



ART IN MOTION (AIM) 2025-26 SEASON

We are pleased to welcome new and returning dancers to the AIM family for the 2025-26 season!

Whether you're stepping into your first pair of ballet slippers or returning for another year of exciting growth, AIM is your home for creativity, growth, and unforgettable memories. Our studio is more than just a place to dance — it's where confidence is built, friendships are formed, and the joy of movement comes alive.

DIVISIONS

General Division | Perfect for dancers who want to explore the joy of movement in a fun, uplifting environment. Starting at age 3 and up, these classes are designed to foster creativity, self-esteem, and a lifelong love of dance.

The General Division focuses on building foundational techniques in a fun, supportive environment. Dancers will explore various dance styles while developing confidence, musicality, coordination, and team spirit.

All General Division dancers in Saturday Ballet & Jazz classes will perform in our exciting Year-End Recital at REM Lee Theatre!

Company Division - Contemporary Collective | For dancers ready to take their training to the next level, ready to push boundaries and grow artistically. Our Company Division is designed to elevate commitment, discipline, and performance. Participation is by recommendation or application. See our Company Package for more information.

DISCIPLINES

Ballet | The foundation of all movement, focusing on grace, alignment, and discipline. AIM teaches the Royal Academy of Dance (RAD) syllabus. Eligible students may participate in RAD exams upon teacher recommendation.

Jazz | High-energy and expressive, jazz emphasizes rhythm, musicality, and dynamic movement. AIM jazz classes follow the ADAPT syllabus.

Modern | A contemporary fusion of strength and emotion, modern dance explores creative shapes, grounding, and expressive storytelling.

Hip Hop | An upbeat, stylized discipline where dancers learn rhythm, groove, and the cultural foundations of hip hop dance.

Tap | Make music with your feet! Tap dance sharpens rhythm, timing, and musicality. Taught using the ADAPT syllabus.

Acro | A fusion of dance and acrobatics that builds flexibility, strength, balance, and tumbling skills, all while emphasizing safe progressions and fluid transitions.

Stretch & Strength | A conditioning class focused on flexibility, core control, and injury prevention for all dancers.



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MEET OUR FACULTY

Our passionate team of instructors is dedicated to helping every dancer achieve their personal best in a supportive, creative, and empowering environment.

Our teachers are more than instructors, they are mentors, motivators, and role models. With diverse experience and a shared passion for dance, they help every student grow in both skill and spirit. Read all about our amazing team in the Faculty Bios section!

COMMITMENT & ATTENDANCE

At AIM, we believe that consistency leads to confidence and growth. Dance is a progressive art form, and regular attendance ensures dancers develop skills steadily while building muscle memory, teamwork, and performance readiness.

- Dancers are expected to register for and commit to the full dance season (September–May).
- Missed classes can disrupt progress, especially in choreography-heavy months leading up to performances or competitions.
- If a student misses more than three classes, they may be removed from recital or competition routines at the discretion of the teacher.
- Tardiness and frequent absences may impact class cohesion and readiness for performances.

We value your commitment and are here to support dancers every step of the way.

STUDIO ETIQUETTE & COMMITMENT

At AIM, we foster a studio environment built on respect, accountability, and a shared love of dance. To help dancers succeed and feel confident, we ask that all students follow these simple, meaningful guidelines:

- **Respect for Your Instructors:** Arrive with a positive attitude, ready to learn. Respect is shown by being attentive, quiet when needed, and open to feedback.
- **Be On Time:** Punctuality is part of preparation. Arriving late disrupts the class and puts dancers at risk of injury due to missing the warm-up. Dancers in Beginner to Level 1 should arrive at least 5 minutes early; Level 2 and up should arrive 15 minutes prior.
- **Come Prepared:** Full dress code is expected at every class, with hair secured appropriately (ballet buns for Ballet, Modern and Acro, neat ponytails or buns for Jazz, Hip Hop & Tap). Please remove jewelry for safety and bring all necessary dance shoes.
- **Phones Away, Minds Engaged:** Phones must be silenced and stored away before class. Let's be present in the moment, focusing on the training.
- **Studio Loyalty & Focus:** AIM dancers are expected to train exclusively at AIM throughout the season. This allows our faculty to invest fully in your dancer's growth. Students from other studios are welcome to join AIM for a season before deciding if they'd like to commit fully.
- **Community Openings:** All local dancers are welcome at AIM workshops and summer intensives, regardless of studio affiliation.

By following these expectations, we create a space where dancers can feel safe, respected, and productive for everyone.



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ILLNESS / INJURY POLICY

If your dancer is unable to participate due to injury or illness for a prolonged period, a doctor's note and treatment plan will be required. Refunds may be issued based on the duration and nature of the absence. The dancer should also refrain from participating in other sports or physical activities during recovery.

RAD BALLET EXAMS

AIM is pleased to offer students the opportunity to participate in Royal Academy of Dance (RAD) ballet exams. RAD is a recognized standard of excellence in classical ballet training. RAD exams allow dancers to set goals, gain confidence, and receive international certification. Because of the additional resources required, families should expect extra costs to cover exam registration and mock exams. More detailed information will be provided to eligible dancers and their families during the fall term. Participation is by teacher recommendation only.

DRESS CODE

AIM has a standard dress code for all levels, and all students are required to follow the appropriate dress code for each class. Proper attire supports discipline, safety, and freedom of movement and helps create a focused learning environment.

Dress code items, including leotards, tights, and ballet, jazz, tap, and character shoes, are available through AIM. Sizing samples are available at the studio, and order forms can be found on our website. AIM store hours: Saturdays from 9:00 am–12:00 pm.

BEGINNER & JUNIOR

Ballet – GIRLS:

- Capezio Pink Short Sleeve Leotard #CC400-C
- Capezio tights (Dancers Pink)
- Pink leather full-sole ballet slippers
- No ballet skirts or accessories

Ballet – 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 (Dancers Pink)
- Pink leather full-sole ballet slippers, black jazz shoes, black tap shoes
- Optional black jazz pants or shorts (no logos/stripes)

Ballet, Jazz, Tap – BOYS:

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



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LEVEL 3 & 4

Ballet, Jazz, Tap – GIRLS:

- Capezio Navy High-Neck Tank Leotard #CC201-C or Capezio Black Camisole Leotard with Bratek #MC110 (Black Level 4/5 only)
- Capezio tights (Dancers Pink)
- Pink ballet slippers; demi-pointe/pointe shoes as recommended, black jazz shoes, black tap shoes
- Optional black jazz pants or shorts (no logos/stripes)

Ballet, Jazz, Tap – BOYS:

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

LEVEL 5 & SENIOR

Ballet, Jazz, Tap – GIRLS:

- Capezio Black Camisole Leotard with Bratek #MC110
- Capezio tights (Dancers Pink)
- Pink ballet slippers; demi-pointe/pointe shoes as recommended, black jazz shoes, black tap shoes
- Optional black jazz pants or shorts (no logos/stripes)

Ballet, Jazz – BOYS:

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

Hip Hop | Loose-fitting t-shirt, shorts, pants, or leggings. Non-marking runners.

Modern | Ballet attire, bare feet.

Acro | Ballet attire, bare feet, any clothing over a bodysuit must be tight fitting (i.e. leggings, biker shorts)

Stretch & Strength | Comfortable, form-fitting dancewear. Bare feet or socks.

RAD DRESS CODE

PRIMARY

GIRLS:

Class:

- Same as ballet class attire

Exam:

- Pink or lavender bodysuit
- AIM will order skirt and socks; new bodysuit may be required

BOYS:

- Same as ballet class attire



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GRADE 1-5

GIRLS:

Class:

- Same as ballet class attire
- Black character shoes (½" heel)
- Black character practice skirt

Exam:

- Lavender or navy bodysuit (grade-specific; includes belt)
- Capezio tights (Dancers Pink)
- Black character shoes (½" heel)
- Black character skirt (rented from AIM for the exam)

BOYS:

- Same as ballet class attire
- Black dress shoes with a heel

INTERMEDIATE FOUNDATION & ABOVE

GIRLS:

Class:

- Black bodysuit
- Demi-pointe and pointe shoes (consult instructor before sewing ribbons)

Exam:

- Black bodysuit
- Demi-pointe and pointe shoes (consult instructor before sewing ribbons)
- Black Tutu or wrap skirt (can be rented from AIM)

BOYS:

- Same as ballet class attire

INSURANCE

AIM has 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.

SCHEDULE

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.

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



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PAYMENTS

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 through the Studio Pro app. Students must be fully registered and payment arrangements settled to be admitted to the first class. No exceptions will be made.

Tuition must be paid in advance and up to date. Monthly finance charges will be applied to all outstanding balances on the 1st of every month.

Registration Fees

\$26.25 per student must be paid at the time of registration (inc. GST)

Insurance Fees

\$52.50 per student must be paid at the time of registration (inc. GST)

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.

NOTE: The three above fees will be combined when you register and show as one Registration fee of \$131.25.

Tuition Payment Options

When registering for the season, families are required to pay the registration fees and first month's tuition within 7 days of submitting their registration online. This 7-day grace period gives families the flexibility to make payment via e-Transfer (EMT), AutoPay, or cash to the studio directly and avoid Portal Credit Card fees. If payment is not received within this grace period, Studio Pro will automatically apply finance charges (2.5%).

After this, monthly tuition invoices will be issued and must be paid by the 1st of each month. Late payments will incur finance charges. To avoid missed payments and additional fees, we strongly recommend families enroll in AutoPay through AIM to have tuition automatically withdrawn on the 1st of every month.

IMPORTANT NOTE: The system **only takes** online credit and debit card payments, and **it charges processing fees of 3.05% of the total cost and \$0.30 per transaction**. If you prefer to pay via Cash, EMT or AIM AutoPay contact us directly and we will manually process your payments when sent to us. Any credit card or debit card payments made at the studio and not through the portal also charge these processing fees.

Family Plan

A family plan will be given to each child registered after the first child. A 15% discount will be applied to monthly tuition fees. Each family member will need to calculate their allotted hours per week; family hours should not be combined.



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FEE STRUCTURE

Hrs/Week	Monthly Fee		
		7.25	\$220.00
0.5	\$75.00	7.5	\$225.00
0.75	\$75.00	7.75	\$230.00
1	\$90.00	8	\$235.00
1.25	\$95.00	8.25	\$240.00
1.5	\$100.00	8.5	\$245.00
1.75	\$105.00	8.75	\$250.00
2	\$115.00	9	\$255.00
2.25	\$120.00	9.25	\$260.00
2.5	\$125.00	9.5	\$265.00
2.75	\$130.00	9.75	\$270.00
3	\$135.00	10	\$275.00
3.25	\$140.00	10.25	\$280.00
3.5	\$145.00	10.5	\$285.00
3.75	\$150.00	10.75	\$290.00
4	\$155.00	11	\$295.00
4.25	\$160.00	11.25	\$300.00
4.5	\$165.00	11.5	\$305.00
4.75	\$170.00	11.75	\$310.00
5	\$175.00	12	\$315.00
5.25	\$180.00	12.25	\$320.00
5.5	\$185.00	12.5	\$325.00
5.75	\$190.00	12.75	\$330.00
6	\$195.00	13	\$335.00
6.25	\$200.00	13.25	\$340.00
6.5	\$205.00	13.5	\$345.00
6.75	\$210.00	13.75	\$350.00
7	\$215.00	14	\$355.00

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

There will be a \$42.00 fee for all NSF and/or stop payments. (inc. GST)

There will be a 2.5% finance charge applied to all overdue invoices.

Please apply 5% GST to all tuition payments.

COSTUMES

General | All General Division recital costumes will be \$120.75, including GST. This fee is payable at the time of registration.

Company | \$105.00 (including GST) costume deposit is required for each group piece. These deposits 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.



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PERFORMANCE OPPORTUNITIES

Year End Recital – Sunday, May 24, 2026

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

All students registered for 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 ballet and jazz.

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:

- Power Dance Convention – November 22-23, 2025 - Vancouver, BC

Competitions/Festivals AIM company dancers will participate in:

(anticipated dates/locations, subject to change)

- Prince George Dance Festival – March 14-20-2026 - Prince George, BC
- Pacific Northwest Music Festival – April 9-25, 2026 - Terrace, BC
- BC Annual Dance Competition – May 3-9, 2026 - Prince Rupert, BC



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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.

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.



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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.



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Stephanie Raposo

Tap



We look forward to another wonderful year of dance!

Stephanie is thrilled to be teaching tap for a second year at Art in Motion. With an extensive background in various dance styles, including Ballet (RAD method), Tap (CDTA method), Contemporary, Jazz, Lyrical and Musical Theatre. Ms Stephanie's knowledge and experience are vast and diverse.

Stephanie's dance journey began at the age of 4 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. She additionally participated in training, workshops and choreography opportunities with globally recognized artists. These included Stephen McAteer of Riverdance, Kelly Konno, Dorie Konno and legendary tap artists

Malcolm Gale, William Orlowski, and Brenda Bufalino. 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. Since moving to Terrace, Ms Stephanie is thrilled to be pursuing teaching tap while continuing her own personal tap education. In the summer of 2024, she completed her iTap Level 1 Teacher certification with Tap artist, Hillary-Marie and aims to motivate her students to achieve their own goals by inspiring them through her own journey. Stephanie believes in the transformative power of dance at any age, 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.

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.



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**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 25 years' experience in teaching/ choreographing ballet. Laura currently teaches in Kamloops at Dance Gallery but thankfully is able to still make time for our Terrace dancers.

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 appointed mentor for teachers to receive their

teaching degree.

Laura passion for teaching is passing along her knowledge and love for ballet to others.