

# Thistle Glen School of Highland Dance



Welcome to Thistle Glen School of Highland Dance. Outlined below is some basic information regarding classes, competitions, and exams. Please do not hesitate to ask any questions you have about highland dancing, or our studio.

## **Mission Statement**

We are a studio that is dedicated to the love of dance. Our goal is to help instill the love of Highland Dance in our students whether they choose to dance competitively or recreationally.

## **Benefits of Highland Dancing**

Not only is highland a great way to stay active, it also gives you experiences unlike any other. Highland dancing offers dancers the ability to showcase their talents at community events, as well as in competitions. Spectators around the world love to watch Highland dancers. The friendships built in the highland community are life-long. Through these relationships, dancers learn sportsmanship, dedication, and cultural tradition.

Some of the skills we value and foster are: perseverance, resiliency, comradery, musicality, and work ethic.

## **Dance Levels**

There are five levels under which dancers are organized:

1. **Primary**  
Includes dancers who are new to Highland Dancing and are between the ages of 4 and 6.
2. **Beginner**  
Dancers who are 7 years old or older.
3. **Novice**  
Dancers who have achieved 6 stamps at the Beginner level move into Novice.
4. **Intermediate**  
Dancers who have achieved 6 stamps at the Novice level move into Intermediate.
5. **Premier**  
Dancers who have achieved 6 stamps at the Intermediate level move into Premier. This is the highest level dancers can achieve.

## **Classes**

Classes are offered Monday through Thursday evenings, with optional private and semi-private lessons on the weekends.

Primary: 1 class per week – 45 minutes

Beginner & Novice: 1-2 classes per week – 1 hour to 1.25 hour class (including adult beginner)

Intermediate & Premier: 2 classes per week – 1.25 to 1.5 hour class

Championship Premier: 2 classes per week with potential third class during championship season – 1.5 hour class

## **Prices**

Fees are due at the beginning of the first class of each month. Payment can also be paid per trimester (Sept. – Dec., Jan – Mar., April – June), or yearly. Cash or cheque is acceptable. Post-dated cheques are welcome. Please inform Heather if you require a receipt.

### **CLASS FEES:**

\$15.00 Primary

\$20.00 Beginner & Novice (including adult beginner)

\$25.00 Intermediate & Premier

\$30.00 Private Lesson

\$40.00 Semi-Private Lesson (split between dancers)

## **Dress Code**

**Clothing:** Dancers will be expected to wear a body suit and tights or close-fitting tank-top and shorts with knee high socks.

**Footwear:** Highland ghillies for dancers in Beginner and up. New dancers may wear soft ballet slippers for lessons. Ghillies are required for competition.

**Hair:** Hair needs to be tied back off the face and neck.

### **Extra Supplies**

When dancers begin learning “National” dances, they will require a practice skirt. This can be a simple circle skirt made of any material. The instructors will inform the dancer and/or parents when this will be required.

Competition Dress – highlands, nationals, jigs and hornpipes require different costumes. Please ask your instructor for more information.

## **Expectations**

Dancers will be expected to arrive at class with appropriate dress, water bottles, practice skirts (if applicable), and a positive attitude.

## **Exams**

The ScotDance Teachers Association offers exam tours each year. This is when dancers have the opportunity to receive feedback from an examiner. There are several levels of exams, including theory.

## **Competitions**

Competitions happen periodically throughout the year in Edmonton, across Alberta, and the rest of Canada. There are also several opportunities to compete in the United States and Scotland. More information regarding competing will be available from your instructor.

In order to compete, dancers must obtain a ScotDance card. This card requires renewal each year and documents level, as well as how many stamps the dancer has.

There is also the opportunity to join local dance associations. In Edmonton, it is the Edmonton Highland Dancing Association (EHDA). Belonging to the association gives the dancers opportunities to compete and dance in workshops at a reduced fee. This is also an annual membership.

## **Performance Opportunities**

There are several opportunities for dancers to share their learning. Such performances might include Robbie Burns celebrations, community shows (nursing homes, cultural events), parades, etc.

## **Instructors**

The instructors at Thistle Glen School of Highland Dance were successful competitive dancers and are well-trained instructors.

Heather Belanger is a Fellow SDTA and a SOBHD Adjudicator. She has been teaching Highland Dancing for 15 years. She also holds a MA and BEd. She is passionate about sharing her love of dance.

Richelle Edwards is a Fellow SDTA. She has been teaching Highland Dancing for 10 years. She has a BSc. She is enthusiastic about sharing her passion for highland with the next generation.

## **Other Information**

Contact: [Thistleglendance@gmail.com](mailto:Thistleglendance@gmail.com) 780-298-3275 Or talk with Heather/Richelle.