

## **Extreme fun “1, 2, 3, 4, 5, 6, 7, 8...”**

The studios at Dance Extreme echo this familiar phrase as teachers and assistants work to help dancers from ages two and half to adult hone their dance skills.

Learning to dance can be one of the most exciting, rewarding, healthy and fun experiences! Much of what is learned at Dance Extreme is recreational dance for art's sake. The warm and friendly environment at Dance Extreme Inc. is the ideal place for people of all ages and shapes, male or female – to pursue their love for dance.

With over 900 students currently enrolled, Dance Extreme offers a variety of disciplines in its state-of-the-art facilities. Four spacious, fully mirrored studios featured raised, hardwood-sprung floors, top-quality audio equipment, air-conditioning, and viewing windows for parents.

“At Dance Extreme we feel it is important to share a student's progress with his or her parents,” explains artistic director and owner of Dance Extreme Rebecca Brettingham. Viewing windows located in every studio are opened for a portion of each class so parents may view their dancers. In addition to this weekly viewing, parents are also permitted to view classes on parent viewing night.

Parents appreciate this opportunity to watch their children. They also appreciate the special attention Dance Extreme gives the young children. Unlike any other dance studios, Dance Extreme offers classes for children as young as two and half years old. We offer creative movement classes in the early years to expose youngsters to dance, dance education and to begin instilling the love of dance within them. These child-centered classes are taught with the developing child in mind. These classes work to incorporate our Creative Movement Syllabus involving free play and creative dance through song and story.

Dance Extreme offers various forms of dance from beginner to advanced for all ages. Class times are convenient as the studio is open seven days a week. From Cecchetti ballet, jazz, tap, modern, acro, hip hop, lyrical, musical theatre, creative movement, breakdancing, yoga and stretch. Dance Extreme offers something for everyone. Classes are carefully divided based on age and experience so young children can progress at their own speed. Daytime classes are also an option for children not yet in school. “Our focus is to instill the love of dance within our dancers,” explains Rebecca Brettingham. Parents and adults are encouraged to get involved and learn to dance as well.

Dance Extreme runs classes from September to June. During the summer and March Break the studio remains open offering half-day and full day camps. Various workshops are held through out the year and all dancers are welcome.

Drop by the studio for a tour or check out what is going on in and around London's largest studio to see if this is the place for you.

For more information about Dance Extreme, check out the website at [www.danceextreme.com](http://www.danceextreme.com), email them at [info@danceextreme.com](mailto:info@danceextreme.com), or call 657-DANCE (3262).