

The IT Factor: Innovative, Inspiring, Incredible!

The studios at Dance Extreme echo with the excitement of eager students and dedicated instructors as they joyfully express themselves through their dance movements. Regardless of age, skill or style, the passion and love of this art glows on all the dancers' faces as they move and interpret their dance. This vibrant enthusiasm coupled with a warm, encouraging environment is the ideal place for male or female students of all ages, to pursue their love of dance.

Dance is a method of channelling the benefits of a beautiful art form into skills of confidence, poise and self-discipline that a student will then apply to other aspects of their life. "Regardless, of whether a student goes on to become an instructor, professional dancer or to other careers outside of dance, they have used the skills they learned in dance to become the successes they are." says Rebecca Brettingham, artistic director and owner of Dance Extreme.

While Dance Extreme's primary focus is on recreational dance as an art form, the high quality instruction and exceptional choreography program gives added depth to their dances for both the recreational and competitive dancer. As an example, dance student, Lesley Bramhill, won the title of Miss Dance Canada 2006 and competed in Las Vegas at Dance Masters of America's International Competition. "All of our faculty are certified dance instructors who continually update their curriculum by participating in professional development master classes and workshops," says Ms. Brettingham. This level of success for Dance Extreme's students shows that their innovative programming is second to none.

The exceptional facilities at Dance Extreme include hardwood sprung flooring, top quality sound systems, full length mirrors and ballet barres in every studio, all to maximize and enhance a dancers performance.

Dance Extreme offers various forms of dance from beginner to advanced for all ages. The studio is open seven days a week and offers a very flexible dance schedule. From Cecchetti ballet, jazz, tap, acro, hip hop, modern, lyrical, musical theatre, and creative movement: 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 instil the love of dance within our dancers," explains Brettingham. Parents and adults are encouraged to get involved and learn to dance as well.

Dance Extreme runs full course classes from September to June and further offers a condensed course calendar during July and August. During the summer and March Break the studio remains open offering half-day and full-day camps as well as a Summer Intensive Program for advanced students. Various workshops are held through out the year and all dancers are welcome.

Registration for the 2006-2007 season is accepted all summer during their business hours from 9:00am-5:00pm. Registration evenings are August 28-31 and September 5-8 from 4:00-8:00pm. Auditions for the competitive dance program will be on Friday, September 8th. Classes begin on Saturday, September 9, 2006.

Come visit the studio for a tour and see for yourself why Dance Extreme is London's largest dance studio.

For more information visit the web site at

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or call (519) 657-DANCE(3262), khn