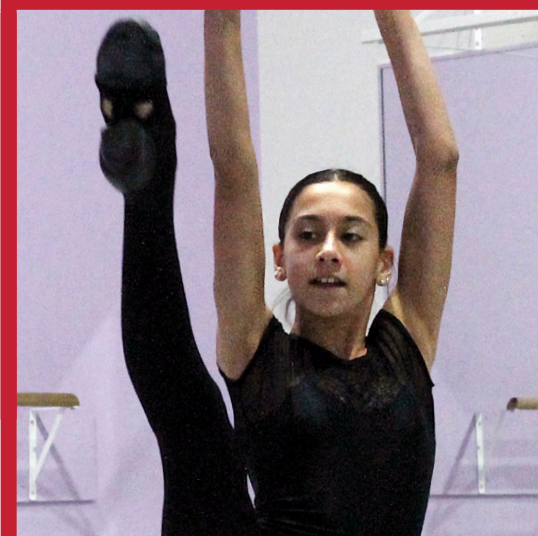




LOUIS-RIEL DANCE PROGRAM

FOR STUDENT-ATHLETES FROM GRADES 7-12



LOUIS-RIEL.CEPEO.ON.CA

613-590-2233

 @ESPLouisRiel



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Passion - Excellence - Respect



ABOUT THE PROGRAM



The Louis-Riel Dance program has exploded in popularity since it came to life in 2017, introducing a welcomed formula for dancers and their families to enjoy an optimal balance between their craft, their school and home life.

The new stream within Louis-Riel's renowned Sports-Study program was established in partnership with a long-running and well-respected local studio, École de danse Louise in Orleans. Each dancer receives individualized hands-on teaching from the experienced Louise staff during their 3 sessions at the studio each week.

On the other 2 weekdays, program participants utilize their personalized strength and conditioning programs under the watch of Louis-Riel's professional trainer at the school's state-of-the-art facilities, promoting injury prevention and increased fitness.

Student-athletes in the school's Sports-Study program receive a physical education academic credit while training daily during regular school hours. The unique format frees up their evenings for family time, homework and a social life with friends.

PROGRAM FEATURES

Training every weekday

- 3x/week at École de danse Louise studio
- 2x/week training at Louis-Riel facilities
- Takes place during regular school hours
- Program runs during school year (September-June)

Sample Weekly Dance Schedule:

- 3 hours ballet
- 1 hr point
- 2 hrs jazz
- 1 hr tap
- 1 hr acro
- 1 hr hiphop
- 1 hr stretch and strength

Access to sports professionals

- Sports nutritionist
- Mental skills coach
- Personal trainer
- Athletic therapist

Competitions

- 4x/year
- 2 in Ottawa
- 2 between Toronto and Montreal
- Nationals on occasion

Transportation included

- Participants are brought to/from dance studio by Louis-Riel's own buses



PASSION & FUN ARE FIRST AT ÉCOLE DE DANSE LOUISE



ÉCOLE DE
DANSE *Louise*

With over 30 years of history in Ottawa's east end, the Louise dance school is located just 5 minutes away from Louis-Riel on Youville Drive.

École de danse Louise champions its friendly, supportive atmosphere, often winning "Best Team Spirit" awards at competitions. This family-like environment, led by 16 diversely-specialized teachers, fosters positivity and continual growth.

Over the years, the Louise dance school has produced alumni who have gone on to attend professional ballet schools and have been accepted into universities' dance programs, while many more have become dance teachers.

École de danse Louise has built a strong structure that encourages training hard and competition, but also emphasizes the importance of continuing to build a passion for dance and to always have fun.

"We're very excited to be part of this program with Louis-Riel and to share our passion with all the kids that want to be part of it.



"I think it's a big opportunity for parents, students and dancers to improve their lifestyle. I see this being a new way of training.

"It changes the way people will think about dance, and I think it will change lives."

—Mélanie Belair-Adams,
Artistic Director, École de danse Louise



MEET THE DIRECTOR



COACH'S CLIPBOARD

- ☒ Ottawa native has danced herself since age 3
- ☒ Shares her love of dance as performer & teacher
- ☒ Studied at Randolph School of Performing Arts
- ☒ Danced professionally in Toronto
- ☒ 20+ years at École de danse Louise
- ☒ Has also taught dance for local school boards
- ☒ Guided many competitive troops to Top Studio & Top Dancer Awards
- ☒ Certifications from British Association of Teachers of Dancing & Associated Dance Arts for Professional Teachers
- ☒ Frequently attends seminars with world-renowned dancers & choreographers

MÉLANIE BELAIR-ADAMS

Artistic Director,
École de danse Louise

ecoledanselouise@gmail.com



"When you're on stage and you're performing your heart out for an audience, your heart gets filled with joy. It's so addictive."

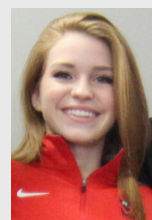
"As a teacher, it's such a rewarding job to see my students start at 3 years old and spend 10-13 years growing and becoming these professional little dancers."

"You've given your passion to them and you see how much they love dance. That's the best part of my job."

—Mélanie Belair-Adams

HOW TO REGISTER

Contact Louis-Riel school administration (louis-riel@cepeo.on.ca). Participants are welcome at the advanced or recreational levels.



"We're a smaller group, so the teachers get the chance to serve every dancer individually and take the time to know how our bodies move physically. They pay attention to how each of us react to different movements and which muscles are stronger or less flexible."

"I love being around all these people who enjoy the same things as I do, and are just as passionate about dance too. It's the best experience."

— Mackenzie Houle, Louis-Riel Sports-Study dance



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