matter.
 FREE – Drop in
 Age Level – Children and Adults
- **Ukrainian Junior 1 – Veselka Ukrainian Dancers**
3277 Douglas Street
February 9, 5:00-6:00pm
 Ukrainian Junior 1 is designed to develop musicality and movement as well as basic steps.
 FREE – Drop in
 Age Level – Ages 7-8
- **Ukrainian Intermediate – Veselka Ukrainian Dancers**
3277 Douglas Street
February 9, 6:00-7:30pm
February 11, 5:45-7:15
 Dancers at the intermediate and senior levels will have the opportunity to learn and perform dances from different regions of Ukraine such as, Poltava, Hutzul, Volyn, Polissia, Bukoyvian, Boiko, Transcarpathian and character dances.
 FREE – Drop in
 Age Level – Ages 12-14
- **Ballet 2 – Veselka Ukrainian Dancers**
3277 Douglas Street
February 10, 4:30-5:15pm
 Ballet focuses on improving body awareness and strength. Ballet classes present the fundamentals of movement of classical dance with a Ukrainian focus.
 FREE – Drop in
 Age Level – Ages 9-11

- **Ukrainian Beginner 2 – Veselka Ukrainian Dancers**
3277 Douglas Street
February 10, 5:15-6:00pm
 Ukrainian Beginner 2 is designed to develop musicality and movement as well as basic steps.
 FREE – Drop in
 Age Level – Ages 5-7
- **Ukrainian Junior 2 – Veselka Ukrainian Dancers**
3277 Douglas Street
February 10, 6:00-7:15pm
 In Ukrainian Junior 2, as dancers progress through the curriculum their work is complemented by choreography.
 FREE – Drop in
 Age Level – Ages 9-11
- **Modern – Veselka Ukrainian Dancers**
3277 Douglas Street
February 11, 4:30-5:45
 Modern dance will teach you how to express yourself in a creative style, with the use of the floor and ability to move through contemporary movements.
 FREE – Drop in
 Age Level – Ages 12-19
- **Ukrainian Senior Level – Veselka Ukrainian Dancers**
3277 Douglas Street
February 11, 7:15-9:15pm
 Senior class is designed for dancers 15 and over who are dancing, have danced or wish to dance at a pre-professional level.
 FREE – Drop in
 Age Level – Ages 15-22
- **Adult Beginner Street Jazz – Broadstreet Dance**
1525 Begbie Street
February 8, 6:30-7:30
 Street Jazz combines the best of Hip Hop and West Coast Jazz into a fun, fast-paced class. Hip Hop your way through an hour of high-energy dance set to pop and hip hop tunes. A short warm-up will be followed by a hip hop combination that will grow and be repeated throughout class.
 FREE – Drop in
 Age Level - Adult

- **Adult Beginner Tap – Broadstreet Dance**

1525 Begbie Street

February 11, 5:15-6:00

Warning: These Adult Tap Dance Classes are so addictive...you'll be hooked your first day! Don't wait another moment! These Broadstreet Dance Tap Classes are guaranteed to inspire! Lots of fun, funk and variety of tap styles and energy (So you'll be excited to participate and motivated to come back for more of the social atmosphere!

FREE - Drop in

Age Level – Adult

- **Kids Breakdance – Ages 4-7**

#209-734 Aldebury St.

February 6, 11:00-12:00pm

FREE- by Pre-registration

hiphop4life@vibestreetdance.com

Kids Classes are fun, energetic & encouraging programs - focusing on rhythm, musicality & dance influenced games, teaching kids about music, songs & dance. All hiphop/breakdance inspired, while learning funky & fun dance routines & games!

- **Teen Intro HipHop**

#209-734 Aldebury St.

February 9, 5:30-6:25pm

FREE- by Pre-registration

hiphop4life@vibestreetdance.com

Focusing on rhythm, funk, co-ordinations & musicality. Appropriate for all levels, recommended for those who want an 'introductory to hiphop'- while learning fun & funky choreography. Learning the foundation of hiphop, 'grooving, and funk. All levels of dance, but encouraged for new dancers (and recommended taking "Co-ordinations" &/or "Lyrical HipHop")

- **Open Level/Open Age Fundamentals**

#209-734 Aldebury St.

February 9, 6:30-7:30pm

FREE- by Pre-registration

hiphop4life@vibestreetdance.com

Popping, Waving, Locking, Gliding, Tutting, Boogaloo, Ticking, Strobing & Puppetry, to name a few of the many fundamentals that our (raved about!) instructor, Adam Quiney teaches in his encouraging, fun & energetic classes. Teaching the history, culture & background of these specific sub-genres - these classes are aimed towards ALL ages and ALL levels. (We encourage everyone to at least drop in to one of these classes!).

- **Open Level/Open Age Intro Breakdance**
#209-734 Aldebury St.
February 9, 7:30-8:30pm
FREE- by Pre-registration
hiphop4life@vibestreetdance.com

For all levels & open to all ages. For all those people that have always wanted to learn the basics of breakdance (six step, top rocks, swipes, freezes, stalls, etc) but have always been too nervous to join an intimidating class - this is YOUR class. Learn the basics of foot work, floor work & funk.

- **Adult Int/Adv. HipHop**
#209-734 Aldebury St.
February 10, 6:30-7:30pm
FREE- by Pre-registration
hiphop4life@vibestreetdance.com

2+ years of HipHop experience. A fast paced class, focusing on choreography & grooving.

- **Adult Open Level Lyrical HipHop**
#209-734 Aldebury St.
February 10, 7:30-8:30pm
FREE- by Pre-registration
hiphop4life@vibestreetdance.com

The complete opposite of most VSD classes, but In a 'good' way;) A mix of r&b music, emotion filled lyrics & floetic, yet disciplined choreography - essentially 'telling a story through your movement'. But don't get this confused with a typical "lyrical" or "contemporary" class - this class has an edge, and strong - hard hitting movements. For all levels of dance (beginner-adv).

- **Adult Intro HipHop**
#209-734 Aldebury St.
February 11, 7:30-8:30pm
FREE- by Pre-registration
hiphop4life@vibestreetdance.com

Focusing on rhythm, funk, co-ordinations & musicality. Appropriate for all levels, recommended for those who want an 'introductory to hiphop'- while learning fun & funky choreography. Learning the foundation of hiphop, 'grooving, and funk. All levels of dance, but encouraged for new dancers (and recommended taking "Co-ordinations" &/or "Lyrical HipHop")

- **Adult Open Level/Open Age House**
#209-734 Aldebury St.
Feb 11, 8:30-9:30pm
FREE- by Pre-registration
hiphop4life@vibestreetdance.com

For all levels & open to all ages. House dance itself is a lot older than house music, which arose in the early 1980s upon the end of the disco era. It is called house dance because it was developed in the clubs rather than on the street. House dance takes from many different dance elements such as the Lindy era, African, Latin, Brazilian, jazz, tap, and even modern. Contrary to popular belief, house dance is not a descendant of hip hop dance, but VSD has decided to bring it into our 'HipHop' based studio & bring this amazing dance genre to Victoria. With up-funk body movements, funky feet patterns & unique style all around - this class is a fun, energetic & hype class -- all ages, and all levels!

Workshops

- **Ballet Workshop – Ages 8-12 -**
1359 McKenzie Ave
January 30, 2:00-3:00pm
 Enjoy a challenging and fun workshop with **Dana Fry**, involving dancers from across the community. Experience level is set at Beginner to Intermediate.
 FREE – By Registration (community@dancevictoria.com)
- **Ballet Workshop – Ages 12-17**
5182 Cordova Bay Road
January 30, 1:30-3:00pm
 Enjoy a challenging and fun workshop with **Maureen Eastick**, involving dancers from across the community. Experience level is set at Intermediate to Advanced.
 FREE – By Registration (community@dancevictoria.com)
- **Ballet Workshop – Adult**
408 Superior Street
February 6, 2:00-3:30
 Enjoy a challenging and fun adult workshop with **Cindy Winsor**, involving dancers from across the community. Experience level is set at Intermediate to Advanced.
 FREE – By Registration (community@dancevictoria.com)
- **Advanced Ballet Workshop – Ages 14+ - CANCELLED**
1201 Fort Street
February 7, 10:00-2:00pm
 Take an Advanced Ballet Workshop with Ballet Victoria's **Paul Destrooper**. Morning pointe class followed by a Contemporary Ballet choreography workshop en pointe in the afternoon. Students will need to bring a lunch (break from 11:30-12:00).
 \$30 – By Registration (community@dancevictoria.com)

- **Modern Workshop – Ages 8-12**
1359 McKenzie Ave
February 6, 2:00-3:30pm
 Enjoy a challenging and fun workshop with **Dana Fry**, involving dancers from across the community. Experience level is set at Beginner to Intermediate.
 FREE – By Registration (community@dancevictoria.com)
- **Contemporary Workshop – Ages 12-17**
649 Gorge Road East
January 31, 1:00-2:30pm
 Enjoy a challenging and fun contact improv workshop with **Constance Cooke**, involving dancers from across the community. Level set at Intermediate to Advanced.
 FREE – By Registration (community@dancevictoria.com)
- **Contemporary Workshop – Adult**
REVISED: 715 Yates Street
February 6, 7:00-8:30pm
 Enjoy a challenging and fun contemporary workshop with **Leah Wickes**, involving dancers from across the community. Level set at Intermediate to Advanced.
 FREE – By Registration (community@dancevictoria.com)
- **Tap Workshop – Ages 12-17**
110-2750 Quadra Street
January 31, 3:30-4:30
 Enjoy a challenging and fun tap class with **Michael Boston**, involving dancers from across the community. Level set at Intermediate to Advanced.
 FREE- By Registration (community@dancevictoria.com)
- **Tap Workshop – Adult**
110-2750 Quadra Street
January 31, 2:00-3:30pm
 Enjoy a challenging and fun adult tap class with **Janice Tooby MacDonald**, involving dancers from across the community. Level set at Intermediate to Advanced.
 FREE- By Registration (community@dancevictoria.com)
- **Musical Theatre Workshop – Ages 11-17**
110-2750 Quadra Street
January 30, 3:00-4:15
 Enjoy a challenging and fun musical theatre workshop with **Yanik Giroux** and **Phoebe Rumsey**.
 FREE – By Registration (community@dancevictoria.com)
- **GYROKINESIS® – Yoga for Dancers**
Lululemon - 584 Johnson Street
January 31, 7:00-8:00pm
February 7, 7:00-8:00pm
 Experience GYROKINESIS® – coined as *Yoga for Dancers* with Kim Tuson. No experience necessary. Class participation limited to 12 dancers per session.

Fluidity is the key. Postures are not held for long periods of time. Instead, postures are smoothly and harmoniously connected through the use of breath, making exercises appear and feel more like a dance and swimming than like traditional yoga.



A typical **GYROKINESIS®** class begins with a short meditation, then the spine and pelvis are engaged through simple exercises: while seated on low stools, participants mobilize the spine through a series of arching, curling, bending, twisting and spiraling movements. These same movement patterns are expanded to release the hip, knee, hamstring, quadriceps and so on, in all possible directions. The corresponding breathing patterns executed during every movement stimulate the nervous system, open up the energy pathways and oxygenate the blood. All **GYROKINESIS®** classes, from beginner to advanced, encompass not only sitting but also laying and standing positions.

Those who practice **GYROKINESIS®** exercises tend to be more relaxed in their daily lives and can move with increased flexibility and ease.

FREE – By Registration (community@dancevictoria.com)

- **elev⁸ Youth Dance Project**
2750 Quadra Street
January 30:

2:30-4:00pm: Advanced Contemporary Class with Rosemary James of Toronto Dance Theatre.
4:30-6:00pm: Advanced Contemporary Class with Vancouver choreographer, Justine Chambers.
6:00-9:00pm: Advanced Choreography with Justine Chambers. (Participants must be registered in the full workshop series).

January 31:

9:30-11:00am: Intermediate Contemporary with Vancouver Choreographer, Justine Chambers.
9:30-11:00am: Advanced Dance Composition with Kathy Lang.
11:00-12:30pm: Advanced Contemporary with Justine Chambers.
11:00-12:30pm: Intermediate Dance Composition with Kathy Lang.
1:00-4:00pm: Advanced Choreography rehearsal with Justine Chambers (must be registered in full workshop series).

"elev⁸" is Victoria's new youth dance group offering workshops and choreography classes. The group is a pre-professional bridging program for intermediate to advanced dancers focusing on new contemporary dance (ages 13-19). The group is community wide and open to any dancer

(must be of intermediate/advanced technique level). The technique classes during **Dance Days** are the first of the 6 month series.

Drop- in fee of \$25 per technique class. Full workshop (Jan-June) is available through "**elev8**" at www.elev8danceproject.ca. Pre-register and secure a spot using the downloadable form.

Demonstrations and Open Rehearsals

- **Watch an Open African Dance Rehearsal – Keyke Fare Performance Ensemble**
1303 Broad Street
January 28, 7:45-8:45pm
Experience high energy and dynamic West African dance and drumming.
FREE
- **Watch an Open Contemporary Dance Rehearsal – CoMotion Dance Collective**
715 Yates Street
January 29, 12:00-1:00pm
Experience a contemporary work in progress by the CoMotion Dance Collective.
FREE
- **Watch an Open Ballet Rehearsal – Canadian Pacific Ballet**
Suite 41, 560 Johnson Street
January 29, 5:30-6:30pm
Commissioned Artist Kennet Oberly will be running Act 1 of the historical ballet *Konservatoriet*, which Canadian Pacific Ballet will be performing this spring.
FREE
- **Watch a Studio Dance Demonstration – Boston Dance Collective**
110-2750 Quadra Street
February 5, 6:00-7:00pm
Students from Boston Dance Collective will present an evening of dance, demonstrating pieces that they have been working on throughout the year.
FREE
- **Watch an Open Ballet Rehearsal – Ballet Victoria**
1201 Fort Street
February 9, 1:00-2:00pm
Watch Ballet Victoria as they rehearse for their upcoming production of Carmina Burana.
FREE
- **Watch the Danceworks Festival Competition**
Charlie White Theatre, Sidney BC
February 8 -11
Dancers compete for the honour of winning the DanceWorks Award of Distinction and the opportunity to represent Victoria DanceWorks at the [BC Performing Arts Festival](#) and to participate in the [Showcase of Winners](#). See <http://www.victoriadanceworks.ca/competition/> for detailed schedule.

Performances

- **Joni Mitchell's the Fiddle and the Drum**
Alberta Ballet
January 27, 28, 7:30pm
Royal Theatre

Choreography: Jean Grand-Maître
Set Design and Music: Joni Mitchell

Celebrated singer-songwriter Joni Mitchell and Alberta Ballet's Artistic Director/Choreographer Jean Grand-Maître have created an exhilarating, emotionally rich ballet that explores the human potential to create and destroy, to love and hate. Fiddle has played to sold-out houses across North America, consistently earning standing ovations.

Tickets – www.rmts.bc.ca

- **Dark Matters**

Kidd Pivot
January 30, 7:30pm
Royal Theatre

Choreography: Crystal Pite
Music: Owen Belton

Commissioned by Dance Victoria in partnership with the National Arts Centre, this West Coast premiere was created by Victoria's own Crystal Pite. In the work she assembles six exciting performers for a moving exploration of human significance in the wake of catastrophe. Pite's work is highly theatrical, combining original music, text, rich visual design, wit and invention.

Tickets - www.rmts.bc.ca

- **Moulin Rouge (The Ballet)**
Royal Winnipeg Ballet
February 9, 10, 11, 7:30pm
Royal Theatre

Choreography: Jordan Morris
Music: Various composers

The most famous cabaret in history, birthplace of the Quadrille, the Can-Can and home to a cast of outrageous dancers known as the Diamond Dogs. When the Moulin opened, Paris was a place of exquisite contradiction; art was both elevated and exploited, pomp and excess ran hand-in-hand with poverty and hardship, and the heady elixir of personal freedom bred lifestyles that were often reckless and addictive. Drawn to Paris, Matthew and Sandrine seek love and destiny in the infamous cabaret... The Moulin Rouge.

Tickets – www.rmts.bc.ca

- **6 Mixed**
triPOD Dance Collective
February 2, 7:30pm
Metro Studio Theatre – 1411 Quadra (at Johnson)
 An evening of new choreography performed by Victoria’s triPOD Dance Collective.
 Tickets - www.rmts.bc.ca

- **4 on the Floor**
February 3, 7:30pm
Metro Studio Theatre – 1411 Quadra (at Johnson)
 New Solos by Annemarie Cabri, Stacey Horton and Treena Stubel.
 Tickets - www.rmts.bc.ca

- **2 to Go**

February 4, 7:30pm
Metro Studio Theatre – 1411 Quadra (at Johnson)
 Improv master Peter Bingham and dancer Chris Aiken joined by two live musicians.
 Tickets – www.rmts.bc.ca

Fun Stuff

- **Children’s Ballet Demonstration**
Iviva Athletica – Johnson Street
January 30, February 6; Time 12:00-1:00pm
 Watch the Young Dancers Collective from the *Academy of Ballet* as they present a ballet demonstration to shoppers in the new Iviva Athletica store.
 FREE

- **Interactive Dance Window**
Lululemon Athletica – 584 Johnson Street
January 30, February 6; 12:00-4:00pm
 Students from the *Victoria School of Contemporary Dance* will present contemporary improv movement in the bay windows of Lululemon.
 FREE

- **Dance Salon with Dr. Allana Lindgren**
Studio 3, 110-2750 Quadra Street
February 4, 3:00-4:30pm
 Join in on an interactive discussion on dance with local dance historian *Dr. Allana Lindgren*.
 Refreshments provided.
 FREE

- **Dance with Toronto Dance Theatre**

February 5, 7:30

Metro Studio Theatre

Party with the dance community as we celebrate the winners of the inaugural Chrystal awards.

Tickets at the door. Ages 19+

- **Dance Days Doundounba**

1821 Cook Street

February 10, 6:15-7:30

Experience an Interactive African Dance Party with MoonDance Dynamic Arts.

www.moondancearts.ca

FREE

- **Dance Days Video Dance Contest**

Video Submission Closes on January 15th

FREE

Film your own Dance Solo, and win a prize! Show us what kind of movement inspires you, by sending us a short video filmed in your living room, backyard, downtown or the dance studio.

Find out the details at www.dancevictoria.com/dance_days