

LFAS DANCE

conceptual study • **creative exploration** • technical training

Conceptual Study:

- Engage with creative and technical movement with **curiosity** to uncover the “why”, “how” and “what if”.
- Connect and internalize **concepts** to **improve** alignment, execution and intent of movement.
- Apply dance specific vocabulary/language to **interpret** their own and others’ work.

Creative Exploration:

- Recognition of creative ideas as a form of **self-expression**.
- Investigate the **relationship** between movement and meaning.
- Engage **collaboratively**, and as an individual, in dance making using ideas inspired by imagination, inquiry, experimentation, and purposeful play.

Technical Training:

- The development of essential skills in **contemporary dance** supported by training in ballet, modern and other movement practices.
- Utilizing thinking and action to execute movement with efficient **alignment**, and appropriate strength and flexibility.
- The consideration of rhythm, musicality and dynamics when making choices on how to **perform** movement.

We expect our students to engage critically with the art form, to push its boundaries and uncover what it means for them to be a contemporary dance artist.

We value dancers who demonstrate willingness to:

- seek out information
- make connections
- strive for excellence and innovation
- engage in sound, healthy, and progressive training
 - take risks in one’s thinking and presenting
- practice resilience: “the capacity to recover quickly from difficulties; perseverance”
 - work collaboratively to generate ideas and refine work. We are an ensemble!

Auditions:

Audition times will be posted and will comprise of a 60-minute contemporary dance class plus a short interview. Please come dressed for dance and expect to do a variety of floor work, centre work, across the floor, and improvisation. The audition times will be open to all grade levels, with one audition specified for the junior grades (grade 8 and 9). At the end of the class, there will be a short discussion time, where we will answer questions from the dancers and their parents as well as ask the dancers questions about what they hope the LFAS Dance program will offer them.