



offers two streams of instruction to provide the most beneficial results for our students and their individual needs – our General and Company Dance Divisions. We offer dance classes in a variety of disciplines.

Dance Disciplines

❖ Ballet

Ballet is the groundwork for all movements. Students will learn correct body alignment, technique, musicality, aesthetic purity of line and gracefulness to produce fluidity of movement. AIM teaches the Royal Academy of Dance (RAD) Syllabus. Upon teacher recommendation, students are eligible to participate in the ballet examination system.

❖ Jazz

Jazz is a fast-moving, action-packed style of dance using dynamic, high-energy movement that includes leaps and turns. Jazz dance is influenced by the rhythms of the music. To excel in jazz, dancers need a strong background in ballet. AIM jazz classes are based on the ADAPT syllabus.

❖ Modern

Modern is a dance style using movement and emotion with modern and contemporary techniques, including contraction, release and a variety of lines and shapes, including three-dimensional shaping and movement integration.

❖ Hip Hop

Hip hop is a specialty style of dance that utilizes upbeat music from various genres. An energetic class that not only teaches you Hip Hop movements and technique but also instills rhythm and precision in your muscle memory.

❖ Tap

Tap is making music with your feet. It increases rhythm & musicality. Tons of fun in tap! AIM teaches the ADAPT syllabus.

❖ Stretch & Strength

Stretch & Strength is a specialized fitness class designed to improve flexibility and strength for dancers. It combines various stretching techniques and exercises to enhance the dancer's range of motion, prevent injuries, and develop muscular strength and control.

Dance Divisions

❖ General Division

AIM General Division is geared towards those dancers aged 3 years & up who want to have fun and experience the art of dance and performance. Our philosophy is to make dance training fun as well as top-quality. We strive to help our students feel good about themselves, be kind to others and experience a team spirit within their love for dance. All students registered in Saturday Ballet & Jazz classes will have to opportunity to perform in our Year End Recital held at the REM Lee Theatre – their time to perform on stage and be a star!

❖ Company Division – “Contemporary Collective”

AIM Company Division, “Contemporary Collective,” is geared towards those dancers that want to take their training and commitment to the next level. The Company instills a sense of commitment and discipline necessary for developing young dancers. Our goal is to provide the best possible training and to be able to offer every opportunity possible to our dancers!

ART IN MOTION

Instructors

At AIM, our inspiring teachers bring a special commitment and passion for dance into the studio.

- Emily Hart – Ballet, Jazz, Modern, Hip Hop & Tap
- Lexi Shinde – Ballet, En Pointe, Modern, Jazz
- Sophia Franco - Ballet, Jazz, Modern & Hip Hop
- Brianna Onstein – Ballet, Jazz, Modern, Hip Hop
- Stephanie Raposo - Tap
- Laura Archibald – Ballet, En Pointe
- Tea Archibald - Ballet, En Pointe, Jazz, Modern & Tap (sub coverage)
- Apprentice & student teachers are also a part of the AIM program.

Commitment & Attendance

Students are required to register and attend for the entire dance season as classes are progressive. Regular attendance is expected to ensure that students receive the most out of our programs and that they spend their time at AIM learning, not repeating. Absences and tardiness will result in your child missing important instruction time. If a student misses three classes, they could be withdrawn from choreography (at the teacher's discretion). This is especially important as we get close to both the competitive season & recital season.

Studio Etiquette

❖ Respect for your Instructors

Respect is shown when students are prepared, quiet and ready to learn in the classroom.

❖ Punctuality

You must arrive at class on time and ready to dance. To prevent injury, a proper warm-up at the beginning of the class is essential. Therefore, a student who arrives late and misses the warm-up may have to sit out for part of the class to warm up. Beginner Ballet to Level 1 dancers should arrive 5 minutes early, Level 2 and up are expected to arrive 15 minutes prior.

❖ Preparation

Dancers should arrive in full dress code with hair done, ready to start dance! Please ensure you have all shoes required for each class. For Ballet & Modern, hair should be in a classical bun. For Jazz, Hip Hop & Tap, hair should be in a neat ponytail or bun. For all disciplines, short hair should be pulled back neatly with bangs off the face. No jewelry for safety reasons!

❖ Cell Phones

AIM has a policy of no cell phone use during warm-up or class time. Ensure cell phones are left at home or put away during class.

❖ Studio Commitment

AIM dancers are expected to dance solely at the AIM studio in order to participate in any training classes. We want to give priority to students who are fully registered and committed to AIM. Dancers from other studios are welcome to register for classes for up to one season before making a full commitment to allow the dancer time to make a choice best for them. AIM workshops and summer intensives are open to all dancers within the community and outside communities

ART IN MOTION

Dress Code

AIM has set a standard dress code policy for all dance levels, and it is mandatory for all our dancers to wear the prescribed dress code to ALL classes.

Dress code, ballet, jazz, tap and character national shoes are available for purchase directly from AIM. Sizing samples are available at the studio, and order forms are available on our website. Orders should be submitted with registration. AIM store hours are Saturdays from 9am-12pm.

Beginner & Junior Ballet

GIRLS:

- Capezio Pink Short Sleeve Leotard - #CC400-C
- Capezio Tights - Color: Dancers Pink
- No ballet skirts or other accessories please
- Pink leather full-sole ballet slippers

BOYS:

- Capezio Fitted Crew Neck White T-shirt - #10358
- Black fitted leggings
- Black ballet slippers

Level 1, 2 Ballet, Jazz, Tap

GIRLS:

- Capezio Lavender High-Neck Tank Leotard - #CC201-C
- Capezio Tights - Color: Dancers Pink
- No ballet skirts or other accessories please
- Pink leather full-sole ballet slippers
- Black jazz pants or shorts (optional for Jazz) (any brand/style) *no logos or stripes
- Black jazz and/or tap shoes

BOYS:

- Capezio Fitted Crew Neck White T-shirt - #10358
- Black ballet fitted leggings
- Black ballet slippers
- Black jazz pants
- Black jazz and/or tap shoes

Hip Hop

- Loose fitting t-shirt/shorts/pants/leggings
- Non-marking runners

ART IN MOTION

Level 3, 4, 5 Ballet, Jazz, Tap

GIRLS:

- Capezio Navy High-Neck Tank Leotard - #CC201-C or Capezio Black Camisole Leotard with Bratek – #MC110 (L 4/5 only)
- Capezio Tights - Color: Dancers Pink
- Pink ballet slippers (any style), demi-pointe and pointe shoes as recommended
- Black jazz pants or shorts (optional for Jazz) (any brand/style) *no logos or stripes
- Black jazz and/or tap shoes

BOYS:

- Capezio Fitted Crew Neck White T-shirt - #10358
- Black ballet fitted leggings
- Black ballet slippers
- Black jazz pants
- Black jazz and/or shoes

Modern

- Same as ballet
- Bare feet

Hip Hop

- Loose fitting t-shirt/shorts/pants/leggings
- Non-marking runners

Level 5, Senior Ballet, Jazz

GIRLS:

- Capezio Black Camisole Leotard with Bratek – #MC110
- Capezio Tights - Color: Dancers Pink
- Pink ballet slippers (any style), demi-pointe and pointe shoes as recommended
- Black jazz pants or shorts (optional for Jazz) (any brand/style) *no logos or stripes
- Black jazz shoes

BOYS:

- Capezio Fitted Crew Neck White T-shirt - #10358
- Black ballet fitted leggings
- Black ballet slippers
- Black jazz pants
- Black jazz shoes

Modern

- Same as ballet
- Bare feet

Hip Hop

- Loose fitting t-shirt/shorts/pants/leggings
- Non-marking runners

ART IN MOTION

RAD Dress Code

Primary

Classes:

GIRLS:

- Same dress code as ballet class.

Exams:

- A skirt and socks will be ordered by AIM for the exam.
You may be required to purchase a new bodysuit as well.

BOYS:

- Same dress code as ballet class.

Grades 1-5

Classes:

GIRLS:

- Same dress code as ballet class.

- Black Character National Shoes – ½" heel

- Black Character National Practice Skirt

BOYS:

- Same dress code as ballet class.

- Black Boys Dress Shoes with heel

Exams:

GIRLS:

- Lavender or Navy Dress Code Bodysuit (with belt, supplied by AIM) – color based on Grade.

- Character National Skirt (rented from AIM)

- Black Character National Shoes – ½" heel

BOYS:

- Same as above.

Intermediate Foundation & Above

Classes:

GIRLS:

- Black bodysuit

- Demi-pointe and Pointe **check fit of the shoes with Ballet teacher before putting ribbons on shoes.**

BOYS:

- Same dress code as ballet class.

Exams:

GIRLS:

- Black bodysuit

- Demi-pointe and Pointe

BOYS:

- Same as above.

RAD Ballet Exams

AIM is very excited to offer RAD Ballet exams under the guidance of Miss Lexi and Ms. Laura. Participation in this program is at the recommendation of AIM staff. This season, RAD exams will take place in February (TBD). Not all dancers or levels will take the exam each season, as some levels take longer to prepare. For those recommended to take their exam, fees will be due in October 2024 – information will be emailed to you directly.

Please note that mock exams and RAD exams will take place in Terrace, BC, at REM Lee Theatre. Examination information can be found on the RAD website at www.radcanada.org. Information on fees will be forwarded closer to exam registration dates. As there is a cost for the pianist, practices with the pianist, mock exams, laying down and renting the Marley floor, we will charge a fee to cover these fees on top of the examination fee. It will likely be more than the examination fee for budgeting purposes. Exams are only for those recommended, and to be part of this program, you must be fully enrolled in the AIM Ballet program.

Those taking RAD exams will need to purchase any necessary RAD dress code for their specific level (i.e. socks, skirt, belt). Character National skirts are rented directly from AIM for the exams, but you will still need a practice skirt for all classes.

Insurance

AIM has purchased liability insurance with regard to personal injuries. There will be a charge to each student payable at the time of registration to cover the costs of the insurance for the dance programs.

AIM and its instructor(s) are not liable for personal injuries or loss of or damage to personal property. Please inform the instructor(s) of any physical limitations your child may have. AIM cannot dispense any type of medication.

Illness / Injury Policy

In cases where a student is unable to participate due to injury or illness, a doctor's note will be required for as long as the illness or injury continues; please include a treatment/injury management plan. Refunds will be reviewed. The illness or injury should also preclude the student from participating in any sports or after-school activities.

ART IN MOTION Dance Schedule (schedule is subject to change)

NOTE: All schedules are subject to change without notice. A minimum number of students is required for each class. If minimum class levels are not met, the schedule will be adjusted. There will normally be no general division dance classes on statutory holidays, winter break, or spring break.

2024-25 AIM Schedule

MONDAY

3:15pm - Open Studio
 3:30pm-4:00pm - L1 Ballet Training - RAD Primary
 4:00pm-4:30pm - Jr Company Ballet Group (#1)
 4:30pm-5:15pm - L2 Ballet Training - RAD Grade 1
 5:15pm-6:00pm - L2/3/4 Intro Tap Training
 6:00pm-6:45pm - L3/4 Tap Training
 6:45pm-7:00pm - Adv Jr Company Tap Group (#12)
 7:00pm-7:15pm - Adv Jr Company Ballet Group (#4)
 7:15pm-8:00pm - L3/4 Modern Training
 8:00pm-9:00pm - L4 Ballet Training
 9:15pm - Close Studio

THURSDAY

3:15pm - Open Studio
 3:30pm-4:30pm - L4 Ballet Training - RAD Grade 4
 4:30pm-5:00pm - L1/2 Hip Hop Training
 5:00pm-5:30pm - Jr Company Hip Hop Group (#3)
 5:30pm-6:00pm - L2/3 Hip Hop Training
 6:00pm-6:45pm - L2/3 Jazz Training
 6:45pm-7:30pm - L3 Ballet Training - RAD Grade 2
 7:30pm-8:45pm - L5/Sr Ballet Training
 8:45pm-9:15pm - L5/Sr Stretch & Strength Training
 9:30pm - Close Studio

TUESDAY

9:45am - Open Studio
 10:00am-10:30am - Mini Tap
 10:30am-11:00am - Mini Ballet
 11:00am-11:30am - Mini Jazz
 11:45am - Close Studio
 3:30pm - Open Studio
 3:45pm-4:00pm - Int/Sr Company Tap Group (#26)
 4:00pm-4:45pm - L5/Sr Tap Training
 4:45pm-6:00pm - L5/Sr Ballet Training - RAD Advanced Foundation
 15-minute food/water break
 6:15pm-6:30pm - Sr Company Sm. Ballet Group (#27)
 6:30pm-6:45pm - Int/Sr Company Ballet Group (#16)
 6:45pm-7:00pm - Int/Sr Company Demi-Character Group (#19)
 7:00pm-7:45pm - L5/Sr Pointe Training
 7:45pm-9:00pm - L5/Sr Ballet Training - RAD Intermediate
 9:15pm - Close Studio

FRIDAY

3:30pm - Open Studio
 3:45pm-4:00pm - Adv Jr Company Modern Group (#8)
 4:00pm-4:15pm - Adv Jr Company Lyrical Group (#6)
 4:15pm-4:30pm - Adv Jr Company Demi-Character Group (#7)
 4:30pm-4:45pm - Adv Jr Company Jazz Group (#5)
 15-minute food/water break
 5:00pm-5:15pm - Adv Jr Company Variety Group (#10)
 5:15pm-5:30pm - Adv Jr Company Hip Hop Group (#9)
 5:30pm-5:45pm - Adv Jr Company Contemporary Group (#11)
 5:45pm-6:15pm - Adv Jr/Int/Sr Company Lyrical Group (#13)
 6:15pm-6:30pm - Sr Company Variety Group (#21)
 6:30pm-6:45pm - Sr Company Contemp. Group (#20)
 6:45pm-7:00pm - Sr Company Lyrical Group (#14)
 7:00pm-7:15pm - Int/Sr Company Sm. Variety Group (#28)
 15-minute food/water break
 7:30pm-7:45pm - Sr Company Sm. Lyrical Group (#22)
 7:45pm-8:00pm - Sr Company Sm. Jazz Group (#23)
 8:00pm-8:15pm - Sr Company Sm. Hip Hop Group (#25)
 8:15pm-8:30pm - Sr Company Sm. Contemp. Group (#24)
 8:45pm - Close Studio

WEDNESDAY

3:30pm - Open Studio
 3:45pm-4:30pm - L4 Jazz Training
 4:30pm-5:15pm - L4 Hip Hop Training
 5:15pm-5:30pm - Sr Company Hip Hop Group (#18)
 5:30pm-6:15pm - L5/Sr Hip Hop Training
 6:15pm-6:30pm - Int/Sr Company Jazz Group (#15)
 6:30pm-7:15pm - L5/Sr Jazz Training
 15-minute food/water break
 7:30pm-8:15pm - L5/Sr Modern Training
 8:15pm-8:30pm - Int/Sr Company Modern Group (#17)
 8:30pm-8:45pm - Sr Company Sm. Contemporary Ballet Group (#29)
 9:00pm - Close Studio

SATURDAY

8:45am - Open Studio
 9:00am-9:30am - Beginner Ballet Training
 9:30am-10:15am - L1 Ballet Training - RAD Primary
 10:15am-10:45am - L1 Jazz Training
 10:45pm-11:15pm - Jr Company Jazz Group (#2)
 11:15am-12:00pm - L2 Jazz Training
 12:00pm-1:00pm - L2/3 Ballet Training
 1:00pm-2:00pm - L3 Jazz Training
 2:00pm-3:00pm - L4 Jazz Training
 3:00pm-4:00pm - L4 Ballet Training - RAD Grade 4
 4:00pm-5:00pm - L5/Sr Ballet Training - RAD Intermediate
 5:00pm-6:00pm - L5/Sr Jazz Training
 6:00pm-6:30pm - L5/Sr Stretch & Strength Training
 6:30pm-7:30pm - L5/Sr Ballet Training - RAD Advanced Foundation
 7:45pm - Close Studio

Updated: 17-Jun-24

COMPANY DIVISION NOTES:

Company dancers and those participating in music festivals will have scheduled classes or travel during Easter and/or spring break.

Payments / Fees

Tuition is based on the full year (Sep through May) – not by individual class or by the month; this includes all costs, including class prep time. Therefore, there is no discount for short months (i.e. Christmas, Spring Break). **All classes are payable at the time of registration by post-dated cheques or bank auto-withdrawal, EMT, cash or credit card.** Students must be fully registered, and payment arrangements settled to be admitted to first class. **No exceptions will be made.**

Tuition must be paid in advance and be up to date. Monthly finance charges will be applied to all outstanding balances.

Registration Fees

\$21.00 per student must be paid at the time of registration (inc. GST)

Insurance Fees

\$47.25 per student must be paid at the time of registration (inc. GST)

Tuition Payment Options

AIM has four (4) payment options as follows:

- (1) Payment in full at time of registration - not by post-dated cheque. Cash, cheque, credit card or EMT is accepted for this option.
- (2) Three post-dated cheques dated for September 1st, November 1st & January 1st. Cheques must be given at the time of registration. This option can be done by auto-withdrawal as well on the same dates.
- (3) Nine post-dated cheques dated the 1st day of the month for each month, from September to May. This option can be done by auto-withdrawal as well on the same dates.
- (4) Eleven or twelve post-dated cheques dated the 1st day of the month for each month, June to May. Note: This option gives you a lower monthly payment by pre-paying tuition in June, July & August. This option can be done by auto-withdrawal as well on the same dates.

Note: A \$21.00 (inc. GST) administration fee is charged for option 3 or option 4.

Note: Credit card transactions swiped at AIM will be charged a 2.5% fee, and those manually entered will be charged a 3.4% fee.

Family Plan

A family plan will be given to each child registered after the first child. A 50% discount will be applied to all monthly tuition fees. Each family member will need to calculate their allotted hours per week; family hours should not be combined.

Graduate Plan

Any dancer who graduates as an AIM company dancer and who has danced with AIM for 5+ consecutive years is eligible for a 50% reduction on all General/Company tuition fees for the following years. If interested in Company options, discuss with AIM.

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Fee Structure General/Company Division

Hrs/Week	Monthly Fee
0.5	\$60.00
0.75	\$65.00
1	\$75.00
1.25	\$90.00
1.5	\$95.00
1.75	\$100.00
2	\$105.00
2.25	\$110.00
2.5	\$115.00
2.75	\$120.00
3	\$125.00
3.25	\$130.00
3.5	\$135.00
3.75	\$140.00
4	\$150.00
4.5	\$160.00
5	\$170.00
5.5	\$180.00
6	\$190.00
6.5	\$200.00
7	\$210.00
7.5	\$220.00
8	\$230.00
8.5	\$240.00
9	\$250.00
9.5	\$260.00
10	\$270.00
10.5	\$280.00
11	\$290.00
11.5	\$300.00
12	\$310.00
12.5	\$320.00
13	\$330.00
13.5	\$340.00
14	\$350.00

NOTE: All fees are rounded up to the nearest 1/2 hour. (i.e. 11.25 hrs. is \$300/mth.)

Dancers will not be permitted to participate in class with unpaid tuition.

There will be a \$42.00 fee for all returned cheques and/or stop-payment cheques. (inc. GST)

Note: More than one returned cheque will result in the requirement to pre-pay May tuition in cash at the time of paying the returned cheque. Any additional returned cheques will require full payment of tuition upfront.

Please apply 5% GST to all tuition payments.

Class Photos & Year-End Video

All AIM dancers will receive a professional class & individual photo and a copy of the Year-End Recital digital file. This cost is paid at the time of registration and is not optional. The cost is \$52.50, including GST.

Costumes

General - All General Division recital costumes will be \$110.25, including GST. This fee is payable at the time of registration. Cheques can be post-dated for November 15th, 2024 or auto-withdrawal can be set up. If we do not receive a post-dated cheque or payment at the time of registration, the costume will be invoiced in November for \$136.50, including GST (this covers the admin fee for invoicing/tracking).

Company - \$105.00 (including GST) costume deposit is required for each group piece. These deposits should be dated November 15th, 2024, and are payable at the time of registration. We will do our best to minimize costume costs and re-use costumes for solos and groups, but please see the Company budgeting for what can be expected.

Performance Opportunities

Year End Recital – Sunday, May 25th, 2025

Our General Division dancers will be given the opportunity to showcase their talent and progress at the AIM Year End Recital.

All students registered in Saturday General Division classes (Ballet & Jazz) will participate in the AIM dance recital. Please advise at the time of registration if your child is unable to participate in the above performance. All participating students in the General Division must purchase a costume(s) for the recital, for each discipline on Saturday that they attend. We often add Hip Hop, Tap or Modern from weekday classes, and if so, costume costs are kept to a minimum and invoiced at that time.

Company Division

Dancers may be recommended or apply to join the Company Division. All participants must be **fully enrolled in the General Dance Program**. Being part of the Company Division will involve extra dance hours and great dedication from both the dancer and the parents. Each year's festivals and performance opportunities will be outlined in the Company Division Package. Attendance in General Division will affect Company placements.

Dance events AIM promotes participation in:

- ❖ Triple Threat Dance Convention – November 30-December 1, 2024 - Vancouver, BC

Competitions/Festivals AIM company dancers will participate in:

(anticipated dates/locations, subject to change)

- ❖ Prince George Dance Festival – March 2025 - Prince George, BC
- ❖ Pacific Northwest Music Festival – March 27-April 12, 2025 - Terrace, BC
- ❖ BC Annual Dance Competition – May 4-10, 2025 - Prince Rupert, BC

For further information on the Company Division, request a Company package.

We look forward to another wonderful year of dance!

Instructor Bios

Emily Hart | Member CDTA Ballet, Jazz, PBT Certified, ADAPT TTC Ballet, Jazz, Modern, Hip Hop, Tap



Emily Hart is an Art in Motion Alumni that spent over seventeen years training in the Terrace community. Fifteen of those years were spent training at the Northern Conservatory of Dance and Art in Motion in ballet, jazz, lyrical/contemporary, modern and tap.

Emily left Terrace in 2012 and spent two years training in Vancouver at Harbour Dance Centre. In 2012/13, she auditioned and was chosen for the Intensive Training Program, which involved training, company performances and commercial work. In 2013/14, she auditioned and was selected into The Source Dance Company. She continued with extensive hours of training, choreography, and, ultimately, increased performance and commercial work opportunities. Those two years provided many

learning opportunities and growth as she also expanded her training to include hip-hop and musical theatre.

Emily's commercial dance experiences include multiple flash mobs, Vancity Project 5 & 6, Building Dreams Performance, the 2014 opening ceremonies for the Vancouver Aquarium expansion, Harbour Dance Centre's production of Westside Story, multiple commercial dance shows, and video dance work with Mariana's Trench in their 2013 video "Stutter."

Emily has recently completed her three-year Teachers Training School through the ADAPT Syllabus under the direction of Mr. & Mrs. Foley. Emily is very excited to share the new skills she has developed over the last three years. Her focus on technique, training, and discipline within a positive and caring environment are skills that she feels will continue to benefit our AIM dancers.

Laura Archibald | R.A.D. RTS, Licentiate Member CDTA Ballet, PBT Certified Ballet, En Pointe



Laura was born and raised in Terrace and is a registered Royal Academy of Dance ballet teacher. Her training began in Terrace and continued to Vancouver, Winnipeg, and Edmonton. She has twenty-five years of experience in teaching/choreographing ballet. Laura has trained students successfully for RAD exams and as provincial representatives. Many of her students have gone on to have careers in dance, becoming teachers, performers, and choreographers. She continues to stay updated with many courses that have taken her to New York, Toronto, Vancouver, and Calgary, as she feels it's important to always be learning as the dance world is always changing. Her latest accomplishment is being appointed mentor for teachers to receive their teaching degrees. Laura's passion for teaching is passing along her knowledge and love for ballet to others.

**Lexi Shinde | PBT Certified
Ballet, En Pointe**



Lexi began her dance journey with Art in Motion at the age of three. She eagerly stepped into her first dance class and discovered a lifelong passion that would shape her artistic path. For fifteen years, Lexi immersed herself in the world of ballet, jazz, and modern dance under the guidance of Art in Motion. With each graceful movement and dedicated practice session, she honed her technical prowess, nurtured her artistic expression, and cultivated a deep love for the art form.

Lexi's talent and commitment propelled her to remarkable heights, earning her the prestigious honor of being selected as a provincial ballet delegate at Performing Arts BC. This recognition showcased her exceptional skills and dedication to the craft, a testament to the countless hours she devoted to perfecting her technique.

In her pursuit of excellence, Lexi undertook the Intermediate and Advanced Foundations Royal Academy of Dance (RAD) exams, further solidifying her mastery of ballet. These rigorous examinations served as milestones, marking her progression, and demonstrating her unwavering commitment to artistic growth. Driven by her thirst for knowledge, Lexi embarked on her latest endeavour, pursuing the PBT teaching certification. This valuable certification expanded her teaching repertoire.

Having witnessed the evolution and growth of Art in Motion since its inception, Lexi returned to the studio in 2022, not only as a distinguished alumna but also in a teaching capacity. With passion and dedication, she seeks to instill in her students the same love for ballet that has fueled her own artistic journey.

**Sophia Franco
Ballet, Jazz, Modern, Hip Hop**



Sophia, a passionate dancer, embarked on her dance journey at the age of three at Art in Motion. For twelve years, she dedicated herself to honing her skills and nurturing her love for dance within the walls of AIM. During those years, Sophia spent many hours volunteering her time as a student teacher. As Sophia grew and flourished as a dancer, she embraced the competitive realm, showcasing her talent in various dance styles. Training in ballet, jazz, modern, contemporary, lyrical, and hip-hop, she explored a diverse range of disciplines.

Life took Sophia to Vancouver Island, where she spent two years dancing with a local team at Brentwood. In Sophia's final year of high school, her dedication and talent were recognized when she was appointed dance captain. This role not only allowed her to lead her team but also gave her the opportunity to showcase her creativity by choreographing recital pieces.

Completing her Degree in Science with honours, majoring in Psychology and returning to Terrace, Sophia is excited to return and teach at Art in Motion, where her dance journey began.

ART IN MOTION

Brianna Onstein **Ballet, Jazz, Modern, Hip Hop**



Brianna brings a wealth of experience and enthusiasm to our studio. With over fifteen years of dance and competitive training, Brianna is an Art in Motion alumni who has explored various styles, including ballet, jazz, modern, hip-hop, lyrical/contemporary, and acrobatics/gymnastics. Her dedication and passion for dance have taken her on a remarkable journey from Terrace to Vancouver, where she continued her training at Harbour Dance Centre. Brianna's commitment to excellence led her to be selected for the Intensive Training Program at Harbour Dance, where she expanded her knowledge in dance, singing, acting, and choreography.

In the 2022/23 season, Brianna ventured into the world of film and TV at Platform on Camera, gaining valuable insights into dancing on set. Subsequently, she embarked on a unique training experience in London, England, focusing on professional jazz at House of Jazz's program. Brianna's time abroad not only sharpened her skills but also provided valuable lessons in personal and career growth.

We are excited to have Brianna back teaching with AIM and look forward to benefiting from the wealth of knowledge she has acquired throughout her diverse dance journey.

Stephanie Raposo **Tap**



Stephanie is a vibrant dance educator with a deep-seated passion for all forms of dance. Her dedication to instilling this love in her students is the cornerstone of her teaching philosophy. With an extensive background in various dance styles, including Ballet (RAD method), Tap (CDTA method) Contemporary, Jazz, Lyrical and Musical Theatre. Miss Stephanie's knowledge and experience are vast and diverse.

Stephanie's journey began at the esteemed R&S School of Dance, where she trained under some of the industry's best. Her mentors included award-winning choreographers, dance examiners, and renowned adjudicators such as Shirley Ray, Senga Cowie, Stacy Cole, and Ronelle Roode-Brothers. During her time at R&S, Stephanie was an active member of the studio's competitive program, where she received additional

training and participated in workshops and choreography opportunities with globally recognized artists. These included Stephen McAteer of Riverdance, Kelly Konno, Dorie Konno, Carolina Lancaster of Triple Threat Dance Convention, and legendary tap artists Malcolm Gale, William Orlovski, and Brenda Bufalino.

As a multi-award-winning dancer excelling in both competitions and exam work, Stephanie's dedication to dance was evident from a young age. Her teachers and

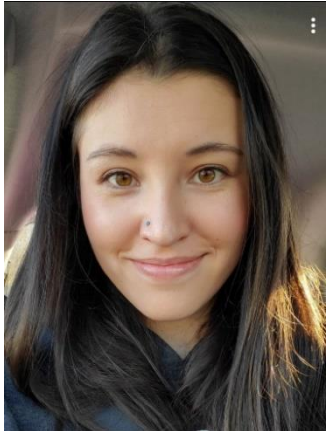
ART IN MOTION

mentors recognized her as a young woman fully immersed in the art, both in technique and performance. Consequently, she was brought on as a student teacher, regularly assisting and substituting in classes, as well as helping with competition-season rehearsals. In this role, Stephanie became an integral part of inspiring the next generation of dancers, respected for her genuine interest in building others' confidence through her love of the arts. After graduation she continued to train and audition at Harbour Dance Centre while subbing in the lower mainland. Although dance took a back seat as she grew her family, tap remained close to her heart as she participated in several adult competitive groups throughout the Vancouver area.

Stephanie has spent the last year assisting in tap classes at Art in Motion. Her goal is to provide her students with the same exceptional training she experienced as a young artist. She aims to motivate her students to achieve their own goals by encouraging committed efforts and inspiring them through her own journey. Stephanie believes in the transformative power of dance, not just within the studio walls, but in life, and she is dedicated to making a lasting impact on her students' lives through her teaching. She is thrilled to be joining the Art in Motion Faculty for the 2024/2025 season!

Tea Archibald

Ballet, En Pointe, Jazz, Modern, Tap



Téa's dance journey began at the age of three. Most of her formative years were spent at Spectrum City Dance in Prince Rupert, where she honed her skills and nurtured her passion. Téa embraced the rigorous training of the Royal Academy of Dance (RAD) syllabus, progressing from the Primary to the challenging Vocational levels, reaching distinction level in all exams. Her dedication and commitment earned her recognition as she successfully completed each examination, marking significant milestones in her ballet journey.

Téa's versatility led her to explore other dance styles. In tap, she undertook examinations with the Canadian Dance Teachers Association (CDTA), achieving remarkable success and earning the distinction of Gold Star, the highest level, on all of her Tap exams. Her jazz training encompassed the ADAPT and CDTA syllabi, allowing her to develop a dynamic and expressive style. Téa's dance repertoire extended to genres such as musical theatre, modern, contemporary, lyrical, and even Irish dance. Her talent and dedication propelled her to become a competitive dancer, where she continuously pushed her artistic boundaries and showcased her skills on stage. Throughout her dance journey, Téa had the privilege of representing her province on multiple occasions, standing as a provincial representative for stage performances. Additionally, she had the opportunity to further her training at SunDance in Toronto, immersing herself in an enriching dance experience that broadened her artistic horizons. As a certified Zumba instructor, Téa combines her love for dance and fitness, bringing energy and enthusiasm to her classes.

ART IN MOTION

Britta Nordean | Yoga Instructor Stretch & Strength



Meet Britta, a dedicated yogi and certified yoga teacher with a passion for helping others connect with their bodies through movement and breath. Since 2003, Britta has been immersed in the world of yoga, finding solace and inspiration on the mat.

In 2020, Britta achieved her 200-hour certification with Yoga Alliance, solidifying her commitment to her practice and paving the way for her teaching journey. Eager to deepen her knowledge and expand her skill set, she pursued additional training in various specialties, including yin yoga, flexibility, back bending, inversions, and arm balances. These specialized trainings have equipped Britta with a diverse range of tools to guide her students through transformative and empowering yoga

experiences.

Driven by her thirst for growth and education, Britta is currently on the path to completing her certification in Pilates and Barre. This endeavour allows her to explore new avenues of movement and enhance her teaching repertoire, providing her students with a holistic approach to physical fitness and well-being.

Beyond her commitment to yoga, Britta is thrilled to share her love of the practice with dancers this season. Recognizing the immense benefits stretching can bring to dancers' bodies and minds; she is excited to help them enhance their flexibility, strength, and overall performance.

AIM CONTACT INFORMATION

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